Novice Half Marathon Training Plan

Weeks to go	Mon	Tue	Wed	Thu	Fri	Sat	Sun
16	Mon, Jan 08 Rest/Cross Train/Easy Run	Tue, Jan 09 Rest	Wed, Jan 10 20-30 min Walk/Run	Thu, Jan 11 20-30 min Walk/Run	Fri, Jan 12 Rest	Sat, Jan 13 Centennial Hall 8:15 a.m. 2-3 miles	Sun, Jan 14 Rest/Cross Train/Easy Run
15	Mon, Jan 15 Rest/Cross Train/Easy Run	Tue, Jan 16 Rest	Wed, Jan 17 30-35 min Walk/Run	Thu, Jan 18 20-30 min Walk/Run	Fri, Jan 19 Rest	Sat, Jan 20 Centennial Hall 8:15 a.m. 3 miles	Sun, Jan 21 Rest/Cross Train/Easy Run
14	Mon, Jan 22 Rest/Cross Train/Easy Run	Tue, Jan 23 Rest	Wed, Jan 24 3 miles	Thu, Jan 25 2 miles	Fri, Jan 26 Rest	Sat, Jan 27 Centennial Hall 8:15 a.m. 4 miles	Sun, Jan 28 Rest/Cross Train/Easy Run
13	Mon, Jan 29 Rest/Cross Train/Easy Run	Tue, Jan 30 Rest	Wed, Jan 31 2 miles	Thu, Feb 01 3 miles	Fri, Feb 02 Rest	Sat, Feb 03 Centennial Hall 8:15 a.m. 4 miles	Sun, Feb 04 Rest/Cross Train/Easy Run
12	Mon, Feb 05 Rest/Cross Train/Easy Run	Tue, Feb 06 Rest	Wed, Feb 07 3 miles	Thu, Feb 08 3 miles	Fri, Feb 09 Rest	Sat, Feb 10 Centennial Hall 8:15 a.m. 5 miles	Sun, Feb 11 Rest/Cross Train/Easy Run
11	Mon, Feb 12 Rest/Cross Train/Easy Run	Tue, Feb 13 Rest	Wed, Feb 14 4 miles	Thu, Feb 15 3 miles	Fri, Feb 16 Rest	Sat, Feb 17 Centennial Hall 8:15 a.m. 6 miles	Sun, Feb 18 Rest/Cross Train/Easy Run
10	Mon, Feb 19 Rest/Cross Train/Easy Run	Tue, Feb 20 Rest	Wed, Feb 21 3 miles	Thu, Feb 22 3 miles	Fri, Feb 23 Rest	Sat, Feb 24 Centennial Hall 8:15 a.m. 5 miles	Sun, Feb 25 Rest/Cross Train/Easy Run.
9	Mon, Feb 26 Rest/Cross Train/Easy Run	Tue, Feb 27 Rest	Wed, Feb 28 5 miles	Thu, Feb 29 3 miles	Fri, Mar 01 Rest	Sat, Mar 02 Centennial Hall 8:15 a.m. 6 miles	Sun, Mar 03 Rest/Cross Train/Easy Run.
8	Mon, Mar 04 Rest/Cross Train/Easy Run	Tue, Mar 05 Rest	Wed, Mar 06 4 miles	Thu, Mar 07 5 miles	Fri, Mar 08 Rest	Sat, Mar 09 Centennial Hall 8:15 a.m. 7 miles	Sun, Mar 10 Rest/Cross Train/Easy Run.
7	Mon, Mar 11 Rest/Cross Train/Easy Run	Tue, Mar 12 Rest	Wed, Mar 13 5 miles	Thu, Mar 14 5 miles	Fri, Mar 15 Rest	Sat, Mar 16 Centennial Hall 8:15 a.m. 8 miles	Sun, Mar 17 Rest/Cross Train/Easy Run.
6	Mon, Mar 18 Rest/Cross Train/Easy Run	Tue, Mar 19 Rest	Wed, Mar 20 6 miles	Thu, Mar 21 4 miles	Fri, Mar 22 Rest	Sat, Mar 23 Centennial Hall 8:15 a.m. 9 miles	Sun, Mar 24 Rest/Cross Train/Easy Run
5	Mon, Mar 25 Rest/Cross Train/Easy Run	Tue, Mar 26 Rest	Wed, Mar 27 4 miles	Thu, Mar 28 4 miles	Fri, Mar 29 Rest	Sat, Mar 30 Centennial Hall 8:15 a.m. 10 miles	Sun, Mar 31 Rest/Cross Train/Easy Run
4	Mon, Apr 01 Rest/Cross Train/Easy Run	Tue, Apr 02 Rest	Wed, Apr 03 5 miles	Thu, Apr 04 5 miles	Fri, Apr 05 Rest	Sat, Apr 06 Centennial Hall 8:15 a.m. 10 miles	Sun, Apr 07 Rest/Cross Train/Easy Run
3	Mon, Apr 08 Rest/Cross Train/Easy Run	Tue, Apr 09 Rest	Wed, Apr 10 5 miles	Thu, Apr 11 4 miles	Fri, Apr 12 Rest	Sat, Apr 13 Centennial Hall 8:15 a.m. 12 miles	Sun, Apr 14 Rest/Cross Train/Easy Run
2	Mon, Apr 15 Rest/Cross Train/Easy Run	Tue, Apr 16 Rest	Wed, Apr 17 5 miles	Thu, Apr 18 Rest	Fri, Apr 19 Rest	Sat, Apr 20 Centennial Hall 8:15 a.m. 8-10 miles	Sun, Apr 21 Rest/Cross Train/Easy Run
1	Mon, Apr 22 1 week to go!	Tue, Apr 23 4 miles	Wed, Apr 24 Rest	Thu, Apr 25 2 miles	Fri, Apr 26	Sat, Apr 27 Eat Pasta!	Sun, Apr 28

