

## 1/2 MARATHON PROGRAM how to use this suide

This program is designed to help someone with a moderate running and cardio base prepare to complete a half marathon in 6 weeks. In it, you will find 3 running days, 2 non-running workout days, and 2 rest/recovery days. We have also included instructions for a "taper week" leading up to an official event. If you have a specific race day in mind - start this program at 7 weeks out.

If for any reason 3 run days per week won't work for you - you may choose to follow this program with 2 runs per week instead. To do so - follow the run workouts in the same order. Shift the program to be completed over the course of 9 weeks instead of 6 . To add in the "taper week" you would want to start this option 10 weeks out from your specific event.

It is important that you follow the pacing guides for the running days, and choose the types of workouts/intensity levels on the non-running workout days!

## Suggested pre-requisite fitness level before starting this program:

If you haven't been running much at all - other than in workouts here or there. We suggest that you start by completing the Street Parking 5k Program.

You should be able to run/jog 4 miles without stopping before you dive into this progression!

## Running Days:

Each week you will see 3 running day workouts.

Monday: Tempo Workout

Wednesday: Speed Workout

Saturday: Distance Workout

## Non-Running Workout Days:

Each week you will have 2 opportunities to add in a regular daily or other accessory workouts.

Tuesday: Moderate Intensity Day
On this day you should choose from one of the following and get after it at roughly $80 \%$ intensity:

- Butts and Guts
- Sun Out Guns Out
- Regular Daily Workout (80\% effort)
- SHIFT Workout (80\% effort)
- Power
- Oly
- Sandbag (80\% effort)
- Bro Session
- Any of the skill based Extra Programs

Try to avoid workouts with "sprint" intervals - like 3 Min AMRAP with 1 Min Rest type workouts. EMOMs and AMRAPs are great options this day.

Friday: High Intensity Day 100\%
This would be a great day to plug in a workout that you want to attack with $100 \%$ effort. Maybe this is the day you choose to do the Vault, a sprint interval workout, or any other re-test.

Pick something and go at full $100 \%$ intensity.

Look for workouts with intervals (built in rest) and use this day for movements like box jumps, or other more explosive movements.

## Rest/Active Rest/Recovery Days:

You will find 2 "rest"days each week. Even if you are used to resting only one day per week - we suggest using both as either full rest or active recovery while following this program.

Thursday/Sunday

Full Rest: You give your body and mind a break from training and thinking about this program or fitness at all.

Active Rest: You may choose to go for a swim, bike ride, hike etc. Keep in mind that the goal for today is to RECOVER in order to feel better for the next few sessions. Be careful about overdoing it.

## Street Parking Maintenance:

Here are a few suggestions for SP Maintenance videos that go best with this program.

Weekly or on rest days when you might have more time:

- Hips
- Hamstrings
- Hip Flexors/Psoas
- Gentle Lower Body Recovery
- *Chest Opener - to help release diaphragm for better/more efficient breathing

Shorter options to do more frequently or as needed:

- Calves/ankles
- Quad Foam Roll Daily Tune Up
- Lower Body Daily Tune Up
- Couch Stretch
- Pigeon Stretch


## PACING

## EASY: 60-70\%

 SUSTAINABLE AND VERY COMFORTABLEMODERATE: 75-80\%
SUSTAINABLE / SLIGHTLY UNCOMFORTABLE
FAST: 85-90\%
UNCOMFORTABLE BUT SUSTAINABLE
FASTER: 90-95\%
UNCOMFORTABLE BORDERING ON UNSUSTAINABLE

FASTEST: 95-100\%
EXTREMELY UNCOMFORTABLE AND UNSUSTAINABLE

SPRINT
ALL OUT

Day 1
Tempo / Run 1
3 Rounds
Run 800 Meters FAST

Rest 3 Minutes
Total: 2400 Meters

Goal: Consistent Pacing - 3:30 to 5:00
of running each time.
During Rest: Deep mouth breaths / transitioning to controlled nose breathing

Day 4
REST/ACTIVE REST/MAINTENANCE

Choose full rest, active rest, or SP Maintenance.

Maintenance Suggestions:

- Hips
- Hamstrings
- Hip Flexors/Psoas
- Gentle Lower Body Recovery
- Chest Opener

Day 7
REST/ACTIVE

## REST/MAINTENANCE

Choose full rest, active rest, or SP Maintenance.

Maintenance Suggestions:

- Hips
- Hamstrings
- Hip Flexors/Psoas
- Gentle Lower Body Recovery
- Chest Opener

Shorter options to do more frequently or as needed:

- Calves/ankles
- Quad Foam Roll Daily Tune Up
- Lower Body Daily Tune Up
- Couch Stretch
- Pigeon Stretch

Day 2
Workout 1
Non-Running Workout Day
Moderate Intensity
80\% Effort

## Day 5

Workout 2
Non-Running Workout Day
High Intensity
100\% Effort

## NDTES:

Day 6
Distance / Run 3
5K Time Trial
Total: 5000 Meters
Goal: 5K or 30 Minutes - whichever comes first

Take note when/if breakdown occurs. (time/distance/etc). Best if done outdoors.

