

## Rock the Parkway Half Marathon

### Beginner Schedule

**Goal:** To finish the half marathon

**Recommended Background:** Beginner or someone coming back from a long layoff

Phase	Dates	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Mileage
<b>Endurance</b>	-----	<b>O</b>	<b>C+R</b>	<b>SL</b>	<b>C/O</b>	<b>R</b>	<b>C/O</b>	<b>L</b>	-----
	February 10-16		1-2	2-3		2-3		3-5	7-13
	February 17-23		1-2	2-4		2-3		4-6	8-15
Recovery	Feb. 24-March 2		C/O	1-3		1-2		4-6	6-11
<b>Strength</b>	-----	<b>O</b>	<b>C+R</b>	<b>SL</b>	<b>C/O</b>	<b>H</b>	<b>C/O</b>	<b>L</b>	-----
	March 3-9		1-3	3-4		3-4		5-7	11-18
	March 10-16		1-3	3-5		3-4		6-8	12-20
Recovery	March 17-23		C/O	2-4		2-3R		4-6	8-13
	March 24-30		2-3	4-5		3-4		8-10	15-22
<b>Peak</b>	-----	<b>O</b>	<b>R/O</b>	<b>R</b>	<b>O</b>	<b>R</b>	<b>O</b>	<b>SL</b>	-----
	March 31-April 6		2-3	3-4		3-4		6-8	12-19
	April 7-13		1-2	2-3		2-3		RTP ½	4-8

#### **Please Note:**

- You can add 10-20 minutes of a warm up walk to any workout under 3 miles. Try to mix walking breaks into the run – going the distance is your main objective. A good strategy is to run 2-5 minutes, walk 1 minute.
- You can run 3 or 4 days a week and do the low or high end of the mileage ranges depending on how you feel that day. Pick up where you've left off and you'll do fine
- It's recommended to do 1-2 tune up 5K-10K races before the half marathon to gain valuable race experience.
- Recovery weeks are built in to make sure you stay healthy and fresh enough for race day.

#### Quick Reference Guide

#### **Training Phases**

- Endurance Phase: main goal is to slowly build up endurance. Avoid speed work / very little hills.
- Strength Phase: to add strength by doing one hilly course a week.
- Peak Phase: to allow your body to recover and rejuvenate for the target race.

#### **Key Terms**

- O = Off Day/Complete Rest/ No cross training.** Active recovery such as self massage recommended. Take at least 1 full day off each week to rest, recover, and rejuvenate your mind & body!
- C = Cross training.** Strength training that works the hips/glutes/core is strongly recommended 1-3 times a week to lower the risk of injury. You can also do aerobic activities such as swimming or spinning for 20-40 minutes.
- R = Recovery Workout.** Very relaxed effort over flat terrain (track / trail or walk hills on favorite route) for a short duration followed by a stretching routine to loosen up tight spots. Have fun!
- SL = Semi-long Workout.** After 2 mile warm up (very relaxed effort), settle into conversation effort.
- L = Long Workout.** After 2 mile warm up (very relaxed effort), settle into conversation effort.
- H = Hill Workout.** After 1-2 mile warm up, do a hillier than average route at conversation effort.
- + = And Optional.** C+R means to cross train with the option of also doing a recovery workout.
- / = Or.** C/O means to either cross train or take the day off.

## Rock the Parkway Half Marathon

### Level I Schedule

**Goal:** To finish the half marathon

**Recommended Background:** Average weekly base of 12-25 miles in last 3 weeks  
At least one 5-7 mile workout

Phase	Dates	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Mileage
<b>Strength</b>	-----	<b>O</b>	<b>C+R</b>	<b>SL+F</b>	<b>C/R/O</b>	<b>H</b>	<b>C/O</b>	<b>L</b>	-----
	February 10-16		3-4	4-6	2-4	4-5		6-8	14-27
	February 17-23		3-4	4-7	2-4	4-6		8-10	16-31
Recovery	Feb. 24-March 2		2-3	3-4R	C/O	3-4R		6-8	12-19
	March 3-9		3-5	5-7	3-4	4-6		9-11	18-33
	March 10-16		3-5	5-8	3-4	4-7		10-12	19-36
Recovery	March 17-23		2-3	3-5R	2-3	3-5R		8-10	14-26
	March 24-30		3-5	5-7	3-4	4-6		10-12	19-34
<b>Peak</b>	-----	<b>O</b>	<b>C/R/O</b>	<b>R+F</b>	<b>C/R/O</b>	<b>R</b>	<b>O</b>	<b>SL</b>	-----
	March 31-April 6		3-4	4-6	2-3	3-5		7-9	14-27
	April 7-13		2-3	3-5	2	2-4		RTP ½	5-14

**Please Note:**

- Can run 3, 4, or 5 days a week and do the low to high end of the mileage ranges, depending on how you feel that day and what your body can healthfully handle given your life schedule. Pick up where you've left off.
- It's recommended to do 1-2 tune up 5K-10K races beforehand to get used to dealing with race day nerves.
- Recovery weeks are built in to make sure you stay healthy and fresh enough for race day.

### Quick Reference Guide

**Training Phases**

- Strength Phase: to add strength by doing one hilly course a week.
- Peak Phase: to allow your body to recover and rejuvenate for the target race.

