



**2013 Yuengling Shamrock Sportsfest
Beginner Anthem Half Marathon Training Program**

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
11/12	20 min	Rest	20 min	20 min	Cross T or Rest	3 mi	Cross T or Rest
11/19	2 mi	Rest	2 mi	2 mi	Cross T or Rest	3 mi	Cross T or Rest
11/26	2 mi	Rest	2 mi	2 mi	Cross T or Rest	4 mi	Cross T or Rest
12/3	2 mi	Rest	3 mi	2 mi	Cross T or Rest	Frosty 5K* or 4 miles	Cross T or Rest
12/10	2 mi	Rest	3 mi	2 mi	Cross T or Rest	5 mi	Cross T or Rest
12/17	2 mi	Rest	3 mi	2 mi	Cross T or Rest	5 mi	Cross T or Rest
12/24	2 mi	Rest	3 mi	2 mi	Cross T or Rest	7 mi	Cross T or Rest
12/31	3 mi	Rest	4 mi	3 mi	Cross T or Rest	4 mi	Cross T or Rest
1/7	3 mi	Rest	4 mi	3 mi	Cross T or Rest	8 mi or 10K*	Cross T or Rest
1/14	3 mi	Rest	3 mi	2 mi	Cross T or Rest	9 mi	Cross T or Rest
1/21	3 mi	Rest	5 mi	3 mi	Cross T or Rest	6 mi or 15K*	Cross T or Rest
1/28	3 mi	Rest	5 mi	3 mi	Cross T or Rest	10 mi	Cross T or Rest
2/4	3 mi	Rest	4 mi	3 mi	Cross T or Rest	VIFL 14K* or 8 mi	Cross T or Rest
2/11	4 mi	Rest	5 mi	3 mi	Cross T or Rest	11 mi	Cross T or Rest
2/18	3 mi	Rest	4 mi	3 mi	Cross T or Rest	8 mi or 20K*	Cross T or Rest
2/25	4 mi	Rest	6 mi	3 mi	Cross T or Rest	12 mi	Cross T or Rest
3/4	3 mi	Rest	4 mi	3 mi	Cross T or Rest	6 mi	Cross T or Rest
3/11	3 mi	Rest	2-3 mi	Rest	15-20 min easy	Rest	13.1 March 17, 2013

Notes:

- ☘ The 18 week training period begins November 12, 2012.
- ☘ The schedule is a guide—it is not an absolute. Rearrange days on which you run or walk to what best fits your schedule.
- ☘ The schedule shows miles, but you can run or walk for time as well if you do not have measured courses where you normally train. In other words, if you run or walk 12 minute miles and you are scheduled for 3 miles, stay out for 36 minutes. If you don't know what your pace per mile is, use 10 min/mile as the standard for runners and 15 min/mile for walkers.
- ☘ Runners-you don't need to run the entire time you're training! Taking walk breaks is a great way to extend the distance you can comfortably complete. Experiment with different run/walk ratios to find the one that works best for you. For example, start with a 5-10 minute warm up walk, then run for a set time, walk for a set time, and continue

that pattern throughout your run. The important thing to remember is to start taking your walk breaks early, before you reach the point of exhaustion.

- 🌿 The key events each week are the long runs and walks and rest days. Long runs and walks build gradually to give you the endurance you need to finish the race. Rest and easy days are critical to allow your body to recover from the training build-up. The remaining events during the week serve as your base and will help you get through the long distances more comfortably with less chance of injury.
- 🌿 If you are currently running or walking more than what the schedule calls for in the beginning, simply maintain what you are doing until the schedule catches up.
- 🌿 The schedule includes a 4 days of running or walking, 2 days of rest, and 1 day of cross training. Cross training is other forms of exercise which will help improve or maintain cardiovascular fitness while giving your feet and legs a break from the pounding of running and walking. Swimming and biking are good cross training activities.
- 🌿 An occasional race is a good way to experience the logistics, excitement, pacing, etc of race day before the actual half marathon. This schedule is set up to accommodate the Frosty 5K*, the Tidewater Striders Distance Series (10K, 15K, 20K)* and the Virginia is for Lovers 14K* which are specifically designed to get runners ready for the half marathon.