



HALF MARATHON

PROGRAM OVERVIEW

Your friends might question your sanity, but the thought of crossing that half marathon finish line makes it all worth it! Whether you conquering your first half marathon or trying for a PR, this program will get you to the finish line feeling strong! The program starts off with a base building period and then adds speed work, hills, threshold intervals and more to prep you for your big race!

Average weekly endurance time requirements: 2hr 42min

Average weekly total time requirements: 4hr 12min

Suggested beginner level: Able to run 4 miles

Ending level: 13 mile run

Program length: 16 weeks

THE WORKOUTS

This program combines 3 days of endurance training per week with 3 days of strength training workouts. Endurance workouts are detailed in the program to follow. The strength workouts will follow the traditional Fit Collective Online strength training program.

STRENGTH: On your strength workout days, just login to your Fit Collective Online account and get your sweat by following our online strength program. Strength is a critical part to making your running more efficient and helping you to avoid injury.

ENDURANCE: Make your endurance workouts more than just getting in the running time. Each run workout should be purposeful and follow the detailed routine indicated on the schedule. There are a variety of types of workouts in this training program aimed at different training adaptations. See the glossary of terms for more details about each workout type. Make sure to follow the program as it is written to get the most benefit from your training.

RECOVERY: Recovery is a key element of any training program. Spend at least 1 day per week doing some extra foam rolling, stretching, and recovery work. If you have extra time, try to get a few extra sessions of recovery work in during your week.



HALF MARATHON

NUTRITION STRATEGIES

Nutrition is a critical part to keeping you healthy and making your training program a success. We break nutrition down into 3 main categories; daily nutrition, training nutrition, and race nutrition. By following a few simple guidelines you can help keep your energy high, improve your performance, reduce inflammation, and manage your body composition.

DAILY NUTRITION:

Maintaining a balanced and healthy daily diet is paramount to the success of your training. We suggest primarily following the kill it and grow it principle. This means picking foods you can either grow or kill. Choose lots of plant based food that you can grow (broccoli, bell peppers, spinach, kale, blueberries, cherries, oranges, avocados, just to name a few). Make sure to package your meals with protein rich sources to help rebuild and repair your working muscles (salmon, mackerel, halibut, eggs, turkey, chicken, beef, buffalo, etc.) Healthy fats are also important to provide energy, help nerve conduction, and improve vitamin absorption. Some of our favorite fat sources are (avocados, extra virgin olive oil, fish oils, coconut oil, ghee butter, etc.)

Carbohydrates are also an important fuel utilized in endurance training and help provide a large portion of the energy to your muscles during your workouts. This is especially true at higher levels of intensity. Try to get your carbohydrates from non-processed sources. Oats, rice, quinoa, squash, zucchini, and sprouted grains are good options. Try to avoid traditional breads, pastas, and other processed forms.

One of our favorite mantras about food and training is "Eat to train, don't train to eat." This means that the primary purpose of eating is to support and provide nutrition for your training and workouts. Just because you are training hard and burning calories is not an excuse to eat whatever you want. With that said, we believe that nutrition strategies should be sustainable. It is ok to treat yourself once in awhile as long as it doesn't result in you derailing your nutrition plan for weeks on end. Have a piece of birthday cake for your birthday, but don't make it a daily habit.

Hydration is also important. Make sure to drink plenty of water throughout your day and keep your urine color pale yellow to clear. Urine color is the best household hydration test. Thirst is not an adequate indicator of hydration status. When you are thirsty, you are already dehydrated.



HALF MARATHON

NUTRITION STRATEGIES CONTINUED...

TRAINING NUTRITION:

Your nutrition strategy surrounding your workouts should be slightly different than your nutrition intake throughout the rest of the day. It is best to have a mini meal in the 2-3 hours before your workout and continue to hydrate in the time leading up to your workout. The meal prior to your workout should be lower in fat content and not full of spices to avoid stomach and gut issues in the workout to follow.

If you are working out early in the morning, it is unlikely that you have the ability to eat 2-3 hours before your workout. In this case, it is best to get some nutritional intake within the hour before the workout. This light snack should be a bit more carbohydrate in nature to allow for easy digestion and avoid stomach issues during the workout. A banana, natural energy bar (Rx bar or Larabar), or similar can be a good choice if pinched for time.

