

BGRR HALF MARATHON TRAINING PLAN

Plan 1 (advanced)

Wk	Date	Mon	Tues	Weds	Thurs	Fri	Sat	Sun	Total
1	1/23 1/29	Easy Run Dist:5 mi @7:20	Rest / XT	Tempo Run (Comfortably Hard) Dist: 6 mi, inc 1 mi Warm; 4 mi @ 6:55; 1 mi Cool	Easy Run Dist:6 mi @7:20	Rest / XT	Easy Run Dist:8 mi @7:20	Rest / XT	25 miles
2	1/30 2/5	Easy Run Dist:6 mi @7:15	Rest / XT	Speedwork (Hard) Dist:5.5 mi, inc 1600 Warm; 5x800 in 3:10 w/400 jogs; 1600 Cool	Easy Run Dist:6 mi @7:15	Rest / XT	Easy Run Dist:9 mi @7:15	Rest / XT	26.5 miles
3	2/6 2/12	Easy Run Dist:7 mi @7:05	Rest / XT	Tempo Run (Comfortably Hard) Dist: 6 mi, inc 1 mi Warm; 4 mi @ 6:45; 1 mi Cool	Easy Run Dist:7 mi @7:05	Rest / XT	Long Run Dist:9 mi @7:05	Rest / XT	29 miles
4	2/13 2/19	Easy Run Dist:7 mi @7:05	Rest / XT	Speedwork (Hard) Dist: 6.25 mi, inc 1600 Warm; 6x800 in 3:05 w/400 jogs; 1600 Cool	Easy Run Dist:7 mi @7:05	Rest / XT	Long Run Dist:10 mi @7:05	Rest / XT	30.25 miles
5	2/20 2/26	Easy Run Dist:7 mi @6:55	Rest / XT	Steady State (Comfortably Hard) Dist: 6 mi, inc 1 mi Warm; 4 mi @ 6:40; 1 mi Cool	Easy Run Dist:8 mi @6:55	Rest / XT	Long Run Dist:12 mi @6:55	Rest / XT	33 miles
6	2/27 3/4	Easy Run Dist:7 mi @6:55	Rest / XT	Easy Run Dist:8 mi @6:55	Easy Run Dist:8 mi @6:55	Rest / XT	Easy Run Dist:11 mi @6:55	Rest / XT	34 miles
7	3/5 3/11	Easy Run Dist:8 mi @6:50	Rest / XT	Speedwork (Hard) Dist: 7.5 mi, inc 1 mi Warm; 4x1600 in 6:15 w/800 jogs; 1 mi Cool	Easy Run Dist:7 mi @6:50	Rest / XT	Long Run Dist:13 mi @6:50	Rest / XT	35.5 miles
8	3/12 3/18	Easy Run Dist:7 mi @6:50	Easy Run Dist:8 mi @6:50	Steady State (Comfortably Hard) Dist: 6 mi, inc 1 mi Warm; 4 mi @ 6:35; 1 mi Cool	Rest / XT	Rest / XT	Long Run Dist:14 mi @7:00	Rest / XT	35 miles
9	3/19 3/25	Easy Run Dist:7 mi @6:40	Rest / XT	Speedwork (Hard) Dist: 9 mi, inc 1 mi Warm; 5x1600 in 6:10 w/800 jogs; 1 mi Cool	Easy Run Dist:7 mi @6:40	Rest / XT	Long Run Dist:10 mi @7:00	Rest / XT	33 miles
10	3/26 Race	Easy Run Dist:3 mi @7:00	Rest / XT	Easy Run Dist: 5 mi @7:00	Easy Run Dist: 2 mi @7:00	Rest	Race Day Dist: Half-Marathon @6:50 Time: 1:29:34		23.1 miles

EXPLANATION OF TERMINOLOGY

Easy Run: Easy enough to comfortably maintain conversation.

Comfortably Hard: Sentences are shorter and more difficult, but conversation is possible.

Hard: With exception of a word or two, conversation is nearly impossible.

Tempo Run: Warm up, then start slower than the goal pace, gradually increasing speed and ending faster than the goal pace, always do cool down after.

Steady State: Warm up, then maintain the goal pace consistently throughout, always do cool down after.

Speedwork: This is best done on a track or area where distances are known. Warm up, then run hard intervals with jogs in between, then a cool down.

TIPS

DON'T OVER TRAIN. Although you might feel good enough to do several more miles or a much faster pace than what your chosen schedule calls for, doing so puts you at risk for injury and/or burnout. It's ok to run an extra mile when you feel good or even a mile less when you feel bad, but don't get carried away.

