

RUN MALIBU 2019

TRAIN LIKE YOU WANT IT.

CREATED BY TEDDY MCDONALD

MALIBU | HALF MARATHON
& 5K RUN/WALK

Presented By



RUSNAK

2019 OFFICIAL TRAINING PLAN

INTERMEDIATE TRAINING PLAN

This program is designed to be a general training plan for all to use as a guide.

below you will be in great shape to finish the race!

We realize your schedule and/or training level may not accommodate training everyday. Feel free to switch workouts, change days and do what you can. If you do 70% of what is listed

Good luck, have fun, and always reach out with questions if you have them.

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MAKE SURE YOU HAVE THE CORRECT GEAR

As you begin your training plan, make sure you have the proper running shoes. You want to make sure your shoes fit your feet well. Nothing too loose, wide or too tight, a little room in the toe because your feet swell when you run.

If you are unsure our official Footwear & Apparel Partner [New Balance Los Angeles](#) can help.

VISIT ANY NEW BALANCE STORE & FIT SPECIALISTS WILL MEASURE EVERY ASPECT OF YOUR FOOT, DOWN TO THE GAIT, TO DETERMINE WHAT'S RIGHT FOR YOU.



Los Angeles

20% GEAR DISCOUNT

Malibu Half Marathon & 5K current participants will be treated to a 20% discount on the entire footwear and apparel line at any of the participating New Balance Los Angeles stores*. Just show the confirmation email you received from us after registration.

INTERMEDIATE TRAINING PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	2-5 miles	Track - 100m	Strength/ Recovery	Fartlek 2-5 miles	Recovery/ Yoga	4 miles	Recovery/ Yoga
Week 2	2-5 miles	Track - 100m		Hills 20-30 mins		4 miles	
Week 3	2-5 miles	Track - 100m		Fartlek 3+ miles		6 miles	
Week 4	2-5 miles	Track - 200m		Tempo 3+ miles		4 miles	
Week 5	2-5 miles	Track - 100m		Fartlek 3+ miles		6 miles	
Week 6	2-5 miles	Track - 200m		Hills 40-60 mins		8 miles	
Week 7	2-5 miles	Track - 100m		Fartlek 6 miles		10 miles	
Week 8	2-5 miles	Track - 200m		Tempo 6+ miles		8 miles	
Week 9	2-5 miles	Track - 100m		Fartlek 8 miles		10 miles	
Week 10	2-5 miles	Track - 200m		Tempo 8 miles		11 miles	
Week 11	2-5 miles	Track - 100m		Hills 45-60 mins		6 miles	
Week 12	2-5 miles	Rest/ Recovery		Tempo 5 miles		3 miles	Race Day!



Print this page or keep it handy to stay up to date with your training schedule.



Congratulations!! One of the hardest things to do is to commit to a half marathon. Now that you've made that leap, you're in for a beautiful, and challenging, but oh so rewarding journey! Do the best that you can with the training plan. Rest when you need to, make sure not to push yourself too much. Our goal is always to get you to the starting line feeling confident that you'll not just do the race, but feel great crossing that finish line!

Fartlek, which means "speed play" in Swedish, is continuous training with interval training. Fartlek training "is simply defined as periods of fast running intermixed with periods of slower running or walking."

FUELING YOUR BODY

In general, you want to eat as healthy as possible. Stick to mainly whole foods, mostly veggies. It's up to you to be on a Paleo, Vegan, Mediterranean, or Low Carb diet. You know yourself better than anyone, do what's right for you. I recommend whole foods, mostly veggies, minimal amounts of processed foods or sugars, and healthy fats. When you are on the go, you can bring with you a healthy snack bar. [Kind Snacks](#) is our official Performance Bar Sponsor and you'll get to taste some of their delicious bars at the Expo and after your race.

With that said, while you train and compete you will need to fuel yourself and since you're burning a lot of calories during training and racing there are 2 things you need to be concerned with. One is hydration. The week before the race and longer runs, make sure you begin hydration early in the week. There's an old adage, 'if peeing isn't inconveniencing you, you're not drinking enough.' Follow that! During the race you'll have [Gatorade Endurance](#) to help hydrate you. Make sure you get some prior to the race so your body is used to the taste. It will help keep you hydrated throughout.

