

# HALF MARATHON- BEGINNER

**Your goal:** Complete a half-marathon / Be able to run 13 miles without stopping; approximately two to three hours.

**Prerequisite:** You'll be able to complete this schedule if you've already followed and completed a beginner's 5K or 10K schedule, or if you're currently able to run comfortably for 30 minutes without stopping.

**Schedule:** 4-5 times per week for 12 weeks

\*All minute repeats should include equal minute recovery before starting the next interval unless stated otherwise

	monday	tuesday	wednesday	thursday	friday	saturday	sunday	total miles
<b>week 1</b>	<b>3 miles:</b> easy run	<b>Rest</b>	<b>3 miles:</b> easy run	<b>Rest</b>	<b>3 miles:</b> easy run	<b>Rest</b>	<b>4 miles:</b> easy run	<b>13</b>
<b>week 2</b>	<b>Rest</b>	<b>3 miles:</b> easy run	<b>2 miles:</b> easy run	<b>4 miles:</b> easy run	<b>Rest</b>	<b>5 miles:</b> easy run	<b>Rest</b>	<b>14</b>
<b>week 3</b>	<b>4 miles:</b> easy run	<b>Rest</b>	<b>4 miles:</b> easy run	<b>Rest</b>	<b>3 miles:</b> easy run	<b>Rest</b>	<b>6 miles:</b> easy run	<b>17</b>
<b>week 4</b>	<b>2 miles:</b> easy run	<b>4 miles:</b> easy run	<b>Rest</b>	<b>5 miles:</b> easy run	<b>Rest</b>	<b>7 miles:</b> easy run	<b>Rest</b>	<b>18</b>
<b>week 5</b>	<b>5 miles:</b> easy run	<b>2 miles:</b> easy run	<b>4 miles:</b> easy run	<b>Rest</b>	<b>4 miles:</b> w/ 4 x 3 min @ RPE** 3-5	<b>Rest</b>	<b>8 miles:</b> easy run	<b>22</b>
<b>week 6</b>	<b>2 miles:</b> easy run	<b>4 miles:</b> easy run	<b>Rest</b>	<b>5 miles:</b> w/ hills	<b>Rest</b>	<b>6 miles:</b>	<b>Rest</b>	<b>17</b>

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	monday	tuesday	wednesday	thursday	friday	saturday	sunday	total miles
<b>week 7</b>	<b>7 miles:</b> easy run	<b>4 miles:</b> easy run	<b>Rest</b>	<b>5miles:</b> *3x4 min @ RPE** 3-5, 2x5 min @ RPE** 3-5	<b>4 miles:</b> easy run	<b>9 miles:</b> easy run	<b>2 miles:</b> easy run	<b>24</b>
<b>week 8</b>	<b>5 miles:</b> easy run	<b>Rest</b>	<b>6 miles:</b> easy run w/hills	<b>Rest</b>	<b>4 miles:</b> easy run	<b>Rest</b>	<b>10 miles:</b> easy run or 5k/10k road race	<b>25</b>
<b>week 9</b>	<b>3 miles:</b> easy run	<b>Rest</b>	<b>6miles:</b> *3x6 min @ RPE** 3-5	<b>Rest</b>	<b>5 miles:</b> easy run	<b>Rest</b>	<b>11 miles:</b> easy run	<b>25</b>
<b>week 10</b>	<b>3 miles:</b> easy run	<b>7 miles:</b> easy run	<b>Rest</b>	<b>4 miles:</b> easy run	<b>Rest</b>	<b>12-13 miles:</b> easy run	<b>2 miles:</b> easy run	<b>28</b>
<b>week 11</b>	<b>Rest</b>	<b>6miles:</b> *3x6 min @ RPE** 3-5	<b>Rest</b>	<b>5 miles:</b> easy run	<b>Rest</b>	<b>10 miles:</b> easy run	<b>2 miles:</b> easy run	<b>23</b>
<b>week 12</b>	<b>Rest</b>	<b>5 miles:</b> easy run	<b>Rest</b>	<b>4 miles:</b> easy run	<b>2 miles:</b> easy run	<b>Rest</b>	<b>Half Marathon</b>	<b>24</b>

## **RPE\*\* (PERCEIVED EFFORT SCALE)**

To reap the most cardiovascular benefits from your workout, it's important to gauge the intensity of different activity. The Perceived Effort Scale is a system developed to effectively communicate your response to a specific training session or race challenge. It's based on your feeling of physical stress and it matches that feeling to a numbered scale.

For example, if a hypothetical plan calls for you to run 5 miles with 4 x 2 minutes at an RPE of 3 to 4, that means warm up for 10 minutes and then slowly build your speed until you begin to feel your breathing get deeper. Hold this feeling for 2 minutes and then slow down and run easy for another 5 minutes and repeat. Anyone can use RPE to effectively gauge exercise intensity.

<b>RPE</b>	<b>Degree of Challenge</b>	<b>Rate of Breathing</b>	<b>Ability to Breathe</b>
1.0	very light		
2.0	light	very easy	very comfortable
3.0	moderate	comfortable	easy / moderate
4.0	somewhat strong	steady rhythm	somewhat difficult
5.0	strong	deep but steady	difficult
6.0	strong to very strong		difficult to very difficult
7.0	very strong	deep and rapid	very difficult
8.0	very very strong	very deep and rapid	extremely difficult
9.0	near maximum	nearly breathless	almost impossible
10.0	maximum	breathlessness	impossible

The Modified Borg-Noble Intensity Scale, from *The 10-Minute L.E.A.P.*, Regan Press, 1998, P.28