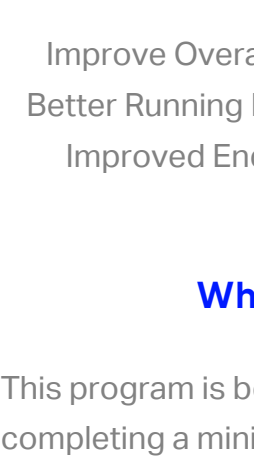
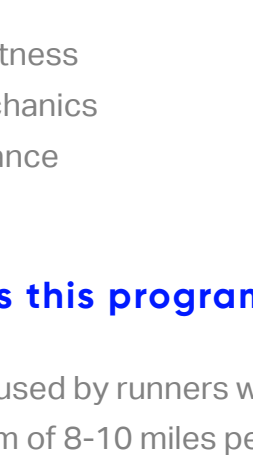


Train for a Half

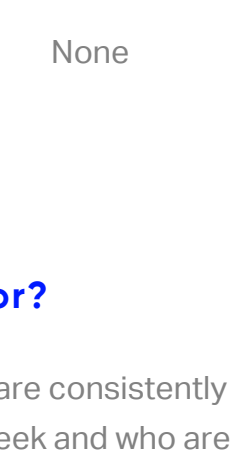
In order to finish your 13.1-mile event, it's important to build your weekly mileage and endurance. This 12-week program is broken out into three, four-week-long training blocks. You'll learn proven running techniques, reduce your chance of injury, improve your fitness, and get set up for success during and after your race. This program is based solely on running so you'll complete weekly mileage on the treadmill and outdoors.



Wes



John



Rochelle

Benefits

- Improve Overall Fitness
- Better Running Mechanics
- Improved Endurance

Equipment

None

Who is this program for?

This program is best used by runners who are consistently completing a minimum of 8-10 miles per week and who are looking to prepare for a 10K to half marathon event.

Race Training in Three Blocks

During this 12-week program you'll train through three, four-week-long blocks designed to lay the fitness foundation you need to run your best race. Below we've broken down the details of each block.

Base Weeks 1-4

In this block you are aiming to run 15-20 miles or 2-2.5 hours a week.

In the Base block we'll introduce you to three workouts every runner needs to be successful—short hill or intervals to build strength, mid- to long-tempo runs to improve your running efficiency, and long runs to improve your endurance and prepare you for the demands of a long race. You can add additional conversational pace running to help increase your fitness and overall endurance to suit your experience. The goal of this block is to reduce injury risk by introducing your body to new workout types incrementally. Often the cause of injury to new and experienced runners alike, is taking on too much, too soon. Over these first weeks your mileage and speed will slowly increase to help your body adapt to the demands of racing.

Build Weeks 5-8

In this block you are aiming to run 20-25 miles or 2.5-3.5 hours a week.

In the Build block you'll continue to improve upon the workouts from block one. Now that you've built your framework and created consistency in your program, you'll increase the length of time that you run at your goal race pace, further preparing you for the specific demands of your upcoming event. You'll work a lot more on pacing in this block and by the end you'll be feeling confident about your stride and running capability. You'll also extend your overall mileage and build up the distance of your long runs to make sure you're prepared come race day!

Sharpen Weeks 9-12

In this block you are aiming to run 25-30 miles or 3-4 hours a week.

In this final training block you'll take on some paced workouts to make sure you are mentally and physically ready to perform on race day. You'll also be working on the all-important "taper" process—winding down your training schedule and limiting your mileage—to help your body rest up in the final 7-10 days of the plan. You'll be ready with high energy and fresh legs for race day.

Understanding Pace and Workout Types

During classes in this program Aaptiv trainers will reference the paces below.

Day / Workout Type	Benefit	Intensity Level
Conversational Pace + Strides or Striders*	Builds efficiency and base mileage Introduces running quickly without wearing you out	This is a light jog. You can hold a conversation at this pace. *Note: Striders are 15-30 seconds of lengthening your strides. These can be implemented at any time during a conversational pace run
Intervals / Hills	Increases strength, power, and mental toughness Strengthens muscles Reduces chance of injury Teaches you proper form and mechanics	Short bursts of all out effort. It should be hard to speak during these.
Tempo Day	Improves pacing Strengthens aerobic system Establishes a pace that you can run quickly at for longer durations	Hard effort you can do comfortably for up to 30 minutes. You can speak in broken sentences.
Long Run	Builds endurance aerobic capacity	This is your half marathon pace. You can hold a conversation.
Off Day Workouts	Increases mobility Prevents injury	Light effort; stretching, walking, yoga, optional light cross or strength training
WEEK 1	DAY 1	Base Pace
	DAY 2	Extraordinary
	DAY 3	Choose Your Own Yoga or Low Intensity Cycling or Long Walk
	DAY 4	Tempo Work
	DAY 5	Rest or Redo Day 1
	DAY 6	Sixty Plus
	DAY 7	Rest or Stretching
WEEK 2	DAY 1	Conversational Pace
	DAY 2	Three Parts, One Goal
	DAY 3	Choose Your Own Yoga or Low Intensity Cycling or Long Walk
	DAY 4	Tempo Time
	DAY 5	Rest or Redo Day 1
	DAY 6	Log Those Miles
	DAY 7	Rest or Stretching
WEEK 3	DAY 1	Run and Converse
	DAY 2	Find Your Magic
	DAY 3	Choose Your Own Yoga or Low Intensity Cycling or Long Walk
	DAY 4	Tempos on Tempos
	DAY 5	Rest or Redo Day 1
	DAY 6	Miles to Go
	DAY 7	Rest or Stretching
WEEK 4	DAY 1	Keep It Going
	DAY 2	Mind Games
	DAY 3	Choose Your Own Yoga or Low Intensity Cycling or Long Walk
	DAY 4	Tempo Life
	DAY 5	Rest or Redo Day 1
	DAY 6	Build Your Mileage
	DAY 7	Rest or Stretching
WEEK 5	DAY 1	Stay Steady
	DAY 2	Never Give Up
	DAY 3	Choose Your Own Yoga or Low Intensity Cycling or Long Walk
	DAY 4	Tempo Progress
	DAY 5	Rest or Redo Day 1
	DAY 6	5 Miles
	DAY 7	Rest or Stretching
WEEK 6	DAY 1	Stay Cool
	DAY 2	Lean Into Your Speed
	DAY 3	Choose Your Own Yoga or Low Intensity Cycling or Long Walk
	DAY 4	Tempo Times Three
	DAY 5	Rest or Redo Day 1
	DAY 6	Get Your Miles In
	DAY 7	Rest or Stretching
WEEK 7	DAY 1	Steady Wins the Race
	DAY 2	Rhythmic Breathing
	DAY 3	Choose Your Own Yoga or Low Intensity Cycling or Long Walk
	DAY 4	Tempo Test
	DAY 5	Rest or Redo Day 1
	DAY 6	Overcoming Barriers
	DAY 7	Rest or Stretching
WEEK 8	DAY 1	Easy Breezy
	DAY 2	Unstoppable
	DAY 3	Choose Your Own Yoga or Low Intensity Cycling or Long Walk
	DAY 4	Tempo is Life
	DAY 5	Rest or Redo Day 1
	DAY 6	Trust the Process
	DAY 7	Rest or Stretching

SHARPEN BLOCK COMING JULY 29