

# 13.1 HALF MARATHON MARATHON

VARSITY SPORTS  
**fall training 2018**



# 21

## WEEK TRAINING PLAN

INTERVALS

STRENGTH

ENDURANCE

RECOVERY

**THIS RESOURCE WILL BE AS VALUABLE AS THE MILES YOU WILL PUT IN. IT'S TIME TO READ THROUGH IT AND REALLY UNDERSTAND ALL THE INS AND OUTS OF WHAT THIS TRAINING PLAN HAS TO OFFER!**

While the distances and workouts were designed to work with varied experience levels, the plan is yours to fit to meet your own needs to get you your desired results. You're driving this bus. You will get out of it what you put into it.

### IT'S NOT JUST ABOUT DISTANCE

This training plan is built to help you maximize your efforts on race day through speed/intervals, strength, endurance and recovery.

### THIS PLAN CAN WORK FOR YOU

Your schedule varies. So does the weather and how you feel, but here are a few things to keep in mind as you modify this plan to your needs:

- Speed/Intervals, Strength and Endurance Runs are essential parts of the plan to maximize your training.
- Recovery days – use them to break up your speed and endurance runs to avoid doing speed and endurance runs on back-to-back days. Use Recovery days as you choose. You can run a few miles, cross train or take a rest day. We recommend running on two of your four Recovery Days.

### TRAINING STARTS WHEN YOU START

We will gear our training to the Louisiana Marathon or other mid-to-late January half or full distances.



# YOUR WEEKLY WORKOUTS

We are going to focus on four themes / types of workouts each week during our training. Each one is just as important as the next one and will enhance your overall race-day performance by making you stronger, faster and able to endure longer - and stay well rested and recovered throughout the 21 weeks!

## 1 SPEED / INTERVALS

Building strength through speed training is important as you prepare. Throughout this plan you'll be introduced to a variety of speed workouts and drills that will make you faster.

## 2 STRENGTH

Shorter run segments done at race pace and below will make you stronger and fitter. These are referred to as tempo runs. Hills are great strength/muscle builders. Get stronger and build lean muscle using resistance, bodyweight, and equipment. These workouts will strengthen the body to prevent injury and improve athletic performance.

## 3 ENDURANCE

You need endurance training to help prepare your body and mind to go the distance on race day. You will work on endurance with weekly Long Runs.

## 4 RECOVERY

Recovering from your workout days is just as important as the workouts themselves. Use these days to recover based on how you feel. Either take the day off, run easy, walk or cross train.



# RUN TERMS

Here are some running-specific terms you'll hear at group runs or see referenced throughout this plan. It's important to understand the different types of workouts and runs that this plan includes in order to get the most out of your training journey.

## WORKOUTS

### SPEED/INTERVALS

The best way to improve your fastest pace is to work on it for brief periods in a series of speed intervals. They can be the same length and pace with the same amount of recovery time, or involve various distances, paces and recovery periods.

### STRENGTH

Strength runs are longer intervals - typically miles - at faster than race pace. Tempo runs build strength. Get stronger and build lean muscle using resistance, bodyweight, and equipment. These workouts will strengthen the body to prevent injury and improve athletic performance.

### ENDURANCE

Your weekly Endurance Run is a long distance run at building toward your goal race distance. It may include some segments at race pace and below, or it may be at a comfortable pace. Endurance runs help the body and mind adapt to increased distances and potential challenges you might face during a race.

### RECOVERY

Recovery is just as important as your hard workouts. Listen to what your body needs on recovery days, whether that means taking the day off completely, cross-training or running a few Recovery miles. Ideally, at least two of your Recovery days should be spent running. Recovery Runs increase your stamina and help you recover at the highest quality possible after intense training.

## RUNS

### CUT DOWNS

Cut downs improve stamina and allow the body to adapt to the stress of running. Build your pace each run by starting at a slower pace and finishing faster as the workout instructions specify. Or, cut downs may be incorporated into intervals. Each one should be faster than the one before it — “cut downs”.

### INTERVAL

Interval work refers to a session that includes a series of speed at varying distance intervals. This type of workout can be done anywhere there is a measured distance which allows you to play with faster paces with more precise measurements.

### HILLS

Hill workouts develop speed and form. It takes extra effort to run uphill so you do not need to run as fast as you would on a flat section. While running uphill,

remain in control of your breathing. Don't lean too far forward. A light lean with the chin leading the chest is enough. Uphills are a great way to develop speed and strength with minimal pounding on the legs.

