

**RUTGERS HALF MARATHON
APRIL 18TH, 2010**

WEEK	DATE	MON	TUE	WED	THUR	FRI	SAT	SUN
1	12/28	CT/ST	REST/CT	2 MI HILLS	CT/ST	3 MILES	OFF	4 MILES
2	1/4	CT/ST	REST/CT	2 MI HILLS	CT/ST	3 MILES	OFF	5 MILES
3	1/11	CT/ST	REST/CT	2-3MI HILLS	CT/ST	3 MILES	OFF	6 MILES
4	1/18	CT/ST	REST/CT	2-3MI HILLS	CT/ST	3 MILES	OFF	6 MILES
5	1/25	CT/ST	REST/CT	2-3MI HILLS	CT/ST	3 MILES*	OFF	7 MILES
6	2/1	CT/ST	REST/CT	3 MI HILLS	CT/ST	3 MILES*	OFF	8 MILES
7	2/8	CT/ST	REST/CT	3 MI HILLS	CT/ST	3 MILES*+	OFF	9 MILES
8	2/15	CT/ST	REST/CT	3 MI HILLS	CT/ST	4-6 MILES*+	OFF	6 MILES
9	2/22	CT/ST	REST/CT	4 MI HILLS	CT/ST	4-6 MILES*+	OFF	10 MILES
10	3/1	CT/ST	REST/CT	4 MI HILLS	CT/ST	4-6 MILES*+	OFF	11 MILES
11	3/8	CT/ST	REST/CT	4 MI HILLS	CT/ST	4 -6 MILES*+	OFF	10 MILES
12	3/15	CT/ST	REST/CT	4 MI HILLS	CT/ST	4-6 MILES+\$	OFF	8 MILES
13	3/22	CT/ST	REST/CT	4 MI HILLS	CT/ST	4-6 MILES+\$	OFF	12<> MILES
14	3/29	CT/ST	REST/CT	4 MI HILLS	CT/ST	4-6 MILES+\$	OFF	10 MILES
15	4/5	CT/ST	REST/CT	4 MI HILLS	CT/ST	3-5 MILES+\$	OFF	6 MILES
16	4/12	CT	REST	2 MI HILLS	CT	2 MILES+\$	OFF	RACE April18

HALF MARATHON
WALKERS AND RUNNERS FOLLOW THE SAME PROGRAM
Beginner to Intermediate Program

PLEASE CONSULT A MEDICAL PROFESSIONAL BEFORE BEGINNING ANY EXERCISE PROGRAM

- 1. Always warm up 5-7 min with an active warm up – pulling knees to chest, side lunges, straight leg kicks, etc.**
- 2. Take a few minutes to cool down at the end of your run and do static stretches.**
- 3. Each of the weeks above begin on Monday, with your long day on Sunday. You may rearrange the schedule to fit your lifestyle. Try and make your rest day the day before your long day.**
- 4. CT – Cross train 30-45 min with different muscles – cycle, swim (elliptical uses same muscles)**
- 5. Rest/off – Take at least one day off a week, two if you need it, depending on your level of fitness coming into the training plan. You can also use that Rest/CT day as a yoga/stretch day.**
- 6. ST – strength train at least twice a week (except the last week). This should include core training as well. Watch this video on lower body exercises to keep your knees strong using a small band:**

<http://www.performbetter.com/catalog/matriarch/OnePiecePage.asp?PageID=E307&PageName=Eexercisebandinstrvideo>

- 7. One day per week, do hills. You can either do hill repeats – run up a hill 2-3 min long and walk down to recover (Repeat for 20-30 minutes) OR
Run on a treadmill following this plan: 2 min at 2%, 90 seconds at 4%, 30 sec at 5% - if you cannot run this, then walk it. It's OK to run a little slower on the hills as your body gets acclimated. To recover walk or run on a flat until your heart rate comes down, then Repeat. Do up to 5 sets of work/recovery intervals. Hill training not only prepares you for hills, but for wind. It will make you a stronger runner. Keep good form (abs tight) and pump your arms.**
- 8. If you are new to exercise, keep your heart rate in the 65-80% zone – Perceived exertion is 4-6 out of 10 (slightly winded) for the first 4 weeks**
- 9. + Walkers – On short walk day (not the hill day) do fartleks – (quick, short bursts of speed walking or easy jog). Do 8-10 of these at 30-60 seconds each. Heart rate should be elevated to a perceived exertion of an 8 out of 10 or 85% if you are wearing a heart rate monitor. You can increase the intensity as you get**

stronger by making the intervals longer or by doing more of them.

- 10. * Runners – On Short day, do fartleks –(quick, short bursts of speed drills) do 8-10 of 30-60 seconds of harder efforts. Heart rate should be elevated to a perceived exertion of an 8 out of 10 or 85% if you are wearing a heart rate monitor. You can increase these as you get stronger by making them longer intervals or by doing more of them.**
- 11. <> Walkers – Walkers will be fine with 10-11 miles and will still finish the race comfortably. It is not necessary to do 12, but go for it if you are feeling good.**
- 12. \$ Runners – Do tempo runs (holding 80% of HR (just out of comfort zone- slightly winded when talking) instead of fartleks for the whole run if you can.**
- 13. For better runners, if you choose to do so, you can increase your second run day to 6 miles instead of 4. Do an easy first mile, intervals in between, and an easy last mile. If you are already beyond the mileage for the long runs BEFORE you begin this plan, hold that mileage until the plan catches up to you, or find a more challenging plan.**

Good Luck!

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