

## Garmin Half Marathon

### Beginner Schedule

**Goal:** To finish the half marathon

**Recommended Background:** Average weekly base of 3-10 miles in last 3 weeks  
At least one 1-3 mile workout

Phase	Dates	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Mileage
<b>Endurance</b>	-----	<b>O</b>	<b>C+R</b>	<b>SL</b>	<b>C/O</b>	<b>R</b>	<b>C/O</b>	<b>L</b>	-----
	August 15-21		1-2	1-3		1-2		2-4	4-11
	August 22-28		1-2	2-3		1-3		3-5	6-13
Recovery	Aug. 29-Sept. 4		C/O	1-2		1-2		2-4	4-8
	September 5-11		1-2	2-4		2-3		4-6	8-15
	September 12-18		1-2	3-4		2-3		5-7	10-16
Recovery	September 19-25		C/O	2-3R		1-2R		4-6	7-11
<b>Strength</b>	-----	<b>O</b>	<b>C+R</b>	<b>SL+F</b>	<b>C/O</b>	<b>H</b>	<b>C/O</b>	<b>L</b>	-----
	Sept. 26 - Oct. 2		2-3	3-5		3-4		6-8	12-20
	October 3-9		2-3	3-5		3-4		7-9	13-21
Recovery	October 10-16		C/O	2-4R		2-3R		6-8	10-15
	October 17-23		2-4	4-6		3-5		8-10	15-25
<b>Peak</b>	-----	<b>O</b>	<b>R/O</b>	<b>R+F</b>	<b>C/O</b>	<b>H/R</b>	<b>O</b>	<b>SL</b>	-----
	October 24-30		2-3	4-5		3-4H		6-8	13-20
	Oct 31-November 6		1-2	3-4		2-3R		Garmin ½	5-9

- You can add 10-30 minutes of a warm up walk to any workout under 3 miles. Try to mix walking breaks into the run – going the distance is your main objective. A good strategy is to start with 1-2 minutes of running & 30-60 seconds of walking and gradually build up to 5-10 minutes of running & 30-60 seconds of walking.
- You can run 3 or 4 days a week. Pick up where you've left off in terms of weekly runs and mileage.
- Mileage ranges allow you to do the higher end if you feel great, the middle if you feel average, and the low end if you feel tired so you can adjust to find your 'sweet spot' given how your mind and body feel.
- Can convert your distance to time by multiplying your normal pace by each mile (i.e. 4 x 10 minute pace = 40 minutes)
- Do a couple of tune up races before the half marathon to gain valuable race experience.
- Recovery weeks are built in to improve your chances for staying healthy and recover enough for race day.

### Quick Reference Guide

#### Training Phases

- Endurance Phase: main goal is to slowly build up endurance. Focus on relaxed running.
- Strength Phase: to add strength by doing one hilly workout a week along with an optional fartlek workout for speed.
- Peak Phase: to allow your body to recover and peak for the target race.

#### Key Terms

- O = Off Day/Complete Rest/ No cross training.** Active recovery such as foam rolling recommended.
- C = Cross training.** Strength training that works the glutes/hips/core is strongly recommended 1-3 times a week. Can also do non-weight bearing aerobic activities that you enjoy such as aqua jogging, swimming, or spinning.
- R = Recovery Workout.** Very relaxed effort over flat to rolling terrain or off the pavement for short duration. Stop every 5-10 minutes during the run to stretch and muscle floss to loosen up tight spots. Have fun!
- SL = Semi-long Workout.** After a 1-2 mile warm up (very relaxed effort), settle into a relaxed to moderate effort.
- L = Long Workout.** After a 2 mile warm up (very relaxed effort), settle into a relaxed to moderate effort.
- H = Hill Workout.** After a 1-2 mile warm up, do a hillier than average route at a moderate effort. Or, for a more concentrated workout, do 30-60 sec. hill repeats. Start with 2-4 minutes of 'climb' time and add 1-2 mins each week.
- F = Fartlek.** After a 1-2 mile warm up, perform pickups during the workout where you run at 5K-10K race effort (i.e. moderately hard) for 1 minute followed by a 2 minute recovery jog. Start with 2-4 and add 1 every week.
- + = And Optional.** C+R means to cross train with the option of also doing a recovery workout.
- / = Or.** C/O means to either cross train or take the day off.