### STRIDES

Strides refer to very short runs that are usually done prior to a run or workout, or immediately after series of strides should become faster in pace—often, the first Stride will be the longest and the slowest. There should be a brief recovery between each Stride.

### TEMPO

Tempo is a hard but controlled pace that can be run as long intervals or a steady run of 1-10 miles. The purpose of a Tempo Run is to build mental and physical endurance and to become comfortable with being uncomfortable!



# USING THE PACE CHART

Throughout the plan, you will see references to different paces you should aim to maintain during specific workouts. Knowing your different pace targets will make your speed work easier. Treat each pace target as the middle of a range. You may train slightly above or below these paces. They are not exact paces and you are not a robot. The chart on the next page will help you understand which pace you should aim to run during each session.

## FIND YOUR STARTING PACE

To get started, you'll need to identify the row of pace targets that is right for you. You can find the right row based on any of the following: Use a recent 5K, 10K, Half-Marathon or Marathon time, if you have run one. By "recent" we mean in the last month or two. Use the Varsity Sports training runs to determine your paces. One of our coaches will be there to assist you with this as needed. If you already run often, you could make an educated guess based on your current fitness. Whichever one you use, this will be your starting point to find your row of pace targets within the Pace Chart.

**EXAMPLE 1** If your last race was a 27:00 minute 5K, find that 5K time under the 5K column on the Pace Chart and slide across the row left or right to find your other pace targets.

MILE BEST	5K BEST / AVG MILE PACE	10K BEST / AVG MILE PACE	TEMPO AVG MILE PACE	HALF MARATHON BEST / AVG MILE PACE	MARATHON BEST / AVG MILE PACE	RECOVERY DAY PACE
8:00	27:00 / 8:40	55:50 / 9:00	9:25	2:05:00 / 9:30	4:15:00 / 9:45	10:30



Start with your 5k Best / Avg Mile Pace and read left or right.

**EXAMPLE 2** If your Mile Best time is 9:30, find that Mile Best time on the Pace Chart and slide across to see your other average mile pace targets.

MILE BEST	5K BEST / AVG MILE PACE	10K BEST / AVG MILE PACE	TEMPO AVG MILE PACE	HALF MARATHON BEST / AVG MILE PACE	MARATHON BEST / AVG MILE PACE	RECOVERY DAY PACE
9:30	31:45 / 10:15	66:00 / 10:35	11:00	2:25:00 / 11:05	5:00:00 / 11:25	12:10



Start with your Mile Best and read right for your other pace targets.



# PACE CHART



MILE BEST	5K BEST / AVG MILE PACE	10K BEST / AVG MILE PACE	TEMPO AVG MILE PACE	HALF MARATHON BEST / AVG MILE PACE	MARATHON BEST / AVG MILE PACE	RECOVERY DAY PACE
5:00	17:05 / 5:30	35:45 / 5:45	5:55	1:18:00 / 5:00	2:44:00 / 6:15	7:00
5:30	18:45 / 6:00	39:00 / 6:15	6:25	1:25:00 / 6:30	3:00:00 / 6:50	7:35
6:00	20:15 / 6:30	42:00 / 6:45	7:05	1:35:00 / 7:15	3:15:00 / 7:25	8:10
6:30	22:00 / 7:05	45:45 / 7:20	7:25	1:40:00 / 7:35	3:30:00 / 8:00	8:45
7:00	23:45 / 7:40	49:00 / 7:55	8:05	1:50:00 / 8:20	3:45:00 / 8:35	9:20
7:30	25:15 / 8:05	52:30 / 8:25	8:40	1:55:00 / 8:45	4:00:00 / 9:10	9:55
8:00	27:00 / 8:40	55:50 / 9:00	9:20	2:05:00 / 9:30	4:15:00 / 9:45	10:30
8:30	28:30 / 9:10	59:00 / 9:30	9:45	2:10:00 / 9:55	4:30:00 / 10:15	11:00
9:00	30:00 / 9:40	62:30 / 10:00	10:25	2:20:00 / 10:40	4:45:00 / 10:50	11:35
9:30	31:45 / 10:15	66:00 / 10:35	10:55	2:25:00 / 11:05	5:00:00 / 11:25	12:10
10:00	33:00 / 10:40	69:00 / 11:05	11:35	2:35:00 / 11:45	5:15:00 / 12:00	12:45
10:30	35:00 / 11:15	72:00 / 11:35	12:00	2:40:00 / 12:10	5:30:00 / 12:35	13:20
11:00	36:15 / 11:40	75:00 / 12:00	12:35	2:50:00 / 12:55	5:40:00 / 13:00	13:45
11:30	38:00 / 12:15	78:30 / 12:35	13:00	2:55:00 / 13:15	5:50:00 / 13:20	14:05
12:00	39:30 / 12:40	81:30 / 13:05	13:35	3:05:00 / 14:05	6:00:00 / 13:45	14:30
12:30	40:20 / 13:00	85:00 / 13:40	13:50	3:07:00 / 14:10	6:20:00 / 14:30	14:50