THE EC MARATHON — SCHEELS

Eau Claire Marathon
BUILD UP RUNS

& TRAINING PLANS

Note: All plans are open for interpretation and should be though of as a framework. Some people like a lot of cross training, some like running up to 6 days a week and others still may only run 3 days a week in preparation for a marathon. Two of the most important things for any training plan is to *listen to your body* and modify plans to work *for you*. There are many resources on the web describing the overall idea of half marathon and marathon training, for instance Hal Higdon Novice Half, Intermediate Half, Marathon Guides

A beginner who has already run a 5k or 5 miler should be running 3 times a week with one day a bit faster (red) one day easy (teal) and one day long (blue). Adding in additional days of running or cross training is suggested to fit your schedule and ability. Feel free to *exchange days* listed above as needed.

Outline of Terms and workouts All workouts should have a warm up and warm down
Easy/Recovery These runs are done for recovery, and are done at a pace just above warm-up and warm-down pace.
Long (blue). One day a week you will do a long run. These are designed to build endurance and follow a regular progression of adding mileage. These schedules show these long runs taking place Saturday mornings. Feel free to join a training group leaving the UWEC campus at 8:15am. More Information.
Tempo Run Run at a comfortably hard pace for the middle part of the run. These runs are designed to increase your lactic threshold. These are typically longer sustained efforts, as opposed to the *on/off* nature of the 400's. In some cases it might make sense to break the tempo part of the run in half. For instance you could take a 30 minute tempo run and turn it into a 15 min tempo, 3 min easy, and another 15 minute tempo run at half marathon pace.
400's Can be done on a track or estimated for distance or time within a road run. The 400's are done at 10k pace (faster than your target pace for the race) and are followed by a 200-400 recovery that is jogged at a pace slower than you half marathon pace. These sessions are designed to get your body to understand different pacing, and to steadily build up your ability to run faster. Some people may just want to set a count-down timer and do a session where you run 2 minutes "on" and 2 minutes "off" for a set distance or set amount of times. Fartleks are a variation of this type of workout where the distances are varied throughout the workout
Hills Hills are done to in order to increase strength (and to practice for the hill in the last mile of the race!). You can choose a type of hill workout that works for you.
•Warm up, do repeats on a single hill, like State Street, Doty, Dodge or Gray Streets (East Hill). Hard up and easy down. If your total time on the way up starts to increase by more than 10% it would be best to stop.
•Run to a longer hill section, like the one in Carson from Dairy Queen to the fishing bridge. Warm up to the park, run up one hill and down the other, then return. Progressively do more passes as you build your strength throughout the build-up.
•Find a hillier route and attack each hill, making sure to increase your intensity as you crest the hill. You could also combine a hilly route with a tempo run.

SPEED WORK/RACE Many plans include a shorter race 4 to 5 weeks before a bigger goal. This is not essential, but does help those new to running races the chance to go through the race morning routine and to test their race pace in a race setting.