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ALWAYS LISTEN TO YOUR BODY. Experiencing soreness is completely normal, but if you feel moderate to acute pain, don't run. Rest, and if it continues to hurt seek the advice of others. This rule applies to pain, but if you simply have a common cold or a similarly mild issue, try running anyway. Often times my best training runs are while I am "sick" or just not feeling well prior to my run. Also you'll probably find that the run will make you feel better. If you have a fever or something more severe than the common cold DON'T RUN.

BUDDY UP. Especially on long runs, company can help make the experience much more enjoyable. It's great to look forward to running with others.

EAT RIGHT. Although running can certainly be a useful tool in a weight loss plan, be careful in reducing calories before runs, especially as the scheduled mileage increases. I would however advise against eating a meal within 2 hours prior to your run. Food in the stomach often results in cramping or simply discomfort. Unless you are running greater than 18 miles, you should have plenty of calories in the tank to see you through your run. Eating post-run is highly advisable, but again, don't overdo it. Quality over quantity is always a great rule of thumb.

DRESS RIGHT. A common mistake is to wear too much in the colder months. I suggest wearing enough that you start off slightly uncomfortable on the cool side of what you'd need if you were just walking. After you get a mile or so under you, that will go away and you'll be able to run more efficiently because your body isn't working so hard to cool itself.

HYDRATE. Don't wait until Friday to start drinking water to see you through your long run. Make a conscious effort to drink small amounts throughout each day of the week. Also, try to plan your routes so that every 2 – 3 miles you have a place to stop and get a quick drink.



BGRR HALF MARATHON TRAINING PLAN

Plan 2 (advanced)

Wk	Date	Mon	Tues	Weds	Thurs	Fri	Sat	Sun	Total
1	1/23 1/29	Easy Run Dist:5 mi @8:30	Rest / XT	Tempo Run (Comfortably Hard) Dist: 6 mi, inc 1 mi Warm; 4 mi @ 8:15; 1 mi Cool	Easy Run Dist:6 mi @8:30	Rest / XT	Easy Run Dist:8 mi @8:30	Rest / XT	25 miles
2	1/30 2/5	Easy Run Dist:6 mi @8:30	Rest / XT	Speedwork (Hard) Dist:5.5 mi, inc 1600 Warm; 5x800 in 3:30 w/400 jogs; 1600 Cool	Easy Run Dist:6 mi @8:30	Rest / XT	Easy Run Dist:9 mi @8:30	Rest / XT	26.5 miles
3	2/6 2/12	Easy Run Dist:7 mi @8:20	Rest / XT	Tempo Run (Comfortably Hard) Dist: 6 mi, inc 1 mi Warm; 4 mi @ 8:15; 1 mi Cool	Easy Run Dist:7 mi @8:20	Rest / XT	Long Run Dist:9 mi @8:20	Rest / XT	29 miles
4	2/13 2/19	Easy Run Dist:7 mi @8:20	Rest / XT	Speedwork (Hard) Dist: 6.25 mi, inc 1600 Warm; 6x800 in 3:30 w/400 jogs; 1600 Cool	Easy Run Dist:7 mi @8:20	Rest / XT	Long Run Dist:10 mi @8:20	Rest / XT	30.25 miles
5	2/20 2/26	Easy Run Dist:7 mi @8:10	Rest / XT	Steady State (Comfortably Hard) Dist: 6 mi, inc 1 mi Warm; 4 mi @ 8:00; 1 mi Cool	Easy Run Dist:8 mi @8:10	Rest / XT	Long Run Dist:12 mi @8:10	Rest / XT	33 miles
6	2/27 3/4	Easy Run Dist:7 mi @8:10	Rest / XT	Easy Run Dist:8 mi @8:10	Easy Run Dist:7 mi @8:10	Rest / XT	Easy Run Dist:11 mi @8:10	Rest / XT	33 miles
7	3/5 3/11	Easy Run Dist:8 mi @8:00	Rest / XT	Speedwork (Hard) Dist: 7.5 mi, inc 1 mi Warm; 4x1600 in 7:15 w/800 jogs; 1 mi Cool	Easy Run Dist:7 mi @8:00	Rest / XT	Long Run Dist:13 mi @8:00	Rest / XT	35.5 miles
8	3/12 3/18	Easy Run Dist:7 mi @8:00	Easy Run Dist:8 mi @8:00	Tempo Run (Comfortably Hard) Dist: 6 mi, inc 1 mi Warm; 4 mi @ 7:50; 1 mi Cool	Rest / XT	Rest / XT	Long Run Dist:14 mi @8:10	Rest / XT	35 miles
9	3/19 3/25	Easy Run Dist:7 mi @8:00	Rest / XT	Speedwork (Hard) Dist: 9 mi, inc 1 mi Warm; 5x1600 in 7:15 w/800 jogs; 1 mi Cool	Easy Run Dist:7 mi @8:00	Rest / XT	Long Run Dist:10 mi @8:10	Rest / XT	33 miles
10	3/26 Race	Easy Run Dist:3 mi @8:15	Rest / XT	Easy Run Dist: 5 mi @8:15	Easy Run Dist: 2 mi @8:15	Rest	Race Day Dist: Half-Marathon @8:00 Time: 1:44:52		23.1 miles