# PACE POINTS

- THESE NUMBERS ARE MORE OF A GUIDE for your workouts - there will be days you may be a little ahead of pace, and other days a little behind and that is OK!
- You will have good days and bad days so be flexible with your expectations. The goal is that you will be increasing your fitness each week and your paces will increase in speed as you go.

## UNDERSTANDING PACE TYPES

### MILE PACE (FASTEST)

This is the pace you could race or run hard for one mile.

### 10K PACE (FAST)

This is the pace you could race or run hard for about 6 miles.

### RECOVERY PACE (EASY)

A pace easy enough that you can catch your breath while running.

### 5K PACE (FASTER)

This is the pace you could race or run hard for about 3 miles.

### TEMPO PACE

Teaching your body to be comfortable being uncomfortable by maintaining a pace between 10k (FAST) and Recovery (EASY).

# SCHEDULE OVERVIEW

This 20 week training plan combines speed/intervals, endurance and recovery to get you ready for your half or full marathon. This plan is built for you to adapt to your own experience and schedule.

Get familiar with our online calendar ([www.varsityrunning.com/calendar](http://www.varsityrunning.com/calendar)) for the details for each workout. Workouts are posted on Sundays for the following week. Each week will follow the format below.

Follow the schedule that best fits your training goals!

MONDAY & THURSDAY: Intervals with Strength or Tempo

TUESDAY: Easy run or core and flexibility workout

WEDNESDAY: Light workout Magpie Sunrise mornings OR Steady run from VSBR afternoons

FRIDAY & SUNDAY: Recovery easy run, core/flexibility work or day off

SATURDAY: Endurance



## **MARATHON SCHEDULE - FALL 2018**

- September 1 - 6 miles with 2 miles starting to build toward goal marathon pace
- September 8 - 8 miles with pick-ups
- September 15 - 10 miles with tempo work
- September 22 - 10 miles with 2 x 3 miles at marathon pace
- September 29 - 12 miles with variable pace "stuff"
- October 6 - 10 miles with last 6 as a "cutdown"
- October 13 - 13 steady
- October 20 - 8-10 miles easy; October 21<sup>st</sup> - Northshore Half Marathon (*experienced marathoners can do this double as a strength builder if you are feeling healthy and recovering from training. Less experienced marathoners choose one or the other*)
- October 27 - 15 miles steady or 15 miles with Jazz Half Marathon as a training run
- November 3 - 8 miles with 2 x 2 Miles through BR Beach hills
- November 10 - 12 miles with 6.2 in SJA Sticker Stampede 10K
- November 17 - 15-17 miles steady with last 5 miles as a cut down
- November 24 - 10 miles including long ladder workout
- December 1 - 20 miles including BR Beach Run Through 13.1 miles
- December 8 - 12 with tempo/variable pace
- December 15 - 20-22 miles easy run - more experience runners may want to run the longer distance if they feel healthy and are recovering well from training
- December 22 - 13 miles with Yasso 880 workout
- December 29 - 18 miles with 3 miles at goal marathon pace from mile 15-18.
- January 5 - 10 miles at Wilderness 10 mile in Star Hill, LA
- January 12 - 8 miles
- January 20 - Louisiana Marathon





