

The LasSalle Bank Columbus Distance Classic 2007



"RUN-WALK" Half Marathon Training Program by Coach Jenny Hadfield

**The "Run-Walk" Training Program is best suited for first-time half marathoners and those who are new to running.*

DAY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MODE	Run-Walk	Cross-Training	Run-Rest	Run-Walk-Form Drills*	Cross-Training	Run-Walk-Endurance	Rest Day
INTENSITY	Easy	Moderate		Moderate	Moderate	Conversational Pace	
I-RATE SYSTEM	6-7	6-7		6-7+	6-7	6-7	
HEART RATE	65-75%	65-75%		65-75%	65-75%	65-75%	
WEEK 1 January 15 - 21	35 minutes Run 3 min/Walk 2 min Repeat 7 times	30-40 minutes	35 minutes Run 3 min/Walk 2 min Repeat 7 times	35 minutes Run 3 min/Walk 2 min Repeat 7 times	30-40 minutes	3 miles Run 3 min/Walk 2 min Repeat continuously	Rest
WEEK 2 January 22 - 28	35 minutes Run 3 min/Walk 2 min Repeat 7 times	30-40 minutes	35 minutes Run 3 min/Walk 2 min Repeat 7 times	40 minutes Run 3 min/Walk 2 min Repeat 8 times	30-40 minutes	4 miles Run 3 min/Walk 2 min Repeat continuously	Rest
WEEK 3 January 29 - Feb 4	40 minutes Run 3 min/Walk 2 min Repeat 8 times	30-40 minutes	40 minutes Run 3 min/Walk 2 min Repeat 8 times	42 minutes* Run 4 min/Walk 2 min Repeat 7 times	30-40 minutes	5 miles Run 3 min/Walk 2 min Repeat continuously	Rest
WEEK 4 February 5 - 11	40 minutes Run 3 min/Walk 2 min Repeat 8 times	30-40 minutes	40 minutes Run 3 min/Walk 2 min Repeat 8 times	42 minutes* Run 4 min/Walk 2 min Repeat 7 times	30-40 minutes	6 miles Run 3 min/Walk 2 min Repeat continuously	Rest
WEEK 5 February 12 - 18	42 minutes Run 4 min/Walk 2 min Repeat 7 times	30-40 minutes	Rest	45 minutes* Run 4 min/Walk 1 min Repeat 9 times	30-40 minutes	4 miles Run 4 min/Walk 2 min Repeat continuously	Rest
WEEK 6 February 19 - 25	42 minutes Run 4 min/Walk 2 min Repeat 7 times	30-40 minutes	42 minutes Run 4 min/Walk 2 min Repeat 7 times	45 minutes* Run 4 min/Walk 1 min Repeat 9 times	30-40 minutes	7 miles Run 4 min/Walk 2 min Repeat continuously	Rest
WEEK 7 February 26 - March 4	42 minutes Run 4 min/Walk 2 min Repeat 7 times	30-40 minutes	42 minutes Run 4 min/Walk 2 min Repeat 7 times	45 minutes* Run 4 min/Walk 1 min Repeat 9 times	30-40 minutes	8 miles Run 4 min/Walk 2 min Repeat continuously	Rest
WEEK 8 March 5 - 11	48 minutes Run 4 min/Walk 2 min Repeat 8 times	30-40 minutes	48 minutes Run 4 min/Walk 2 min Repeat 8 times	45 minutes* Run 4 min/Walk 1 min Repeat 9 times	30-40 minutes	9 miles Run 4 min/Walk 2 min Repeat continuously	Rest
WEEK 9 March 12 -18	48 minutes Run 4 min/Walk 2 min Repeat 8 times	30-40 minutes	Rest	50 minutes* Run 4 min/Walk 1 min Repeat 9 times	30-40 minutes	6 miles Run 4 min/Walk 1 min Repeat continuously	Rest

