



HALF MARATHON & 5K

evolution
physical therapy

CELEBRATE EVERY WIN NO MATTER HOW SMALL

INTERMEDIATE HALF-MARATHON • 2021 OFFICIAL TRAINING PLAN

This plan is meant for runners who have some experience with running and have ran the half marathon distance in the past but are looking to improve their time.

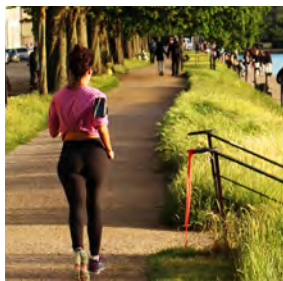
#CRUSHTHECOMEBACK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	35 MIN EASY RUN	CROSS TRAIN OR REST DAY	FARTLEK: 8 X 30 SEC AT 1 MILE PACE WITH 60 SEC RECOVERY	CROSS TRAIN OR REST DAY	30 MIN EASY RUN	8 MILE LONG RUN	REST DAY
WEEK 2	40 MIN EASY RUN		FARTLEK: 10 X 60 SEC AT 5K PACE WITH 60 SEC EASY RECOVERY		35 MIN EASY RUN	12 MILE LONG RUN	
WEEK 3	30 MIN EASY RUN		FARTLEK: 8 X 60 SEC AT 5K PACE WITH 60 SEC EASY RECOVERY		25 MIN EASY RUN	8 MILE LONG RUN	
WEEK 4	40 MIN EASY RUN		FARTLEK: 10 X 60 SEC AT 5K PACE WITH 60 SEC EASY RECOVERY		35 MIN EASY RUN	12 MILE LONG RUN	

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 5	45 MIN EASY RUN	CROSS TRAIN OR REST DAY	FARTLEK: 12 X 60 SEC AT 5K PACE WITH 60 SEC EASY RECOVERY	CROSS TRAIN OR REST DAY	35 MIN EASY RUN	14 MILE LONG RUN	REST DAY
WEEK 6	35 MIN EASY RUN		30 MIN EASY RUN		25 MIN EASY RUN	8 MILE LONG RUN	
WEEK 7	45 MIN EASY RUN		TEMPO: 3 X 5 MIN TEMPO WITH 3 MIN EASY RECOVERY		35 MIN EASY RUN	8 MILES EASY + 2 MILES AT GOAL HM PACE	
WEEK 8	45 MIN EASY RUN		TEMPO: 4 X 5 MIN TEMPO WITH 3 MIN EASY RECOVERY		35 MIN EASY RUN	6 MILES EASY + 4 MILES AT GOAL HM PACE	

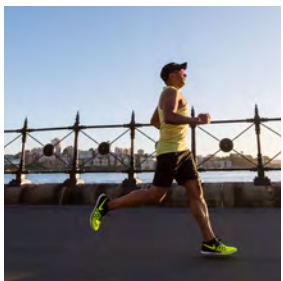
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 9	30 MIN EASY RUN	CROSS TRAIN OR REST DAY	TEMPO: 3 X 8 MIN TEMPO WITH 4 MIN EASY RECOVERY	CROSS TRAIN OR REST DAY	25 MIN EASY RUN	10 MILE LONG RUN	REST DAY
WEEK 10	45 MIN EASY RUN		TEMPO: 2 X 10 MIN TEMPO WITH 5 MIN EASY RECOVERY		35 MIN EASY RUN	6 MILES EASY + 4 MILES AT GOAL HM PACE	
WEEK 11	40 MIN EASY RUN		TEMPO: 2 X 6 MIN TEMPO WITH 3 MIN EASY RECOVERY		30 MIN EASY RUN	4 MILES EASY + 4 MILES AT GOAL HM PACE	
WEEK 12	35 MIN EASY RUN		TEMPO: 2 X 5 MIN TEMPO WITH 3 MIN EASY RECOVERY		REST DAY	15 MIN EASY RUN	RACE DAY

THE WORKOUTS



EASY RUN

These runs should be at a conversational pace. Your effort level should be low enough that you can have a conversation with your running partner.



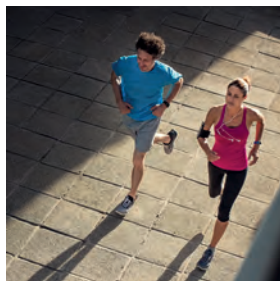
LONG RUN

These runs should be at a similar conversational pace as your easy run...but longer.



LONG RUN WORKOUTS

These are long runs with a workout mixed into it. Parts of these runs will be your usual long run pace with portions of goal half marathon (HM) pace mixed in.