EXPLANATION OF TERMINOLOGY

Easy Run: Easy enough to comfortably maintain conversation.

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Hard: With exception of a word or two, conversation is nearly impossible.

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Speedwork: This is best done on a track or area where distances are known. Warm up, then run hard intervals with jogs in between, then a cool down.

TIPS

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ALWAYS LISTEN TO YOUR BODY. Experiencing soreness is completely normal, but if you feel moderate to acute pain, don't run. Rest, and if it continues to hurt seek the advice of others. This rule applies to pain, but if you simply have a common cold or a similarly mild issue, try running anyway. Often times my best training runs are while I am "sick" or just not feeling well prior to my run. Also you'll probably find that the run will make you feel better. If you have a fever or something more severe than the common cold DON'T RUN.

BUDDY UP. Especially on long runs, company can help make the experience much more enjoyable. It's great to look forward to running with others.

EAT RIGHT. Although running can certainly be a useful tool in a weight loss plan, be careful in reducing calories before runs, especially as the scheduled mileage increases. I would however advise against eating a meal within 2 hours prior to your run. Food in the stomach often results in cramping or simply discomfort. Unless you are running greater than 18 miles, you should have plenty of calories in the tank to see you through your run. Eating post-run is highly advisable, but again, don't overdo it. Quality over quantity is always a great rule of thumb.

DRESS RIGHT. A common mistake is to wear too much in the colder months. I suggest wearing enough that you start off slightly uncomfortable on the cool side of what you'd need if you were just walking. After you get a mile or so under you, that will go away and you'll be able to run more efficiently because your body isn't working so hard to cool itself.

HYDRATE. Don't wait until Friday to start drinking water to see you through your long run. Make a conscious effort to drink small amounts throughout each day of the week. Also, try to plan your routes so that every 2 – 3 miles you have a place to stop and get a quick drink.



BGRR HALF MARATHON TRAINING PLAN

Plan 3 (intermediate)

Wk	Date	Mon	Tues	Weds	Thurs	Fri	Sat	Sun	Total
1	1/23 1/29	Easy Run Dist:3 mi @9:40	Rest / XT	Easy Run Dist:3 mi @9:40	Easy Run Dist:4 mi @9:40	Rest / XT	Easy Run Dist:6 mi @9:40	Rest / XT	16 miles
2	1/30 2/5	Easy Run Dist:3 mi @9:40	Rest / XT	Easy Run Dist: 3 mi @9:40	Easy Run Dist:4 mi @9:40	Rest / XT	Easy Run Dist:7 mi @9:40	Rest / XT	17 miles
3	2/6 2/12	Easy Run Dist:3 mi @9:30	Rest / XT	Tempo Run (Comfortably Hard) Dist: 5 mi, inc 1 mi Warm; 3 mi @ 9:15; 1 mi Cool	Easy Run Dist:4 mi @9:30	Rest / XT	Long Run Dist:8 mi @9:30	Rest / XT	20 miles
4	2/13 2/19	Easy Run Dist: 3 mi @9:30	Rest / XT	Speedwork (Hard) Dist: 5.5 mi, inc 1600 Warm; 5x800 in 4:00 w/400 jogs; 1600 Cool	Easy Run Dist:4 mi @9:30	Rest / XT	Long Run Dist:9 mi @9:30	Rest / XT	21.5 miles
5	2/20 2/26	Easy Run Dist:3 mi @9:20	Rest / XT	Steady State (Comfortably Hard) Dist: 5 mi, inc 1 mi Warm; 3 mi @ 9:00; 1 mi Cool	Easy Run Dist:4 mi @9:20	Rest / XT	Long Run Dist:10 mi @9:20	Rest / XT	22 miles
6	2/27 3/4	Easy Run Dist: 4 mi @9:20	Rest / XT	Easy Run Dist: 4 mi @9:20	Easy Run Dist: 4 mi @9:20	Rest / XT	Easy Run Dist:11 mi @9:20	Rest / XT	23 miles
7	3/5 3/11	Easy Run Dist: 4 mi @9:10	Rest / XT	Tempo Run (Comfortably Hard) Dist: 6 mi, inc 1 mi Warm; 4 mi @ 9:00; 1 mi Cool	Easy Run Dist: 4 mi @9:10	Rest / XT	Long Run Dist:10 mi @9:10	Rest / XT	24 miles
8	3/12 3/18	Easy Run Dist: 4 mi @9:10	Rest / XT	Speedwork (Hard) Dist: 6 mi, inc 1 mi Warm; 3x1600 in 8:30 w/800 jogs; 1 mi Cool	Rest / XT	Rest / XT	Long Run Dist:13 mi @9:20	Rest / XT	23 miles
9	3/19 3/25	Easy Run Dist: 4 mi @9:10	Rest / XT	Tempo Run (Comfortably Hard) Dist: 6 mi, inc 1 mi Warm; 4 mi @ 8:45; 1 mi Cool	Easy Run Dist: 4 mi @9:10	Rest / XT	Long Run Dist: 8 mi @9:10	Rest / XT	22 miles
10	3/26 Race	Easy Run Dist:3 mi @9:15	Rest / XT	Easy Run Dist: 5 mi @9:15	Easy Run Dist: 2 mi @9:15	Rest	Race Day Dist: Half-Marathon @9:00 Time: 1:57:59		23.1 miles

