

LIFETIME<sup>®</sup>  
**305**

**HALF MARATHON**

**5K**<sup>SM</sup>

PRESENTED BY



Baptist Health

**TRAINING CALENDAR**

# WELCOME!

If you're here, it means you're ready to work toward one of the biggest milestones that any new runner strives to achieve: Running a Half Marathon!

If it's your first time (or your first time in a long time), it might seem daunting. But in my 20+ years as a run coach, I assure you, you can do it — as long as you have the right plan and the right guidance.

I built this program for those that want a step-by-step guide in exactly what to do over 12 weeks to build the strength, stamina and endurance needed to cross the finish line. Done right, you can even expect to have fun along the way. And the long-term goal is for you to feel so good that this finish line will be one of many in the years to come.

Invite your friends and family to join you or use the program to bring a little “you” time into your schedule through exercise. Either way, it's time to bring out your inner runner.

Be sure to read the program overview below so you know what to expect over the next 12 weeks.

Let's do this! See you at the finish line!

- Coach Frankie

# TYPES OF WORKOUTS

**TEMPO RUNS** This type of workout is best described as sustained speed for a predetermined duration - usually no longer than about 40 minutes or so. Think of this as another term for quality running. A pace where an extended conversation with a friend isn't easy nor very possible because you will just grow too winded and have to slow down. It's a pace where you aren't too comfortable, but you can handle it steadily for a lengthy period of time.

**INTERVALS** This type of workout is usually done on a track or an unimpeded leveled path. The idea here is that you will run fast but for bouts of shorter distances with rest toggled between each repetition. Your form and strength are gaining the most from this type of workout. Here we think shorter distance but higher intensity. For simplicity's sake, the effort here is best described as non-conversational - at a pace as fast as you would race a 5K distance on that particular day. This is not an all-out sprint but an evenly spread pace that brings you near that edge where you might need to slow down if you sustain it for the entire distance.

# TYPES OF WORKOUTS

**LONG RUNS** This is the one element of training for a half marathon you can't live without. As the term suggests, it is when we go longer than our average daily training. The pace held is usually conversational or at least comfortable - longer duration but lower intensity. This is a distance we slowly progress up to so that we can eventually come close to that coveted 13.1 miles/21K. The physical gains are tremendous as you build aerobic capacity and grow capillaries. Equally important is the confidence you'll be building as you complete the increased distance each week. This is where the endurance is actually built - so you slowly build to push forth when you feel you can't -and the next time this moment comes even later.

For the first few weeks your long run will be assigned as mileage and minutes run. The goal is always to run the miles but starting out, the time spent out on your feet running will suffice -especially if this is your first shot at a long-distance race. We never want to do too much on a day where the weather isn't safe - so if it's a warm and humid day, it may be best to guide yourself using minutes rather than specific mileage.

**FARTLEK** This is a Swedish term for speed-play coined in the 1940's. When this is assigned, it means you will vary your speed within the run and use slower speeds to recover for allotted specific time. Think of this as playing tag in the playground. This is what playing outside as a kid feels like. Are you ready to play?

# TYPES OF WORKOUTS

**STRIDERS** Not an Usain Bolt type of sprint but close to one. These are about 10-20 seconds long or listed in meters. Their purpose is to help add power to your form and promote an efficient stride. The pace for these is usually a gradual build up, almost to a sprint. But it is NOT a sprint. This is a good time to run as if the cameras are focused on you. Pay extra attention to your posture, your arm swing and your leg turnover. Striders will be one of the more frequently assigned elements to your training.

Following each strider, you can jog for about a minute to recover before your next bout. Feel free to extend this recovery time. When the “+” is in the assigned distance this means the striders are to be done within the distance run as part of that length of time/distance. The striders should be done at any point after the midpoint of your run. If there is no “+” then the striders can be done pre-or post-run.

**RECOVERY** This is crucial for every athlete on this half marathon training journey. The lowered intensity and reduced volume are where we give time to the body to adapt and repair itself. The greatest gains of the body and mind will come during the easy days. We still try to do some movement on these days labeled recovery. This will help us mix things up and avoid getting stale. This also helps us train the entire body as an overall athlete, not just our running legs. You can also use the recovery days to substitute the running for other exercise such as cycling, swimming or other cardio exercise activity.

**PACE** You’ll see terms such as easy, recovery, medium, moderate and so forth. These are relative terms to you, not to those around you. There are days where “easy” can feel easier than other days. You should also expect your pace to feel easier as your progress through the program. In sum, the assigned pace description means different speeds at different days, and it’s all uniquely defined to each individual. Once again, we remind you to think of effort rather than always following a specific pace as dictated by your smart device.