## **EXPERIENCED HALF MARATHON SCHEDULE - FALL 2018**

- September 1 - 6 miles with 2 miles starting to build toward goal marathon pace
- September 8 - 8 miles with pick-ups
- September 15 - 10 miles with tempo work
- September 22 - 10 miles with 2 x 3 miles at marathon pace
- September 29 - 12 miles with variable pace "stuff".
- October 6 - 10 miles with last 6 as a "cutdown"
- October 13 - 13 steady
- October 20 - 6-8 miles easy; October 21 - Northshore 10 mile or Half Marathon
- October 27- 13 miles steady or Jazz Half Marathon in New Orleans
- November 3 - 8 miles with 2 x 2 Miles through BR Beach hills
- November 10 - 10 miles with 6.2 Miles in SJA Sticker Stampede10K
- November 17 - 13 steady with last 5 miles as a cut down
- November 24 - 10 miles including long ladder workout
- December 1 - 15 miles including BR Beach Run Through 13.1 miles
- December 8 - 10 with tempo/variable pace
- December 15 - 13-15 miles super easy running depending on level of experience. 15 encouraged.
- December 22 - 10 miles with Yasso 880 workout
- December 29 - 12 Miles steady with 3 miles at goal pace from 9-12.
- January 5 - 10 miles at Wilderness 10 mile in Star Hill, LA
- January 12 - 6-8 miles
- January 20 - Louisiana Half Marathon



## **NEWER , LESS EXPERIENCED HALF MARATHON SCHEDULE - FALL 2018**

- September 1 - 3 miles trying to pick up pace in second 1.5 miles
- September 8 - 3 miles with pick-ups
- September 18 - 4 miles with tempo work
- September 22 - 5 miles with 2 miles of half marathon pace work
- September 29 - 6 miles with variable pace "stuff".
- October 6 - 5 miles with last 2 as a "cutdown"
  - October 13 - 6 miles steady
  - October 20 - 7 miles easy;
  - October 27 - 6 miles with 3 Miles at goal pace Jazz Half Marathon Relay in New Orleans
- November 3 - 8 miles with 2 x 2 Miles through BR Beach hills
- November 10 - One mile warm-up and SJA Sticker Stampede 10K
- November 17 - 8 steady with last 5 miles as a cut down
- November 24 - 10 miles including long ladder workout
- December 1 - 11 Miles or BR Beach Run Through 13.1 very easy
- December 8 - 6 with tempo/variable pace
- December 15 - 8 miles super easy running
- December 22 - 9 miles with Yasso 880 workout
- December 29 - 9 miles steady with 3 miles at goal pace from 6-9.
- January 5 - 10 miles at Wilderness 10 mile in Star Hill, LA
- January 12 - 6 miles
- January 20 - Louisiana Half Marathon



# COMMON TRAINING 'WHAT IFS'

Training will differ slightly from person to person. Everyone is different. Make it yours. But, what if.....?

## IF YOUR SCHEDULE DOES NOT MATCH THE TRAINING SCHEDULE,

Adjust the training schedule to your needs. For best results, each week should include the three key workouts—Speed/Intervals, Endurance and Recovery. Prioritize Speed/Intervals and Endurance workouts and make sure you recover intelligently.

## IF YOU DON'T KNOW HOW TO FIGURE OUT YOUR PACE,

Then experiment until you find it. When you're out running, you run on feel. You have different gears whether you realize it or not. Be patient, pay attention and have fun experimenting with your comfort level while running at different speeds across different distances.

## IF YOU'RE TIRED,

Figure out why. Feeling fatigued is normal as your training progresses, but make sure you're supporting yourself in all other aspects of your life: get enough sleep, eat right, hydrate properly, respect Recovery days and wear the proper shoes. Sometimes the best training is to focus on recovery and rest.

## IF YOU LACK MOTIVATION,

Look for inspiration. Even where you don't expect to find it—like on a run that you don't want to do. Go out for ten minutes and if you don't feel like running anymore then come back. Just make sure you come back running.

## IF YOU HAVE A TERRIBLE RUN,

Move on to the next one. Some runs are just terrible—sometimes there's no reason, sometimes there is. Take a moment to see if there's a reason and learn something about yourself if there is. Being comfortable with a bad run is just as important as the joy of a great run.

## IF YOU'RE HURT,

Stop running. There is a difference between hurting and being hurt. It's essential to listen to and learn from your body throughout your training. Sometimes missing miles in the present lets you run better miles in the future.

## IF YOU ARE GOING TO RACE,

Give yourself time to recover—beforehand and afterwards. You may want to back off in terms of distance or pace a few days prior to the race. Be sure to give yourself a few days of recovery after it's over too (regardless of whether or not you consider it a successful race).