During training workouts lasting less than 60-minutes, water is often the only form of nutrition/hydration needed during the exercise session. Your fluid intake should be individualized to your environment, tolerance, and needs. Warmer days may require a bit more fluid intake than colder days. Individuals with higher sweat rates, may need to replenish more frequently and in slightly greater quantity. For workouts over 60-minutes, you will want to supplement your fluid intake with additional Calories and electrolytes starting at about 30-45 minutes into the exercise session. Choose an easily digestible nutrition option such as sports drink, gels, or chewables. This will help to maintain your performance over the course of longer workouts. It is also important to right down your nutrition strategy after each workout (how much, how often, how did you feel, did it work, etc.). A nutrition journal is a valuable tool as you get closer to your race and try to fine-tune your race day nutrition plan.

Remember to follow your training session with a source of protein and carbohydrate in the first 30-minutes after the workout and continue to hydrate. Receptors on the cell membranes are most ready for nutrient uptake in the half-hour immediately following the workout. Protein smoothies make a great post-workout nutrition option.

RACE NUTRITION:

Race nutrition encompasses the several days before the race and the race itself. The old mantra of carb loading prior to the race is probably not as beneficial as once thought. Carb loading prior to your race is a pretty drastic change in nutrition strategy and if miss-timed can lead to pretty negative performance effects. We suggest eating a very similar diet during race week as you ate during the rest of your training. During the week of the race, your training intensity and duration naturally decrease to allow your



HALF MARATHON

NUTRITION STRATEGIES CONTINUED...

body time to recover and peak for the race. As intensity and duration decrease, you will naturally find yourself eating a few extra Calories than you need if you maintain a similar diet to what you practiced during training. It is not uncommon to gain a pound or two during race week as your training decreases and your nutrition intake remains the same. This is ok! This will naturally help to stock up your energy stores before the race.

Similarly, your hydration strategy in the week leading up to the race should not alter much from your strategy during training. Stay well hydrated, but don't guzzle water all week just to try and top off your hydration. Over-drinking water will actually leave your electrolyte stores depleted for race day. Drink frequently and often without over drinking. It is also a decent strategy to make some of your daily fluid intake an electrolyte drink during race week just to keep your electrolytes topped off.

The day before the race, we suggest having your last big meal in the later afternoon (3pm-4pm) before the race. This should be a balanced meal that you know settles well with your stomach. Do not try new foods the day before a race. Having your last big meal in the late afternoon allows plenty of time to digest and be able to move things along (if you know what I mean...) before the race the next morning. It is important to keep snacking and drinking normal amounts of fluids throughout the evening until close to bedtime. Try not to have any more large meals to avoid stomach issues race morning.

The general rule concerning race day nutrition is that if it worked in training, it might work for the race. Nerves and anxiety about your race can make even the easily digestible foods not so easy on race morning. Don't try anything new in the 24 hours before a race. Stick with tried and true foods that have settled well with your stomach over the past couple months.. Race nutrition is very individualized, but we suggest getting up early enough to have a light meal prior to your race. Make sure to stick with a breakfast that you have tried in the past. During your race, follow your nutrition strategy that you developed in training and wrote in your journal. Stay present with yourself during the race and monitor your body's signals to make subtle changes to your plan as needed (do you need more fluids? More calories? how is everything feeling? Is your pace right compared to training? etc.).

FINAL THOUGHTS ON NUTRITION:

Nutrition for people exercising is very individualized. What works for some people before a workout or during training, may not work for others. The best thing is to experiment and fine tune a nutrition strategy that will work for you!

