



Grounded Running - Half Marathon

Novice 2



Week	MON	TUE	WED	THU	FRI	SAT	SUN	Total
1	REST	3 mi	3 mi	3 mi	REST	4 mi	60 min Cross	13 mi
2	REST	3 mi	3 mi pace	3 mi	REST	5 mi	60 min Cross	14 mi
3	REST	3 mi	4 mi	3 mi	REST	6 mi	60 min Cross	16 mi
4	REST	3 mi	4 mile pace	3 mi	REST	7 mi	60 min Cross	17 mi
5	REST	3 mi	4 mi	3 mi	REST	8 mi	60 min Cross	18 mi
6	REST	3 mi	4 mile pace	3 mi	REST	5k Race Pace	60 min Cross	13 mi
7	REST	3 mi	5 mi	3 mi	REST	9 mi	60 min Cross	20 mi
8	REST	3 mi	5 mi pace	3 mi	REST	10 mi	60 min Cross	21 mi
9	REST	3 mi	5 mi	3 mi	REST	10K Race Pace	60 min Cross	17 mi
10	REST	3 mi	5 mi pace	3 mi	REST	11 mi	60 min Cross	22 mi
11	REST	3 mi	5 mi	3 mi	REST	12 mi	60 min Cross	23 mi
12	REST	3 mi	2 mi pace	2 mi	REST	REST	Half Marathon	20 mi

THIS IS OUR NOVICE 2 PROGRAM FOR HALF-MARATHON RUNNERS, The difference between Novice 1 and Novice 2 is that Novice 1 is for new runners, those just entering the sport. Novice 2 is aimed at runners, who may have run half marathons and even full marathons, but who appreciate its gentle approach to training.

Long runs: The key to the program is the long run, which builds from 4 miles in Week 1 to 12 miles in the climactic Week 11. (After that, you taper a week to arrive at the half marathon well rested.) You can skip an occasional workout, or juggle the schedule depending on other commitments, but do *not* cheat on the long runs. Although the schedule suggests long runs on Saturdays, you can switch to Sundays or even other days of the week to suit your schedule.

Run slow: For experienced runners, I recommend that they do their long runs anywhere from 30 to 90 or more seconds per mile slower than their half marathon pace. Run at a comfortable pace, one that allows you to converse with your training partners, at least during the beginning of the run. Toward the end, you may need to abandon conversation and concentrate on finishing with good form. Or, if you paced yourself properly, pick up the pace and finish strong. The important point is that you cover the prescribed distance; how fast you cover it doesn't matter.

Walking breaks: Walking is a perfectly acceptable strategy in trying to finish a half marathon. It works during training runs too. While some coaches recommend walking at prescribed points, I suggest that runners walk when they come to an aid station. This serves a double function: 1) you can drink more easily while walking as opposed to running, and 2) since many other runners slow or walk through aid stations, you'll be less likely to collide with someone. It's a good idea to follow this strategy in training as well.

Cross-training: Sundays in this training program are devoted to cross-training, an hour each time although you do not need to do exactly 60 minutes. What is cross-training? It is any other form of aerobic exercise that allows you to use slightly different muscles the day after your long run. The best cross-training exercises are swimming, cycling or even walking, aerobic exercises. One tip: You don't have to cross-train the same each weekend. And you could even combine two or more exercises: walking and easy jogging or swimming and riding an exercise bike in a health club. Cross-training for an hour on Sunday will help you recover after your Saturday long runs.

Midweek training: Training during the week also should be done at a comparatively easy pace. As the weekend mileage builds, the Tuesday and Thursday mileage stays the same: 3 miles. Run these miles at a comfortable, pace. Don't get trapped by numbers. Listen to your body signals as much as the signals coming from your GPS watch. Wednesdays feature a mini-build-up from 3 to 5 miles with some of those workouts done at race pace. If you strength train, Tuesdays and Thursdays would be the best days to combine lifting with running. Usually it's a good idea to run before you lift rather than the reverse.

Pace: What do I mean by "pace" in the chart above. I mean race pace. Race pace is the pace you plan to run in the race you're training for. If you're training for a 2:00 half marathon, your average pace per mile is 9:09. So you would run that same pace when asked to run race pace. If you were training for a 5-K or 10-K, "race pace" would be the pace you planned to run in those races.

Races: I suggest running a 5-K in Week 6 and a 10-K in Week 9. Consider races as an "option." Doing at least some racing in a training program can be a valuable experience, because you can determine your level of fitness and predict how fast you might run in your goal race. But too much racing can wear you out and distract from your training, so embrace this option cautiously. Finally, there is nothing magic about 5-K or 10-K as distances or Week 6 or Week 9 for when to race. Seek races in your area convenient to your schedule or run your distance at "race pace" on these days.

Rest: Scientists say that it is during the rest period (the 24 to 72 hours between hard bouts of exercise) that the muscles actually regenerate and get stronger. You can't run hard unless you are well rested. If you're constantly fatigued, you will fail to reach your potential. This is why I include two days of rest each week for Novice 2 runners. If you need to take more rest days--because of a cold or a late night at the office or a sick child--do so. The secret to success in any training program is consistency.

Running 13.1 miles is not easy. If it were easy, there would be little challenge to an event such as the half marathon. Whether you plan your half as a singular accomplishment or as a stepping stone to the even more challenging full marathon, crossing the finish line will give you a feeling of great accomplishment. Good luck with your training.