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WEEK 10 March 19 - 25	50 minutes Run 4 min/Walk 1 min Repeat 8 times	30-40 minutes	50 minutes Run 4 min/Walk 1 min Repeat 8 times	50 minutes* Run 4 min/Walk 1 min Repeat 9 times	30-40 minutes	10 miles Run 4 min/Walk 1 min Repeat continuously	Rest
WEEK 11 March 26 - April 1	45 minutes Run 4 min/Walk 1 min Repeat 8 times	30-40 minutes	45 minutes Run 4 min/Walk 1 min Repeat 8 times	50 minutes* Run 4 min/Walk 1 min Repeat 9 times	30-40 minutes	8 miles Run 4 min/Walk 1 min Repeat continuously	Rest
WEEK 12 April 2 - 8	45 minutes Run 4 min/Walk 1 min Repeat 8 times	30 minutes	45 minutes Run 4 min/Walk 1 min Repeat 8 times	45 minutes Run 4 min/Walk 1 min Repeat 8 times	30-40 minutes	6 miles Run 4 min/Walk 1 min Repeat continuously	Rest
WEEK 13 April 9 - 15	40 minutes Run 4 min/Walk 1 min Repeat 8 times	30 minutes	Rest	30 minutes easy Run 4/Walk 1 Repeat 6 times	Rest	Columbus Distance Classic! Run/Walk 4/1	Rest
Recovery Apr 16 - 22	Rest	20 minutes	Rest	Rest	30 minutes	3 miles R/W: 4/2	Rest
Recovery April 23 - 29	42 minutes R/W: 4/2	30 minutes	Rest	42 minutes R/W: 4/2	40 minutes	4 miles R/W: 4/1	Rest
Recovery April 30 - 6	40 minutes R/W: 4/1	40 minutes	Rest	40 minutes R/W: 4/1	40 minutes	5 miles R/W: 4/1	Rest

SCHEDULE KEY

Warm-up 5 minutes at an easy pace prior to every workout. **Cool-down** 5 minutes at an easy pace after to every workout.

Stretch after every workout when the muscles are warm to maintain or improve flexibility and prevent injuries.

Run-Walk= Run at a comfortable pace for prescribed number of minutes and follow with walking at a brisk pace for prescribed minutes.

Example: Run 3 min/Walk 2 min - Repeat 5 times= Run for 3 minutes follow with walking for 2 minutes - repeat sequence 5 times for a total of 25 minutes plus warm up and cool down.

***Form Drills - Strides**= After the walking cool down, perform 4 strides by gradually increasing running pace for 30 seconds until a fast but controlled pace is reached, focusing on form and quick foot strike. Follow with one minute of easy walking. Repeat 4 times.

Heart Rate= Using a heart monitor maintain a range between the prescribed percentages...65-75% of estimated maximum heart rate.

I-Rate= Rate of perceived exertion. Rate your level of intensity by how you feel, 1-10. 1 being at rest and 10- being an all out level.

Use this system to stay in the smart training range listed on the training program (i.e. 6-7)

Cross-Training= Include activities that are non running or walking. Cycling, swimming, pilates/yoga, strength training, elliptical trainer, stairmaster, spinning are great cross training modes for marathon training. Cross-training allows you to rest your running muscles while training opposing muscle groups and reducing the risk of overtraining and injury. It helps speed recovery and reduces burnout.

Easy Run: Run at an easy pace at 65-70% of maximum heart rate or an iRate level of 6-7.

Endurance Run= The Endurance Run should be at a slow, and comfortable-conversational pace. You should be at a pace to hold a conversation easily. Heart rate zone of 65-75% of maximum or I-Rate of 6-7.

Have a Training Question?

Email Columbus Distance Classic Coach **Jenny Hadfield** at AskTheCoach@ColumbusDistanceClassic.com

Training schedules developed by Coach Jenny Hadfield, co-author Marathonng for Mortals www.MarathonngforMortals.com