**Key Terms**

- O = Off Day/Complete Rest/ No cross training.** Active recovery such as self massage recommended. Take at least 1 full day off each week to rest, recover, and rejuvenate your mind & body!
- C = Cross training.** Strength training that works the hips/glutes/core is strongly recommended 1-3 times a week to lower the risk of injury. You can also do aerobic activities such as swimming or spinning for 20-40 minutes.
- R = Recovery Workout.** Very relaxed effort over flat terrain (track / trail or walk hills on favorite route) for a short duration followed by extensive stretching routine to loosen up tight spots. Have fun!
- SL = Semi-long Workout.** After 2 mile warm up (very relaxed effort), settle into conversation effort.
- L = Long Workout.** After 2 mile warm up (very relaxed effort), settle into conversation effort.
- H = Hill Workout.** After 1-2 mile warm up, do a hillier than average route at conversation effort.
- F = Fartlek.** After you've warmed up, perform pickups during the workout where you run at 5K-10K race effort (i.e. moderately hard) for 1 minute followed by a 2 minute recovery jog. Start with 3-6 and add 1 every week.
- + = And Optional.** C+R means to cross train with the option of also doing a recovery workout.
- / = Or.** C/O means to either cross train or take the day off.

## Rock the Parkway Half Marathon

### Level II Schedule

**Goal:** To finish the half marathon within a certain time.

**Recommended Background:** Average weekly base of 15-30 miles in the last 3 weeks

At least one 4 to 8 mile run

Phase	Dates	Sun	Mon	Tuesday	Wed	Thursday	F	Saturday	Mileage
<b>Strength &amp; Speed</b>	-----	C/O	C+R	S/T	C+R	HR	O	L/G	-----
	February 10-16		3-6	5-8S 4-6X800	3-6	5-8HR (4-8)		8-12G(4/8-2-2)	18-36
	February 17-23		3-6	5-8T 2-3X1 Mile	3-6	5-8HR (5-10)		10-14(4/8-3-3)	16-29
Recovery	Feb. 24-March 2		2-4	4-6R+F (3-6)	2-4	4-6R		8-12L	20-42
	March 3-9		4-6	6-9S 5-7X800	3-6	6-9HR (6-12)		10-14G(4/8-4-2)	24-46
	March 10-16		4-6	6-9T 2X1.5 Mile	3-6	6-9HR (7-14)		12-16G(5-5-2/6)	16-28
Recovery	March 17-23		3-5	5-7R+F (4-8)	2-4	4-6R		8-12L	24-44
	March 24-30		3-5	6-8S 6-8X800	3-5	6-8HR (8-16)		12-14G(5/7-6-1)	22-36
<b>Peak</b>	-----	O	C/R/O	T/S	R/O	HR/G	O	G	-----
	March 31-April 6		3-4	5-7T 2X2 Mile	3-4	5-6HR (4-8)		8-10G (3/5-3-2)	18-28
	April 7-13		2-3	4-6S 2-4X800	2-3	3-4G 2-4X200		RTP ½	7-15

-Can run 3 to 5 days a week and do the low to high mileage ranges depending on how you feel that day and what your body can healthfully handle given your life schedule. Tuesdays/Thursdays/Saturdays are the most important workouts to do. Pick up where you've left off and you'll do fine.

-It's recommended to do 1-2 tune up 5K-10K races to gain race experience and get the best overall speed workout.

-Base your tempo and speed workout pace on your 5K race pace or do a 2 mile time trial to determine this.

-Recovery weeks are built in to make sure you stay healthy and fresh enough for race day.

### Key Terms

**O = Off Day/Complete Rest/ No cross training.** Active recovery such as self massage recommended. Take at least 1 full day off each week to rest, recover, and rejuvenate your mind & body!

**C = Cross training.** Strength training that works the hips/glutes/core is strongly recommended 1-3 times a week to lower the risk of injury. You can also do aerobic activities such as swimming, or spinning for 20-40 minutes.

**R = Recovery Workout.** Very relaxed effort of 2-3 minutes per mile slower than half marathon goal pace over mostly flat terrain for short duration followed by extensive stretching routine to loosen up tight spots. Have fun!

**L = Long Workout.** After a 2 mile warm up, run 1-2 minutes per mile slower than half marathon goal pace to improve your endurance (i.e. time spent running).

**G = Goal Pace Workout.** 6-10G (4/8-2-2) means to warm up and run 4-8 miles at a moderate effort, 2 miles at half marathon goal pace, followed by 2 relaxed miles.

**S = Speed Workout.** 5-8S: 4-6X800 means to perform a track workout of four to six 800 meter repeats at 5K race pace or up to 15 seconds per mile faster with a recovery lap after each repeat. With a 15-30 minute warm up and 5-10 minute cool down, total mileage is 5-8 miles.

**T = Tempo Workout.** 5-8T: 2-3X1 Mile means to perform a track workout of two to three 1 mile repeats at 10K race pace, or about 20-25 seconds per mile slower than 5K pace. With a 15-30 minute warm up and 5-10 minute cool down, total mileage is 5-8 miles.

**F = Fartlek.** 4-6R+F (3-6) means to warm up 2 miles. If you feel good and motivated, perform 3-6 pickups of running at 5K race effort for 1 min. followed by a 2 min. recovery jog after each & cool down for a total of 4-6 miles.

**HR = Hill Repeats.** 5-8HR (4-8) means warm up a few miles and then perform 4-8 minutes of pickups on a hill where you run at 5K-10K effort for 30-60 seconds followed by a recovery jog/walk back down. Cool down for a half mile for a total of 5-8 miles.

**+ = And Optional.** C+R means to cross train with the option of adding a recovery run

**/ = Or.** C/O means to either cross train or take the day off