HALF MARATHON

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout:	TFC Online	Aerobic	TFC Online	Aerobic	TFC Online	LSD	Recovery
	Workout 1	warm-up 5min	Workout 2	warm-up 5min	Workout 3	warm-up 5min	Foam roll
Base training		Run at aerobic pace for 25min		Run at aerobic pace for 25min		Run at sustained pace for 4miles	Stretch
Time:	30	30	30	30	30	30	
WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout:	TFC Online	Aerobic	TFC Online	Aerobic	TFC Online	LSD	Recovery
	Workout 1	warm-up 5min	Workout 2	warm-up 5min	Workout 3	warm-up 5min	Foam roll
Base training		Run at aerobic pace for 25min		Run at aerobic pace for 25min		Run at sustained pace for 5miles	Stretch
Time:	30	30	30	30	30	30	
WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout:	TFC Online	Aerobic	TFC Online	Aerobic	TFC Online	LSD	Recovery
	Workout 1	warm-up 5min	Workout 2	warm-up 5min	Workout 3	warm-up 5min	Foam roll
Base training		Run at aerobic pace for 30min		Run at aerobic pace for 35min		Run at sustained pace for 6miles	Stretch
Time:	30	35	30	40	30		
WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout:	TFC Online	Aerobic	TFC Online	Aerobic	TFC Online	Aerobic	Recovery
	Workout 1	warm-up 5min	Workout 2	warm-up 5min	Workout 3	warm-up 5min	Foam roll
Recover week		Run at aerobic pace for 30min		Run at aerobic pace for 35min		Run at sustained pace for 4miles	Stretch
Time:	30	35	30	40	30		
WEEK 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout:	TFC Online	Sprint Intervals	TFC Online	Tempo	TFC Online	LSD	Recovery
	Workout 1	warm-up 10min	Workout 2	warm-up 5min	Workout 3	warm-up 5min	Foam roll
Build cycle		30sec sprint 3:30 easy Repeat x 6		5min tempo 2min easy Repeat x 5		Run at sustained pace for 7miles	Stretch
Time:	30	34	30	40	30		
WEEK 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout:	TFC Online	Hill Sprints	TFC Online	Tempo	TFC Online	LSD	Recovery
	Workout 1	warm-up 10min	Workout 2	warm-up 10min	Workout 3	warm-up 5min	Foam roll
Build cycle		30sec uphill sprint 2:30sec easy jog Repeat x 6 Cool down 10min		20min tempo pace cool down 10min		Run at sustained pace for 8miles	Stretch
Time:	30	38	30	40	30		
WEEK 7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout:	TFC Online	Sprint Intervals	TFC Online	Tempo	TFC Online	LSD	Recovery
	Workout 1	warm-up 10min	Workout 2	warm-up 5min	Workout 3	warm-up 5min	Foam roll
Build cycle		30sec sprint 3:30 easy Repeat x 8		5min tempo 2min easy Repeat x 6		Run at sustained pace for 9miles	Stretch
Time:	30	42	30	47	30		
WEEK 8	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout:	TFC Online	Aerobic	TFC Online	Aerobic	TFC Online	Aerobic	Recovery
	Workout 1	warm-up 5min	Workout 2	warm-up 5min	Workout 3	warm-up 5min	Foam roll
Recover week		Run at aerobic pace for 35min		Run at aerobic pace for 35min		Run at sustained pace for 5miles	Stretch
Time:	30	40	30	40	30		

HALF MARATHON

WEEK 9	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout:	TFC Online	Threshold	TFC Online	Tempo	TFC Online	LSD	Recovery
	Workout 1	warm-up 10min	Workout 2	warm-up 10min	Workout 3	warm-up 5min	Foam roll
Build cycle		2:30 @ threshold		Mile at tempo		Run at sustained	Stretch
		2:30 easy jog		3min walk		pace for 9miles	
		Repeat x 6		Repeat x3			
Time:	30	40	30	45	30		
WEEK 10	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout:	TFC Online	Hill Repeats	TFC Online	Tempo	TFC Online	LSD	Recovery
	Workout 1	warm-up 10min	Workout 2	warm-up 10min	Workout 3	warm-up 5min	Foam roll
Build cycle		2min hill		10' 9' 8' 7' tempo		Run at sustained	Stretch
		3min easy		3min easy between		pace for 10miles	
		Repeat x 6		each interval			
Time:	30	40	30	53	30		
WEEK 11	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout:	TFC Online	Threshold	TFC Online	Tempo	TFC Online	LSD	Recovery
	Workout 1	warm-up 10min	Workout 2	warm-up 10min	Workout 3	warm-up 5min	Foam roll
Build cycle		2:30 @ threshold		Mile at tempo		Run at sustained	Stretch
		2:30 easy jog		3min walk		pace for 11miles	
		Repeat x 8		Repeat x4			
Time:	30	50	30	55	30		
WEEK 12	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout:	TFC Online	Aerobic	TFC Online	Aerobic	TFC Online	Aerobic	Recovery
	Workout 1	warm-up 5min	Workout 2	warm-up 5min	Workout 3	warm-up 5min	Foam roll
Recover Week		Run at aerobic		Run at aerobic		Run at sustained	Stretch
		pace for 35min		pace for 35min		pace for 7miles	
Time:	30	40	30	40	30		
WEEK 13	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout:	TFC Online	Threshold	TFC Online	Build-ups	TFC Online	LSD	Recovery
	Workout 1	warm-up 10min	Workout 2	warm-up 10min	Workout 3	warm-up 5min	Foam roll
Build cycle		1/2 mile threshold		2:30 @ tempo		Run at sustained	Stretch
		2min walk		1:00 @ threshold		pace for 12miles	
		Repeat x 8		30sec sprint			
				3min easy recover			
				Repeat x 5			
Time:	30	60	30	45	30		
WEEK 14	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout:	TFC Online	Hill Repeats	TFC Online	Tempo	TFC Online	LSD	Recovery
	Workout 1	warm-up 10min	Workout 2	warm-up 10min	Workout 3	warm-up 5min	Foam roll
Build cycle		1:30 threshold on hill		20min tempo		Run at sustained	Stretch
		1:30 tempo @ top of		cool down 15min		pace for 13miles	
		the hill					
		5min easy					
		Repeat x 5					
Time:	30	50	30	45	30		
WEEK 15	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout:	TFC Online	Threshold	TFC Online	Aerobic run	TFC Online	LSD	Recovery
	Workout 1	warm-up 10min	Workout 2	warm-up 5min	Workout 3	warm-up 5min	Foam roll
Taper		60sec at threshold		Run at aerobic		Perform 7 mile	Stretch
		3min easy		pace for 30min		run with miles	
		Repeat x5				3,4,5 all at race	
		Cool down 10min				pace	
Time:	30	40	30	35	30		
WEEK 16	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout:	TFC Online	Threshold	TFC Online	Aerobic	Off	Half Marathon	Recovery
	Workout 1	warm-up 10min	Workout 2	Easy run for 25min		Race	Foam roll
Taper		30sec @ threshold	take it a little easy				Stretch
		3:30 easy pace	on this workout				
		Repeat x 5					
Time:	30	30	30	25	30		



