

1/2 MARATHON PROGRAM HOW TO USE THIS GUIDE

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 COMFORTABLE

MODERATE: 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 2 Workout 1

Non-Running Workout Day

Moderate Intensity

80% Effort

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 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 5 Workout 2

Non-Running Workout Day

High Intensity

100% Effort

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 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

NOTES:			



Quad Foam Roll Daily Tune Up
Lower Body Daily Tune Up

Couch StretchPigeon Stretch



Day 1 Day 2 Day 3 Tempo / Run 1 Workout 1 Speed / Run 2 3-4 Rounds Non-Running Workout Day 8 Rounds Run 800 Meters FAST Moderate Intensity 200 Meter Run FASTER with Flying 400 Meter Recovery Jog with Flying 200 Meter Recovery Jog 80% Effort Total: 3600 - 4800 Meters Total: 3200 Meters Goal: Consistent 800 meter times at Goal: Try to be within 10 seconds of week roughly your 1 mile pace. one 200 meter times. During Rest: Rest is the 400 meter recovery jog - breathe deep and slow. During Rest: Rest is the 200 meter recovery jog - breathe in nose/out mouth. Day 4 Day 5 Day 6 **REST/ACTIVE** Workout 2 Distance / Run 3 **REST/MAINTENANCE** Non-Running Workout Day 5 Mile Run Choose full rest, active rest, or SP Maintenance. Pace: 1:30/mile slower pace than your 5K High Intensity Time Trial. Maintenance Suggestions: 100% Effort Hips Hamstrings Total: 5 Miles (8046 Meters) Hip Flexors/Psoas Gentle Lower Body Recovery Goal: 5 Miles or 55 Minutes - whichever Chest Opener comes first. (If you averaged 9 min mile for your 5k your pace today would be 10:30 miles) Day 7 **NOTES: 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





Day 1 Day 2 Day 3 Workout 1 Tempo / Run 1 Speed / Run 2 5-6 Rounds Non-Running Workout Day 6 Rounds Run 800 Meters FAST Moderate Intensity 300 Meter Run FASTER Rest 2:45 80% Effort with Flying 200 Meter Recovery Jog Total: 4000 - 4800 Meters Total: 3000 Meters Goal: Be consistent with runs 3-5 Goal: Maintain same time average as week one. During Rest: Rest is 200 meter recovery jog and should take 2 minutes. Breathe During Rest: Deep mouth breaths / in nose/out mouth. transitioning to controlled nose breathing Day 4 Day 5 Day 6 **REST/ACTIVE** Workout 2 Distance / Run 3 **REST/MAINTENANCE** Non-Running Workout Day 10k Time Trial Choose full rest, active rest, or SP Maintenance. High Intensity Total: 10,000 Meters Maintenance Suggestions: 100% Effort Goal: 10K or 70 Minutes - whichever · Hips Hamstrings comes first. Hip Flexors/Psoas Gentle Lower Body Recovery Take note when/if breakdown occurs. Chest Opener (time/distance/etc). Best if done outdoors. Day 7 **NOTES: REST/ACTIVE REST/MAINTENANCE** Choose full rest, active rest, or SP Maintenance. Maintenance Suggestions:

 Chest Opener
 Shorter options to do more frequently or as needed:

