SHAMROCK
HALF MARATHON TRAINING
PRESENTED BY ::: cep

Yuengling
SHAMROCK MARATHON · ANTHEM 1/2 MARATHON · TOWNEBANK 8K

	WEEK OF	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	NOV 25	2 miles: warmup - walk 10 mins, then alternate 1 min run/ walk 2 mins	Walk/ strength training	2 miles easy	Cross train 30 mins either bike/swim/walk	Off	3 miles	Off/walk
2	DEC 2	2 miles: warmup - walk 10 mins, then alternate 4 min run/ walk 2 mins	Walk 20 mins. & strength training	2 miles easy & 4x20 sec strides	Cross train 30 mins either bike/swim/walk	Off/active recovery	4 miles	Off/foam roll/ mobility
3	DEC 9	2 miles: warmup - walk 10 mins, then alternate 4 min run/ walk 2 mins	Walk 20 mins. & strength training	2 miles easy & 4x20 sec strides	Cross train 30 mins either bike/swim/walk	Off/active recovery	4 miles (or Surf N Santa 5 Miler)	Off/foam roll/ mobility
4	DEC 16	3 miles: warmup - walk 10 mins, then alternate 3 min run/ walk 2 mins	Walk 20 mins. & strength training	3 miles easy & 4x20 sec strides	Cross train 30 mins either bike/swim/walk	Off/active recovery	5 miles	Off/foam roll/ mobility
5	DEC 23	3 miles: warmup - walk 10 mins, then alternate 3 min run/ walk 2 mins	Walk 20 mins. & strength training	3 miles easy & 4x20 sec strides	Cross train 30 mins either bike/swim/walk	Off/active recovery	5 miles	Off/foam roll/ mobility
6	DEC 30	3 miles: warmup - walk 10 mins, then alternate 4 min run/ walk 2 mins	Walk 20 mins. & strength training	3 miles easy & 4x20 sec strides	Cross train 30 mins either bike/swim/walk	Off/active recovery	6 miles	Off/foam roll/ mobility
7	JAN 6	3 miles: warmup - walk 10 mins, then alternate 4 min run/ walk 2 mins	Walk 20 mins. & strength training	3 miles easy & 4x20 sec strides	Cross train 30 mins either bike/swim/walk	Off/active recovery	6 miles	Off/foam roll/ mobility
8	JAN 13	3 miles: warmup - walk 5mins, then alternate 5 min run/ walk 2 mins	Walk 20 mins. & strength training	3 miles easy & 4x20 sec strides	Cross train 30 mins either bike/swim/walk	Off/active recovery	7 miles	Off/foam roll/ mobility
9	JAN 20	3 miles: warmup - walk 10 mins, then alternate 4 min run/ walk 2 mins	Walk 20 mins. & strength training	3 miles easy & 4x20 sec strides	Cross train 30 mins either bike/swim/walk	Off/active recovery	6 miles	Off/foam roll/ mobility
10	JAN 27	3 miles: warmup - walk 5 mins, then alternate 5 min run/ walk 2 mins	Walk 20 mins. & strength training	3 miles easy & 4x20 sec strides	Cross train 30 mins either bike/swim/walk	Off/active recovery	8 miles	Off/foam roll/ mobility
11	FEB 3	3 miles: warmup - walk 5 mins, then alternate 6 min run/ walk 2 mins	Walk 20 mins. & strength training	2 miles easy & 6x20 sec strides	Cross train 30 mins either bike/swim/walk	Off/active recovery	9 miles	Off/foam roll/ mobility
12	FEB 10	3 miles easy	Walk 20 mins. & strength training	2 miles easy & 6x20 sec strides	Cross train 30 mins either bike/swim/walk	Off/active recovery	10 miles	Off/foam roll/ mobility
13	FEB 17	3 miles easy	Walk 20 mins. & strength training	3 miles easy & 4x20 sec strides	Cross train 30 mins either bike/swim/walk	Off/active recovery	9 miles	Off/foam roll/ mobility
14	FEB 24	3 miles easy	Walk 20 mins. & strength training	2 miles easy & 6x20 sec strides	Cross train 30 mins either bike/swim/walk	Off/active recovery	12 miles	Off/foam roll/ mobility
15	MAR 3	3 miles easy	Walk 20 mins. & strength training	3 miles easy & 6x20 sec strides	Cross train 30 mins either bike/swim/walk	Off/active recovery	4 miles	Off/foam roll/ mobility
16	MAR 10	2 miles easy	Walk 20 mins.	2 miles easy & 4x30 sec strides	Cross train 30 mins either bike/swim/walk	Off/active recovery	2 miles & 4x30 sec strides	RACE 13.1!

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1. The 16 week training period begins the week of November 25, giving you plenty of time to work up to the half marathon distance.

2. Training is always more fun with others! Grab a friend and join a local run club and get those miles in.

3. For beginner runners, don't feel you need to run the entire time. Just stay on your feet for the time specified and use whatever combination of running and walking you are most comfortable with. For example, start your session with a 5-10 minute walk then progress to X minutes of running and Y minutes of walking. (ex. Run 2 minutes, walk 2 minutes). You'll notice that early on in the schedule, run/walks are built into the schedule! Experiment with different ratios but never run to the point of exhaustion. The key is to take your walk breaks early when you are still feeling strong. You'll be amazed at how far you'll be able to go with experimenting with different run/walk ratios to find the one you are most comfortable with and which will enable you to complete the listed distance.

4. If you do not have a measured course where you most often run or walk, use time instead—based on your pace. In other words, if you are scheduled to complete 2 miles and you normally run or walk a 12 minute mile, stay out for 24 minutes.

5. This schedule includes 3 running days, 2 cross-training days, and 2 rest days. Cross training helps to develop and maintain aerobic endurance without extra pounding on your joints and muscles. Good options include swimming, biking, walking briskly, etc. Experiment with which option feels best for you and get to work!

6. The long distances on Saturdays are the key workouts. Again, do not worry about the distance—just run or walk for time. These events should be slow! You should be able to carry a reasonable conversation without huffing and puffing. Again, if Saturday is not convenient for your long run or walk, move it to a different day and adjust the rest of your schedule accordingly.

7. Change days of the week that you run on to work what's best for you. Just try to maintain the same general sequence of events. If you miss a day or two—don't panic. There is a great deal of flexibility in the schedule.

8**.** Strength training and mobility are important for runners. There are tons of YouTube videos with both strength and mobility routines that you can follow that are free and easy to do at home if you do not have access to a gym!

9. You'll notice strides are listed once per week for most of the schedule. So what is a stride? To run faster, we have to practice running faster! Strides are a simple way to build some speed and reinforce good form by doing just that. After your run, stop and take a few moments to breathe, walk, do some simple form drills. Then you'll "stride out" (i.e. run fast) for 20 seconds. These are not all-out sprints, but close to that, just more controlled. For strides, get up to 80-90% of how fast you would run a sprint. After the stride, stop and recover by walking around for 30-60 seconds before beginning the next one.

10. The weekend of December 14th is our Surf N Santa 5 Miler. This is a great option to break up some of the long runs and get used to racing!

11. Murphy's Irish Pub in Virginia Beach is hosting a Shamrock Community Run on January 18, 2025 at 7am. Lace up and come get those miles in with us!

12. Visit our training partner CEP to learn more about how compression can aid your training and recovery.