

"Beginner PR" Training Plan

Duration: 16 weeks (can be shorted if you have a base level of fitness) Join in on the correct week starting date.

Run/Walk/Jog: 4 days per week

| Week              | Week Starting | Sunday                                               | Monday                                                                                                                                                                                                                                                                                                                                                                                                 | Tuesday              | Wednesday        | Thursday                 | Friday                     | Saturday               | Total Weekly Mileage |
|-------------------|---------------|------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|------------------|--------------------------|----------------------------|------------------------|----------------------|
| Pre Training Prep | Now           | REGISTER for the Oktoberfest Road Race Half Marathon | Begin your training by building or maintaining a base level of fitness. Buy good fitting running shoes from <b>Gallagher Fitness Resources</b> . Start walking, jogging, or running 20-60 minutes at least 3 days/wk. Find ways to cross-train. The best way to 'stick to it' is to find a partner, running club or team to train with. Be sure to warm up before your run and stretch after your run. |                      |                  |                          |                            |                        |                      |
|                   |               |                                                      |                                                                                                                                                                                                                                                                                                                                                                                                        |                      |                  |                          |                            |                        | 1-3                  |
| 1                 | 5/27/2018     |                                                      | 1 mile Run/Walk                                                                                                                                                                                                                                                                                                                                                                                        | 20 min Strength/Core | Rest             | 2 miles Run/Walk         | Rest                       | 2 miles LSD            | 5                    |
| 2                 | 6/3/2018      | Rest                                                 | 3 miles                                                                                                                                                                                                                                                                                                                                                                                                | 20 min Strength/Core | Rest             | 3 miles                  | Rest                       | 3 miles LSD            | 9                    |
| 3                 | 6/10/2018     | Rest                                                 | 3 miles                                                                                                                                                                                                                                                                                                                                                                                                | 20 min Strength/Core | 2 miles Run/Walk | XT-20min or Rest         | 4 miles                    | 4 miles LSD            | 13                   |
| 4                 | 6/17/2018     | Rest                                                 | 3 miles Hills                                                                                                                                                                                                                                                                                                                                                                                          | 20 min Strength/Core | 2 miles Run/Walk | XT-20min or Rest         | 4 miles                    | 4 miles LSD            | 13                   |
| 5                 | 6/24/2018     | Rest                                                 | 3 miles Hills                                                                                                                                                                                                                                                                                                                                                                                          | 30 min Strength/Core | 2 miles Run/Walk | XT-30min or Rest         | 4 miles                    | 6 miles LSD            | 15                   |
| 6                 | 7/1/2018      | Rest                                                 | 4 miles Neg Split                                                                                                                                                                                                                                                                                                                                                                                      | 30 min Strength/Core | 3 miles Run/Walk | XT-30min or Rest         | 4 miles                    | 6 miles LSD            | 17                   |
| 7                 | 7/8/2018      | Rest                                                 | Speedwork: 6 x (5 mins fast with 2 min jog)                                                                                                                                                                                                                                                                                                                                                            | 30 min Strength/Core | 3 miles Run/Walk | XT-30min or Rest/Massage | 5 miles                    | 8 miles LSD            | 16+                  |
| 8                 | 7/15/2018     | Rest                                                 | Speedwork: 4 x (2 mins fast with 2 min jog)                                                                                                                                                                                                                                                                                                                                                            | 30 min Strength/Core | 4 miles Run/Walk | XT-45min or Rest         | 5 miles                    | Back-down: 5 miles LSD | 14+                  |
| 9                 | 7/22/2018     | Rest                                                 | 4 miles Neg Split                                                                                                                                                                                                                                                                                                                                                                                      | 30 min Strength/Core | 4 miles Run/Walk | XT-45min or Rest         | 5 miles                    | 10 miles LSD           | 23                   |
| 10                | 7/29/2018     | Rest                                                 | Speedwork: 4 x (6 mins fast with 3 min jog)                                                                                                                                                                                                                                                                                                                                                            | 30 min Strength/Core | 4 miles Run/Walk | XT-45min or Rest         | 5 miles                    | 12 miles LSD           | 21+                  |
| 11                | 8/5/2018      | Rest                                                 | 4 miles Neg Split                                                                                                                                                                                                                                                                                                                                                                                      | 30 min Strength/Core | 4 miles Run/Walk | XT-45min or Rest         | 5 miles                    | Back-down: 8 miles LSD | 21                   |
| 12                | 8/12/2018     | Rest                                                 | Speedwork: 6 x (2 mins fast with 2 min jog)                                                                                                                                                                                                                                                                                                                                                            | 30 min Strength/Core | 4 miles Run/Walk | XT-45min or Rest         | 5 miles                    | 10 miles LSD           | 19+                  |
| 13                | 8/19/2018     | Rest                                                 | 4 miles Neg Split                                                                                                                                                                                                                                                                                                                                                                                      | 30 min Strength/Core | 4 miles Run/Walk | XT-45min or Rest         | 5 miles                    | 12-14 miles LSD        | 25-27                |
| 14                | 8/26/2018     | Rest                                                 | Speedwork: 4 x (2 mins fast with 2 min jog)                                                                                                                                                                                                                                                                                                                                                            | 30 min Strength/Core | 4 miles Run/Walk | XT-45min or Rest         | 5 miles                    | 8 miles LSD            | 17+                  |
| 15                | 9/2/2018      | Rest                                                 | 3 miles Tempo                                                                                                                                                                                                                                                                                                                                                                                          | 30 min Strength/Core | 4 miles Run/Walk | XT-45min or Rest         | 5 miles                    | 6 miles LSD            | 18                   |
| 16                | 9/9/2018      | Rest                                                 | 4 miles Easy                                                                                                                                                                                                                                                                                                                                                                                           | Rest                 | 4 miles Run/Walk | Rest                     | Pick up race bib and shirt | RACE DAY 9/15/18       | 8 + Race             |
|                   | 9/16/2018     | 30 minute walk                                       | Rest                                                                                                                                                                                                                                                                                                                                                                                                   | 30 minute walk       | XT-45 or Rest    |                          |                            |                        |                      |

Legend

|           |                                                                                                                   |
|-----------|-------------------------------------------------------------------------------------------------------------------|
| Run/Walk  | Run/Walk days emphasize the importance of accomplishing the distance - pace is not as important this day          |
| XT        | XT = Cross Training. Use a Bike, Elliptical, Rowing, Swimming, Stairclimber, Yoga/Pilates Class                   |
| Strength  | Variable Resistance machines, Free weights, Dumbbells, Bosu Balls etc                                             |
| Core      | Working the abdominal muscles and low back muscles (sit ups, planks etc) Pilate/Yoga classes are also good        |
| Tempo     | Run 30-45 seconds faster than race pace goal (ie. If goal is 9min/mile, run 8:30 or 8:15 pace as your Tempo pace) |
| Neg Split | Run second half of run faster than your first half in order to build strength, endurance and speed for final kick |
| Massage   | Full head to toe massage                                                                                          |
| LSD       | Long Slow Distance: the goal of LSD runs are to log time on your feet. Go slow and take walk breaks, if needed.   |
| Back-down | Mileage decrease from the previous week, allows for recovery                                                      |
| Hills     | Choose a route that has some hills to increase your stamina!                                                      |

Oktoberfest Road Race  
Half Marathon

9.15.18