FARTLEK RUN

These are speed building workouts. They are alternating periods of fast running and easy running. The speed and duration of the fast segments will be stated in the workout. They will be worded as different race paces. For example, 1 mile pace means the fastest pace you could run 1 mile. 5k pace is the fastest pace you could run a 5k, etc. You should start these runs with a 10-15 min warm up and a 5-10 min cool down at an easy pace.



TEMPO RUNS

These are stamina building workouts, they train you to run faster for longer periods of time. These paces will vary for every individual, but should be roughly your 10k race pace, or about 60-90 sec faster than your easy run pace. You should start these runs with a 10-15 min warm up and a 5-10 min cool down at an easy pace



ADD ONS

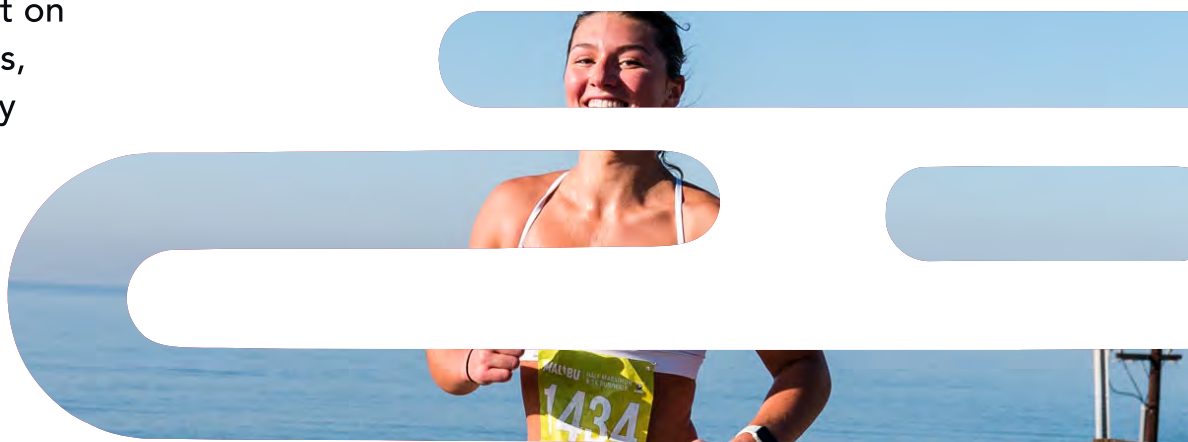
Some runs will have "add ons" such as short hill sprints or strides. Hill sprints should be roughly 10-15" and using a fairly steep incline. Strides should be about 60-70m in length and focus on lengthening your stride.

INJURY PREVENTION & TRAINING TIPS

Whether an experienced runner or novice, experiencing some level of pain can be normal while training for a race. There are some things you can do to reduce your likelihood of suffering an injury while training.

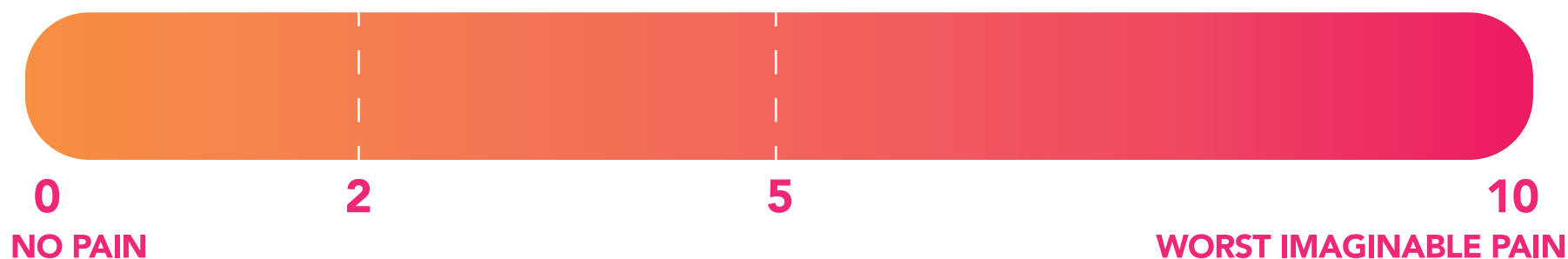
First, spend some time incorporating strength training and slowly building up your mileage before starting your training plan. Strength training exercises focusing on muscles like your quads, glutes, hamstrings, and calves will have the biggest effect on preparing your body to run (think squats, deadlifts, step ups, etc). It is also good to incorporate a day or two of strength work during your training cycle.

If you aren't running regularly, start incorporating at least 2-3 days/week of easy running into your workout routines well ahead of time so that your body can adapt to the stresses of running before you start the training plan.



