



12 Week Novice to Intermediate Training Schedule for a Half Marathon

Based on time not miles
Reviewed 5/2011

This training program assumes that you already have a base training level, meaning that you are exercising at least 30 minutes (continuously) for a minimum of 3 days a week. Please consult with your doctor before beginning any new training program. You may choose to run, walk, or mix walking and running. The walk/run option means that you have chosen a walk/run rhythm and will be consistent in your use of this technique in your training. Ask about this technique if you have questions.

The training is based on an increase of 10 – 15 minutes each week or an added mile, whichever comes first. Therefore, when you get to 105 minutes of training you will see the option of minutes or miles, depending on your overall speed.

Pre – training weeks should be used to build up to 60 minutes of continuous movement and, if you already do this, try to cover more distance each week in that 60 minute workout. For example, if you are now at 30 minutes, do 40 minutes your next week, add another 10 minutes (50 minutes) for the next week until you reach 60. If you already do 60 minutes, work a bit harder each week to cover more distance. Don't worry about your mileage. Just try to push yourself more each week in the same amount of time. The sample week's workout will help you be fit, strong, and ready to increase your time on the road when our training gets longer and longer to complete our half marathon goal. You can do this! Go WOW Team!

A Sample Week Before Starting the Official 12 Week Training for a Half

Monday	REST
Tuesday	30 - 60 minutes of core, strength, and flexibility training
Wednesday	Track Workout or 30 – 45 minute hill workout with additional 5 – 10 minute warm-up and cool-down
Thursday	REST
Friday	30 minutes of running, walking, or combination at a steady pace
Saturday	30 - 60 minutes of core, strength, and flexibility training or REST
Sunday	40 - 60 minutes of running, walking or combination, building up to 60 minutes by 5 – 10 minutes per week.

Note: Increase your weekend workout time each week by 10 minutes until you reach 60 minutes. When you hit 60 minutes, keep working harder to cover more distance in that same amount of time. Go for it! Continue this sample week until we reach Week 1. Then the fun begins!

Week 1 of 12 **Goal - Build Strength and Endurance**

Monday	REST
Tuesday	30 - 60 minutes of core, strength, and flexibility training
Wednesday	Track Workout or 30 minute hill workout with additional 5 – 10 minute warm-up and cool-down
Thursday	REST
Friday	40 minutes of running, walking, or combination at a steady pace
Saturday	30 - 60 minutes of core, strength, and flexibility training or REST
Sunday	60 minutes of running, walking or combination (5 min warm-up, 55 min easy)

Total time walking or running this week _____

Week 2 of 12 **Goal - Build Strength and Endurance**

Monday	REST
Tuesday	30 - 60 minutes of core, strength, and flexibility training
Wednesday	Track Workout or 30 minute hill workout with additional 5 – 10 minute warm-up and cool-down
Thursday	REST
Friday	45 minutes of running, walking, or combination at a steady pace
Saturday	Cross train or rest
Sunday	70 minutes of running, walking or combination (5 min warm-up, 1 hrs 5 min easy)

Total time walking or running this week _____

Page 1

Compliments of the WOW Team – Join us for Training!

<http://GoWOWTeam.com>

go@gowowteam.com

Copyright 2007 – 2011 All Rights Reserved

Go WOW Team – Fit Women of the World is a division of ALTB International, Inc., San Francisco, CA 415 682-8819

**12 Week Novice to Intermediate Training
Schedule for a Half Marathon**

*Based on time not miles
Reviewed 5/2011*

Week 3 of 12 Goal - Build Strength and Endurance

Monday	REST
Tuesday	30 - 60 minutes of core, strength, and flexibility training
Wednesday	Track Workout or 30 minute hill workout with additional 5 – 10 minute warm-up and cool-down
Thursday	REST
Friday	50 minutes of running, walking, or combination at a steady pace
Saturday	Cross Train 1 Hour or REST
Sunday	80 minutes of running, walking or combination (5 min warm-up, 1 hrs 15 min easy)

Total time walking or running this week _____

Week 4 of 12 Goal - Build Strength and Endurance

Monday	REST
Tuesday	30 - 60 minutes of core, strength, and flexibility training
Wednesday	Track Workout or 30 minute hill workout with additional 5 – 10 minute warm-up and cool-down
Thursday	REST
Friday	55 minutes of running, walking, or combination at a steady pace
Saturday	Cross Train 1 Hour or REST
Sunday	120 minutes of running, walking or combination (5 minutes warm-up, 110 minutes steady, 5 minutes easy)
Sunday	90 minutes of running, walking or combination (5 min warm-up, 1 hour 25 min easy) Practice run on course.

Total time walking or running this week _____

Week 5 of 12 Goal - Build Strength and Endurance

Monday	REST
Tuesday	45 - 60 minutes of core, strength, and flexibility training
Wednesday	Track Workout or 30 minute hill workout with additional 5 – 10 minute warm-up and cool-down
Thursday	REST
Friday	60 minutes of running, walking, or combination at a steady pace
Saturday	45 - 60 minutes of core, strength, and flexibility training or REST
Sunday	105 minutes (or 10 miles, whichever comes first) of running, walking or combination (5 min warm-up, 1 hour 40 minutes easy)

Total time walking or running this week _____

Week 6 of 12 Goal - Build Strength and Endurance

Monday	REST
Tuesday	45 - 60 minutes of core, strength, and flexibility training
Wednesday	Track Workout or 30 minute hill workout with additional 5 – 10 minute warm-up and cool-down
Thursday	REST
Friday	60 minutes of running, walking, or combination at a steady pace
Saturday	Cross Train 1 Hour or REST
Sunday	120 minutes (or 10 miles, whichever comes first) of running, walking or combination (5 min warm-up, 1 hour 55 minutes, steady pace)

Total time walking or running this week _____

**12 Week Novice to Intermediate Training
Schedule for a Half Marathon**

*Based on time not miles
Reviewed 5/2011*

Week 11 of 12 **Goal - Taper**

Monday:	REST
Tuesday	45 - 60 minutes of core, strength, and flexibility training
Wednesday	Track Workout or 30 minute hill workout with additional 5 – 10 minute warm-up and cool-down
Thursday	REST
Friday	60 minutes of running, walking, or combination at a steady pace (incl. warm-up 5 – 10 minutes)
Saturday	Cross Train 1 Hour or REST
Sunday	120 minutes (or 10 miles) running, walking, or combination (5 min warm-up, 115 minutes steady)

Total time walking or running this week _____

Week 12 of 12 **Goal - Race!**

Monday	REST
Tuesday	45 - 60 minutes of core, strength, and flexibility training
Wednesday	Track Workout or 30 minute hill workout with additional 5 – 10 minute warm-up and cool-down
Thursday	REST
Friday	5 minutes easy, 20 minutes hard, 5 minutes easy
Saturday	REST
Sunday	Run or Walk or Run/Walk your Half Marathon. Go like the wind!

You Made IT!!!

*** Notes:**

If you can't run consistently (or choose not to do so) we recommend a walk 2 minutes/jog 2 minutes starting regimen. Once you feel comfortable with this pace you may increase jogging time and decrease walking time. For example, 2 minutes walk/ 6 -7 minutes jogging. If you always want to walk, then vary fast walking with slower walking to allow your body time to improve.

This training program assumes that you have checked with your doctor and are cleared to exercise at this level.

If you can join us for our weekend workouts, please go to <http://GoWOWTeam> for full details and a weekly calendar of scheduled workouts. We are also on meetup.com at <http://meetup.com/gowowteam> , facebook.com at Go WOW Team and <http://twitter.com/gowowteam>. Take a look! Thank you!

Best of luck!