Day 3
Speed / Run 2
6-8 Rounds
Run 200 Meters FASTER
Rest 2 Minutes
Total: 1200-1600 Meters
Goal: Fast Feet! 45-75 seconds of fast running.

During Rest: Nose inhale / slow mouth exhale.

Day 1
Tempo / Run 1

## 3-4 Rounds

Run 800 Meters FAST
with Flying 400 Meter Recovery Jog
Total: 3600-4800 Meters
Goal: Consistent 800 meter times at roughly your 1 mile pace.

During Rest: Rest is the 400 meter recovery jog - breathe deep and slow.

## Day 4 <br> REST/ACTIVE REST/MAINTENANCE

Choose full rest, active rest, or SP Maintenance.

Maintenance Suggestions:

- Hips
- Hamstrings
- Hip Flexors/Psoas
- Gentle Lower Body Recovery
- Chest Opener

Day 7
REST/ACTIVE

## REST/MAINTENANCE

Choose full rest, active rest, or SP Maintenance.

Maintenance Suggestions:

- Hips
- Hamstrings
- Hip Flexors/Psoas
- Gentle Lower Body Recovery
- Chest Opener

Shorter options to do more frequently or as needed:

- Calves/ankles
- Quad Foam Roll Daily Tune Up
- Lower Body Daily Tune Up
- Couch Stretch
- Pigeon Stretch

Day 2
Workout 1
Non-Running Workout Day
Moderate Intensity
80\% Effort

## Day 5

Workout 2
Non-Running Workout Day
High Intensity
100\% Effort

## NDTES:

## Day 3

Speed / Run 2
8 Rounds
200 Meter Run FASTER
with Flying 200 Meter Recovery Jog

Total: 3200 Meters
Goal: Try to be within 10 seconds of week one 200 meter times.

During Rest: Rest is the 200 meter recovery jog - breathe in nose/out mouth.

## Day 6

Distance / Run 3
5 Mile Run
Pace: 1:30/mile slower pace than your 5K Time Trial.

Total: 5 Miles ( 8046 Meters)
Goal: 5 Miles or 55 Minutes - whichever comes first.
(If you averaged 9 min mile for your 5 k your pace today would be 10:30 miles)
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Day 1
Tempo / Run 1
5-6 Rounds
Run 800 Meters FAST
Rest 2:45

Total: 4000-4800 Meters
Goal: Maintain same time average as week one.

During Rest: Deep mouth breaths / transitioning to controlled nose breathing

Day 4
REST/ACTIVE REST/MAINTENANCE

Choose full rest, active rest, or SP Maintenance.

Maintenance Suggestions:

- Hips
- Hamstrings
- Hip Flexors/Psoas
- Gentle Lower Body Recovery
- Chest Opener


## Day 7

## REST/ACTIVE

## REST/MAINTENANCE

Choose full rest, active rest, or SP Maintenance.

Maintenance Suggestions:

- Hips
- Hamstrings
- Hip Flexors/Psoas
- Gentle Lower Body Recovery
- Chest Opener

Shorter options to do more frequently or as needed:

- Calves/ankles
- Quad Foam Roll Daily Tune Up
- Lower Body Daily Tune Up
- Couch Stretch
- Pigeon Stretch

Day 2
Workout 1
Non-Running Workout Day
Moderate Intensity
80\% Effort

## Day 5

Workout 2
Non-Running Workout Day
High Intensity
100\% Effort

## NDTES:

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Day 1
Tempo / Run 1

4-5 Rounds

Run 800 Meters FAST
with Flying 400 Meter Recovery Jog

Total: 4800-6000 Meters
Goal: Aim to improve on week 2 times.
During Rest: Rest is the 400 meter recovery jog. Breathe deep and slow.

## Day 4 <br> REST/ACTIVE REST/MAINTENANCE

Choose full rest, active rest, or SP Maintenance.

Maintenance Suggestions:

- Hips
- Hamstrings
- Hip Flexors/Psoas
- Gentle Lower Body Recovery
- Chest Opener


## Day 7

REST/ACTIVE
REST/MAINTENANCE
Choose full rest, active rest, or SP Maintenance.

Maintenance Suggestions:

- Hips
- Hamstrings
- Hip Flexors/Psoas
- Gentle Lower Body Recovery
- Chest Opener

Shorter options to do more frequently or as needed:

- Calves/ankles
- Quad Foam Roll Daily Tune Up
- Lower Body Daily Tune Up
- Couch Stretch
- Pigeon Stretch

Day 2
Workout 1
Non-Running Workout Day
Moderate Intensity
80\% Effort

## Day 5

Workout 2
Non-Running Workout Day
High Intensity
100\% Effort

## NDTES:

Day 3
Speed / Run 2
6-8 Rounds
Run 300 Meters FASTER
Rest 2 Minutes Between Runs

Total: 1800-2400 Meters
Goal: Consistent pacing. Fast feet. 45-75 seconds of running.

During Rest: Nose inhale, mouth exhale.