HALF MARATHON

GLOSSARY OF WORKOUT TERMS

AEROBIC WORKOUT:

These workouts are designed to be lower in intensity and build your endurance engine. They are great for helping build stamina over the long haul. These workouts should be completed at an intensity that still allows for conversation. You should be sweating and your heart rate elevated, but still able to carry on a conversation.

BUILD-UPS:

Build-up workouts are used more toward the second half of the program when intensity is higher. These workouts are great for developing the ability to change speeds and also help to improve lactate threshold. They often incorporate tempo (10k pace), threshold (5k pace), and sprint (top end speed) work followed by longer recovery intervals. Try to make a definitive pace change during each of the intervals to work on speed change ability.

HILL REPEATS:

Hill repeats should be done on a gradual to moderately steep hill with consistent grade. These workouts are typically at or slightly above lactate threshold and the intensity should be high during the work intervals. When running on the hill, your intensity should be high enough that you *cannot* carry on conversation, but can only get out a word or two at a time. These are similar to intensity as threshold workouts.

HILL SPRINTS:

Hill sprints are short and fast hill based intervals. During the work interval try to sprint up the hill which increases the muscular demand of the sprint. Hill sprints help to improve running power and neuromuscular efficiency. Take full advantage of the recovery interval in order to allow the next sprint to be equally as fast as the previous one. These workouts may be less demanding on the cardiovascular system compared to other type intervals, but your muscles should be working hard!

LSD (LONG SLOW DISTANCE):

LSD workouts are just as they sound. These are long distance runs at a slower aerobic pace. This is where you will build the majority of your distance miles and increase your running volume. Make sure to keep your pace slow enough to carry on conversation during these workouts.

RECOVERY:

Recovery workouts are designed to help the body repair and avoid injury. Spend time foam rolling, stretching, and doing some extra core and hip strengthening. Pay particular attention to calf flexibility, quad flexibility, and hip flexor flexibility.



HALF MARATHON

GLOSSARY OF WORKOUT TERMS CONTINUED...

SPRINT INTERVALS:

Sprint workouts are the fastest and most intense intervals in this program. They are designed to improve neuromuscular efficiency and top end speed. You may find these workouts are less demanding from a cardiovascular perspective and that is ok. Take full advantage of the recovery intervals in these workouts to allow the nervous system and muscular system to recover. Make your sprint intervals intense and your recovery intervals purposeful.

TEMPO:

Tempo workouts are key to building your aerobic capacity. These workouts are typically done at or near 10k race pace. You should be pushing the pace, but able to sustain the intensity for 20 or 30-minutes or more if needed. You will likely be able to converse with short phrases rather than full sentences at this intensity.

TFC ONLINE:

These are your online strength training workouts. Login to your TFC online account and perform the strength workout for the day.

THRESHOLD:

As a simple explanation, threshold workouts occur at the change over of intensity from aerobic to anaerobic exercise. They are critically important to improve your ability to buffer hydrogen ions and lactic acid. These workouts typically occur at or near 5k race pace. At this intensity you should only be able to get out a word or two in conversation. Breathing is elevated and your heart rate should be quite high.