



## 12 Week + Novice to Intermediate Training Program for a Half Marathon

Based on time not miles  
Updated 8-12-2011

*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.*

### **Pre-Week C Goal – Base Building. This continues until you feel strong or arrive at 14 weeks before your goal**

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	30 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 \_\_\_\_\_

### **Pre-Week B Goal – Start Increasing Your Endurance. 14 Weeks to Race**

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	30 minutes of running, walking, or combination at a steady pace
Saturday	30 - 60 minutes of core, strength, and flexibility training or REST
Sunday	70 minutes of running, walking or combination (5 min warm-up, 65 min easy)

Total time walking or running \_\_\_\_\_

### **Pre-Week A Goal – Increasing Strength and Endurance. 13 Weeks to Race**

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	30 minutes of running, walking, or combination at a steady pace
Saturday	30 - 60 minutes of core, strength, and flexibility training or REST
Sunday	80 minutes of running, walking or combination (5 min warm-up, 1 hrs 15 min easy)

Total time walking or running \_\_\_\_\_

### **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	30 minutes of running, walking, or combination at an easy pace
Saturday	30 - 60 minutes of core, strength, and flexibility training or REST
Sunday	90 minutes of running, walking or combination (5 min warm-up, 1 hrs 25 min easy)

Total time walking or running \_\_\_\_\_

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**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	35 minutes of running, walking, or combination at an easy pace
Saturday	Cross train or rest
Sunday	100 minutes of running, walking or combination (or 10 miles whichever comes first)

Total time walking or running \_\_\_\_\_

**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	40 minutes of running, walking, or combination at an easy pace
Saturday	Cross Train 1 Hour or REST
Sunday	110 minutes of running, walking or combination (or 10 miles, whichever comes first)

Total time walking or running \_\_\_\_\_

**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	45 minutes of running, walking, or combination at an easy pace
Saturday	Cross Train 1 Hour or REST
Sunday	120 minutes of running, walking or combination (or 10 miles whichever comes first)

Total time walking or running \_\_\_\_\_

**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	50 minutes of running, walking, or combination at an easy pace
Saturday	45 - 60 minutes of core, strength, and flexibility training or REST
Sunday	130 minutes of running, walking or combination (or 11 miles whichever comes first)

Total time walking or running \_\_\_\_\_

**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	55 minutes of running, walking, or combination at an easy pace
Saturday	Cross Train 1 Hour or REST
Sunday	140 minutes of running, walking or combination (or 11 miles whichever comes first)

Total time walking or running \_\_\_\_\_

**Compliments of the WOW Team – Join us for Training!**

<http://GoWOWTeam.com>  
[go@gowowteam.com](mailto:go@gowowteam.com)

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**Week 7 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 an easy pace
Saturday	Cross Train 1 Hour or REST
Sunday	150 minutes of running, walking or combination (or 11 miles whichever comes first)

Total time walking or running \_\_\_\_\_

**Week 8 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 (incl. warm-up 5 – 10 minutes)
Saturday	Cross Train 1 Hour or REST
Sunday	160 minutes of running, walking or combination (or 12 miles whichever comes first)

Total time walking or running \_\_\_\_\_

**Week 9 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 (incl. warm-up 5 – 10 minutes)
Saturday	Cross Train 1 Hour or REST
Sunday	170 minutes of running, walking or combination (or 13 miles whichever comes first)

Total time walking or running \_\_\_\_\_

**Week 10 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 (incl. warm-up 5 – 10 minutes)
Saturday	Cross Train 1 Hour or REST
Sunday	3 hours (180 minutes) of running, walking or combination (or 14 miles whichever comes first)

Total time walking or running \_\_\_\_\_

**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 of running, walking, or combination (or 10 miles whichever comes first)

Total time walking or running \_\_\_\_\_

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**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
<b>Sunday</b>	<b>Run or Walk or Run/Walk your Half Marathon. Go like the wind!</b>

**What was your finish time?** \_\_\_\_\_

**You Made IT!!!**

**\* Notes: The WOW Team trains runners, walkers, and run/walkers.**

Our runners will try the 4:1 walk/run method at least a few times to test it out as a training method. We get rave results from runners using this training technique, even when they plan to run their entire race.

If you want to add running, but can't run consistently yet (or choose not to do so) WOW workouts will offer a walk 1 minute/jog 1 minute starting regimen. Once you feel comfortable with this pace you may increase jogging time and decrease walking time. Our workouts will move up to 1 minute walk/ 4 minutes jogging.

If you always want to walk, then alternate fast walking with slower walking (1:1 then 4:1) to allow your body time to improve. You will get faster even if you always walk by using this method.

For intermediate half and full marathon training runs we advocate a 9:1 running/walking increment. This technique will keep you fresh, rehydrated, and utilizing different muscles on a regular basis reducing the chance of injury dramatically from repetitive, workout stress.

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

Remember to **stretch** after your workouts!

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](http://meetup.com) at <http://meetup.com/gowowteam> , [facebook.com](http://facebook.com) and <http://twitter.com/gowowteam>. Take a look! Thank you!

**Best of luck!**

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