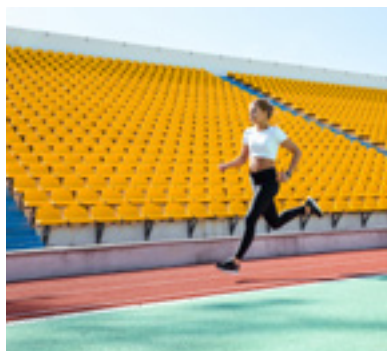
If you need a quick pick me up or burst of energy I recommend trying [Honey Stinger Gel](#).



***"You Know
Yourself Better
Than Anyone,
Do What's Right
For You."***

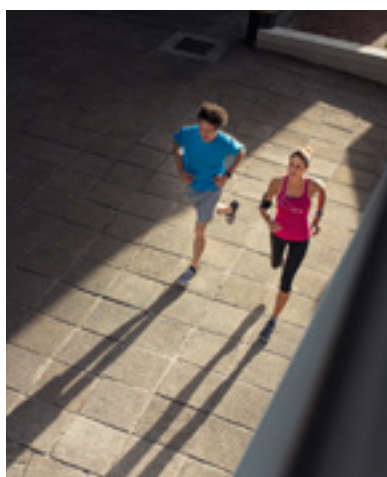


THE WORKOUTS



TRACK WORKOUT

A very basic track workout to add to your training is as follows: 1 mile warm up, 100 meter sprint, 100 meter jog for 2 miles (8 times around a track) and 1/2 to 1 mile cool down. The idea here is to make your final two sprints as fast or faster than the average of your first two sprints. You can also do the same workout with 200 meter sprints.



FARTLEK RUN

This is the way I trained for my first marathon & it definitely helped me realize I was going to make it to the finish. It was as simple as running for 3 minutes and walking for 1 minute. My friends wound up running the entire race that way while I ran the first 14 miles, then did a 5 minute run and a 1 minute walk for the rest of the marathon. Feel free to run/walk/run/walk your way to the finish. There is actually science that proves you'll make it there just as fast as if you try to run the whole course.



HILL RUN

Find some hills or stairs and get yourself a good climbing workout. In trail running we rarely assign distance. Our workouts are all based on time. So get outside and go for 30 minutes or 45 or 60. Enjoy the outdoors and go off the beaten trail. There is nothing like training on trails, it will help you conquer the climbs during your half marathon, because there are some climbs!



TEMPO RUN

This will be one of your toughest workouts. The idea is to take the first mile to warm up, then choose a pace that you can maintain the entire run. For instance, if you're looking to run an 8 minute mile, take 9-10 minutes on the first mile, then do your best to keep that 8 minute pace the entire run.

YOUR TRAINER



TEDDY MCDONALD

Ted is an endurance athlete, yoga teacher, and wellness coach. He brings the benefits of yoga and mindfulness to athletes everywhere. A former Elite Adventure Racer and a Lacrosse player at UCLA, he has been an athlete his entire life. He's run countless marathons, triathlons, trail races, ultra marathons, and completed an IronMan.



He is the founder of TeamWRx.us, a corporate wellness company. Adventure Yoga Retreats, a company that organizes premium travel adventures around the world. He also owns 5 Point Yoga, the premiere yoga and fitness studio in Malibu, California and co-created Beachbody's 3 Week Yoga Retreat online yoga program for beginners.



If you're looking for personalized coaching and advise you can reach him directly through his website teddymcdonald.com or Instagram [@teddymcdonald](https://www.instagram.com/teddymcdonald).



READY TO RUN MALIBU?



RUN FOR FREE WHEN YOU REFER YOUR FRIENDS



REFER **5** FRIENDS

\$25 OF YOUR REGISTRATION
FEE REFUNDED



REFER **7** FRIENDS

RECEIVE A MALIBU
RACE HAT.



REFER **10** FRIENDS

GET REFUNDED 100% OF
YOUR REGISTRATION FEE.

FIND OUT MORE:
WWW.MALIBUMARATHON.COM/REFERRALPROGRAM

*NEW BALANCE PARTICIPATING STORES

NEW BALANCE SANTA MONICA
2600 WILSHIRE BLVD
SANTA MONICA, CA 90403
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NEW BALANCE SOUTH BAY
20611 HAWTHORNE BLVD
TORRANCE, CA 90503
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