Day 6
Distance / Run 3
2 Rounds
Run 5K
Rest 1-4 Hours Between Runs

Total: 10,000 Meters
Goal: Consistent pace for both. Shoot to finish each at roughly 4-5 minutes slower than your 5K time trial.
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Day 1
Tempo / Run 1
6 Rounds
Run 800 Meters FAST

Rest 2:30 Between Runs

Total: 4800 Meters
Goal: Aim to be within $5-10$ seconds of week 3 runs.

During Rest: Deep mouth breaths / transitioning to controlled nose breathing

## Day 4 <br> REST/ACTIVE REST/MAINTENANCE

Choose full rest, active rest, or SP Maintenance.

Maintenance Suggestions:

- Hips
- Hamstrings
- Hip Flexors/Psoas
- Gentle Lower Body Recovery
- Chest Opener

Day 7

## REST/ACTIVE

## REST/MAINTENANCE

Choose full rest, active rest, or SP Maintenance.

Maintenance Suggestions:

- Hips
- Hamstrings
- Hip Flexors/Psoas
- Gentle Lower Body Recovery
- Chest Opener

Shorter options to do more frequently or as needed:

- Calves/ankles
- Quad Foam Roll Daily Tune Up
- Lower Body Daily Tune Up
- Couch Stretch
- Pigeon Stretch

Day 2 Workout 1

Non-Running Workout Day
Moderate Intensity

80\% Effort

## Day 5

Workout 2
Non-Running Workout Day
High Intensity
100\% Effort

Total: 10 Miles (16,092 Meters)
Goal: 10 miles or 2 hours - whichever comes first.

If your 10 K time trial had an average 10 $\mathrm{min} / \mathrm{mile}$ pace - shoot for a 13 minute mile pace.

## Day 3

Speed / Run 2
5 Rounds
Run 400 Meters FAST
With 200 Meter Flying Recovery Jog

Total: 3000 Meters
Goal: Aim to be consistent in your 400 meter pace. Should feel like your 800 meter pace.

During Rest: Rest is 200 meter recovery jog. Breathe deep and slow.

Day 6
Distance / Run 3
10 Mile Run

Pace should be 2:30/mile slower than 10k time trial pace. mite.

## NDTES:

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Day 1
Tempo / Run 1
4 Rounds
Run 800 Meters. FASTEST
Rest 5 Minutes Between Runs

Total: 3200 Meters
Goal: Run each 800 as quickly as possible. You have a longer rest to allow you to do so.

During Rest: Deep mouth breaths transitioning to nose breaths.

Day 4
REST/ACTIVE REST/MAINTENANCE

Choose full rest, active rest, or SP Maintenance.

Maintenance Suggestions:

- Hips
- Hamstrings
- Hip Flexors/Psoas
- Gentle Lower Body Recovery
- Chest Opener

Day 7
REST/ACTIVE

## REST/MAINTENANCE

Choose full rest, active rest, or SP Maintenance.

Maintenance Suggestions:

- Hips
- Hamstrings
- Hip Flexors/Psoas
- Gentle Lower Body Recovery
- Chest Opener

Shorter options to do more frequently or as needed:

- Calves/ankles
- Quad Foam Roll Daily Tune Up
- Lower Body Daily Tune Up
- Couch Stretch
- Pigeon Stretch

Day 2
Workout 1
Non-Running Workout Day
Moderate Intensity
80\% Effort

## Day 5

Workout 2
Non-Running Workout Day
High Intensity
100\% Effort

Total: 20,000 Meters
Goal: 15 K should match your 10 mile pace. 5K should be roughly 3-4 minutes slower than week one 5K time trial.

During Rest: Try to eat, drink lots of fluid, and take a nap.

## Day 3

Speed / Run 2
8 Rounds
300 Meter Run FASTER
Rest 2 Minutes Between Runs

Total: 2400 Meters
Goal: Try to be 3-5 seconds faster than week 4.

During Rest: Nose inhale - mouth exhale.

Day 6
Distance / Run 3
AM: Run 15K
PM: Run 5K
REST 3-5 HOURS between runs. Longer rest is better.

## NDTES:

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## HDW TD PREPARE FDR RACE DAY:

If you are following this program to prepare for a specific race date - we encourage you to start it 7 weeks out (or 10 weeks out if you are doing the 2 runs per week option). You will complete the program as written, followed by a "taper week" leading into the run.
(We assume your run is on a Saturday/Sunday - but adjust your run schedule based on day of the week for your specific event.)

During this week bodywork / mobility work are super important. This is a great time to add in a few of the Street Parking Maintenance videos we have included in this program - as well as do some more foam rolling or even get a massage. (If getting a massage - try to schedule it $2-3$ days before the event as opposed to the day before).
"Taper Runs": You will run twice MAX during this week. We suggest on Monday or Tuesday - going back to Session 1 of Week 1 and repeating those intervals at a moderate pace. On Wednesday or Thursday you could go for a steady 25-30 min run at a moderate and comfortable pace.

## On Race Day

Make sure you don't change your normal run routine. Make sure you take time to warm up properly. Hydrate well the days leading up to the race and fuel properly the 24 hours before.

You have worked hard! Make sure to have fun!


## IPSTRET