"SHOULD I RUN TODAY?"

Experiencing pain around running is not uncommon. If you're experiencing pain before or during your run, use the following scale as a guide as to whether you should run or rest.



GOLDEN RULES OF RUNNING AND PAIN:

- Pain is allowed to reach 5/10 during the run, but should not exceed a level that is "disconcerting" or "unacceptable"
- Pain the next day after running should not exceed 5/10.
- Pain should not be so severe that it changes your running gait
- Pain should not persist for more than 24 hours

FUELING YOUR BODY

Eating healthy is another important way to get the most of your training plan. The food you put in your body contributes to your recovery and can impact inflammation and performance. In general, eating a diet that includes mostly whole foods and a large variety of fruits and vegetables will get you started on the right path. Try to avoid processed and fried foods.

While fueling for your runs, get to know your body and understand how far ahead of time you should eat to digest properly. Most people need to eat at least an hour before the run to digest properly. If you are doing a short run (less than an hour), you may be ok without eating before. If you want to perform well on long runs (more than an hour), you should eat before the run.

Practice your race day fueling during long runs building up to the race. Be sure to hydrate well in the days building up to the race. Figure out your pre-race meal and test it before long

runs. You should be consuming some liquids and carbohydrates during your half marathon race. Try consuming a gel every 35-45 min during your long runs to practice fueling for race day and learn how your body will react.

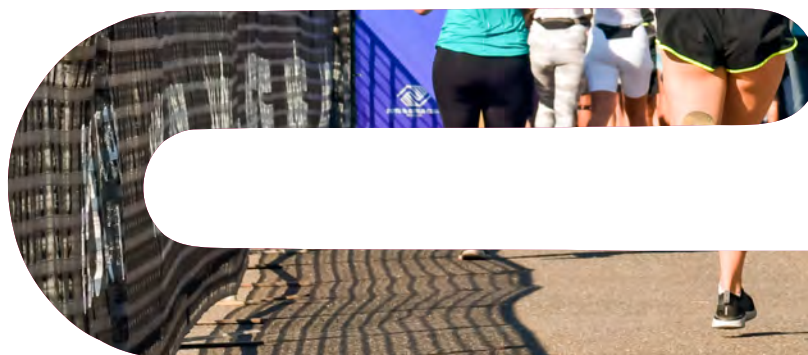
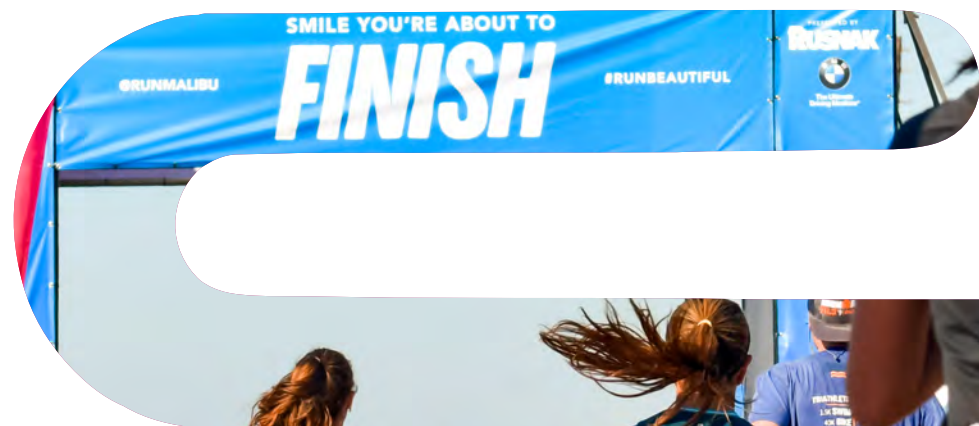
To recover properly after training runs, make sure to consume a mixture of carbohydrates and protein within 30-40 min after your run. This can be in the form of a smoothie, a meal, a snack, whatever works best for you. And remember to drink lots of water!



ADDITIONAL RECOVERY TIPS

Start with the low hanging fruit before you start worrying about the latest recovery equipment out there. The number one thing you can do to help your recovery is sleep. Try to get at least 7 to 8 hours of sleep per night. Practice good sleep hygiene by limiting your alcohol intake, cut off your caffeine intake by lunch time, get rid of screens and monitors as bedtime approaches, and make sure your bedroom is dark.

Stay in the moment with your training. Don't worry if a workout feels too hard and running 13.1 miles sounds like a daunting task. If you follow the plan, your training will pay off and get you to the finish line.





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PAIR OF SHOES

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