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BGRR HALF MARATHON TRAINING PLAN Plan 4 (beginner)

Wk	Date	Mon	Tues	Weds	Thurs	Fri	Sat	Sun	Total
1	1/23 1/29	Easy Run Dist: 2 mi @11:00	Rest / XT	Easy Run Dist: 3 mi @11:00	Rest / XT	Rest / XT	Easy Run Dist: 4 mi @11:00	Rest / XT	9 miles
2	1/30 2/5	Easy Run Dist: 2 mi @11:00	Rest / XT	Easy Run Dist: 3 mi @11:00	Easy Run Dist: 2 mi @11:00	Rest / XT	Easy Run Dist: 5 mi @11:00	Rest / XT	12 miles
3	2/6 2/12	Easy Run Dist: 2 mi @10:50	Rest / XT	Tempo Run (Comfortably Hard) Dist: 5 mi, inc 1 mi Warm; 3 mi @ 10:30; 1 mi Cool	Easy Run Dist: 2 mi @10:50	Rest / XT	Long Run Dist: 6 mi @10:50	Rest / XT	15 miles
4	2/13 2/19	Easy Run Dist: 3 mi @10:50	Rest / XT	Speedwork (Hard) Dist: 3.5 mi, inc 800 Warm; 2x1600m in 9:30 w/800m recoveries; 800 Cool	Easy Run Dist: 2 mi @10:50	Rest / XT	Long Run Dist: 7 mi @10:50	Rest / XT	15.5 miles
5	2/20 2/26	Easy Run Dist: 3 mi @10:40	Rest / XT	Steady State (Comfortably Hard) Dist: 5 mi, inc 1 mi Warm; 3 mi @ 10:15; 1 mi Cool	Easy Run Dist: 2 mi @10:40	Rest / XT	Long Run Dist: 8 mi @10:40	Rest / XT	18 miles
6	2/27 3/4	Easy Run Dist: 4 mi @10:40	Rest / XT	Easy Run Dist: 3 mi @10:40	Easy Run Dist: 3 mi @10:40	Rest / XT	Easy Run Dist: 9 mi @10:40	Rest / XT	19 miles
7	3/5 3/11	Easy Run Dist: 4 mi @10:30	Rest / XT	Tempo Run (Comfortably Hard) Dist: 6 mi, inc 1 mi Warm; 4 mi @ 9:40; 1 mi Cool	Easy Run Dist: 3 mi @10:30	Rest / XT	Long Run Dist: 10 mi @10:40	Rest / XT	23 miles
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10	3/26 Race	Easy Run Dist: 2 mi @10:30	Rest / XT	Easy Run Dist: 5 mi @10:30	Easy Run Dist: 2 mi @10:15	Rest	Race Day Dist: Half-Marathon @10:15 Time: 2:14:22		22.1 miles

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