· Calves/ankles

HipsHamstringsHip Flexors/Psoas

Quad Foam Roll Daily Tune Up

Gentle Lower Body Recovery

- · Lower Body Daily Tune Up
- Couch Stretch
- · Pigeon Stretch





Day 1 Day 2 Day 3 Tempo / Run 1 Workout 1 Speed / Run 2 4 - 5 Rounds Non-Running Workout Day 6 - 8 Rounds Run 800 Meters FAST Moderate Intensity Run 300 Meters FASTER with Flying 400 Meter Recovery Jog Rest 2 Minutes Between Runs 80% Effort Total: 4800 - 6000 Meters Total: 1800 - 2400 Meters Goal: Aim to improve on week 2 times. Goal: Consistent pacing. Fast feet. 45-75 seconds of running. During Rest: Rest is the 400 meter recovery jog. Breathe deep and slow. During Rest: Nose inhale, mouth exhale. Day 4 Day 5 Day 6 **REST/ACTIVE** Workout 2 Distance / Run 3 **REST/MAINTENANCE** Non-Running Workout Day 2 Rounds Choose full rest, active rest, or SP Maintenance. Run 5K High Intensity Maintenance Suggestions: 100% Effort Rest 1-4 Hours Between Runs · Hips Hamstrings Hip Flexors/Psoas Total: 10,000 Meters Gentle Lower Body Recovery Chest Opener Goal: Consistent pace for both. Shoot to finish each at roughly 4-5 minutes slower than your 5K time trial. Day 7 **NOTES: REST/ACTIVE REST/MAINTENANCE** Choose full rest, active rest, or SP Maintenance. Maintenance Suggestions: Hips Hamstrings Hip Flexors/Psoas

Shorter options to do more frequently or as needed:

· Calves/ankles

Chest Opener

Quad Foam Roll Daily Tune Up

Gentle Lower Body Recovery

- Lower Body Daily Tune Up
- Couch Stretch
- · Pigeon Stretch



Couch StretchPigeon Stretch



Day 1 Day 2 Day 3 Workout 1 Tempo / Run 1 Speed / Run 2 6 Rounds Non-Running Workout Day 5 Rounds Run 800 Meters FAST Moderate Intensity Run 400 Meters FAST Rest 2:30 Between Runs With 200 Meter Flying Recovery Jog 80% Effort Total: 4800 Meters Total: 3000 Meters Goal: Aim to be within 5-10 seconds of Goal: Aim to be consistent in your 400 week 3 runs. meter pace. Should feel like your 800 meter pace. During Rest: Deep mouth breaths / transitioning to controlled nose breathing During Rest: Rest is 200 meter recovery jog. Breathe deep and slow. Day 4 Day 5 Day 6 **REST/ACTIVE** Workout 2 Distance / Run 3 **REST/MAINTENANCE** Non-Running Workout Day 10 Mile Run Choose full rest, active rest, or SP Maintenance. Pace should be 2:30/mile slower than 10k High Intensity time trial pace. Maintenance Suggestions: 100% Effort · Hips Hamstrings Total: 10 Miles (16,092 Meters) Hip Flexors/Psoas Gentle Lower Body Recovery Goal: 10 miles or 2 hours - whichever Chest Opener comes first. If your 10K time trial had an average 10 min/mile pace - shoot for a 13 minute mile pace. Day 7 **NOTES: 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 StretchPigeon Stretch



Day 1 Day 2 Day 3 Tempo / Run 1 Workout 1 Speed / Run 2 4 Rounds Non-Running Workout Day 8 Rounds Run 800 Meters. FASTEST Moderate Intensity 300 Meter Run FASTER Rest 5 Minutes Between Runs Rest 2 Minutes Between Runs 80% Effort Total: 3200 Meters Total: 2400 Meters Goal: Run each 800 as quickly as Goal: Try to be 3-5 seconds faster than possible. You have a longer rest to allow week 4. you to do so. During Rest: Nose inhale - mouth exhale. During Rest: Deep mouth breaths transitioning to nose breaths. Day 4 Day 5 Day 6 **REST/ACTIVE** Workout 2 Distance / Run 3 **REST/MAINTENANCE** Non-Running Workout Day AM: Run 15K Choose full rest, active rest, or SP Maintenance. PM: Run 5K High Intensity Maintenance Suggestions: 100% Effort REST 3-5 HOURS between runs. Longer Hips rest is better. Hamstrings Hip Flexors/Psoas Gentle Lower Body Recovery Chest Opener Total: 20,000 Meters Goal: 15K should match your 10 mile pace. 5K should be roughly 3-4 minutes slower than week one 5K time trial. Day 7 During Rest: Try to eat, drink lots of fluid, **REST/ACTIVE** and take a nap. **REST/MAINTENANCE NOTES:** 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

HOW TO PREPARE FOR 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!



