## 2017 Queen City Half Marathon Beginner Training Program

Program created by Vicki Mitchell, University at Buffalo

- Suggested starting base mileage = 5+ miles/week
- Suggested peak mileage = 15 20 miles/week
- Suggested number of days/week Running = 3 4/week
- Who = the novice runner preparing to complete her first half marathon

The BEGINNER TRAINING SCHEDULE is recommended for the novice level runner, or beginning half-marathoner who is looking to build conservatively to the 13.1 mile distance. Usually goal times will be over 2:00-2:30+. A base fitness level of being able to run 1 – 2 miles continuous (run/walk is fine) is strongly encouraged BEFORE starting the training program, but is not required. The goal for this training program is to get the runner to the finish line healthy. There are two primary focus days each week: Tuesdays and Saturdays. Tuesdays have an "A" option and a "B" option. Those seeking to work a bit on 'speed' should select the "A" option. The pace of the pickups on Tuesday should at a faster/harder effort, but not a sprint. You should be able to sustain the pace for the duration of the pickup (for example, 1minute hard). Those that are brand new to running and building their base should select the "B" option. Saturday long runs are designed to gradually increase your endurance throughout the 16-week training cycle. These runs should be done with the following approach: repeat cycles of run 9 minutes, 1 walk minute (if needed, you can do cycles of 8minutes jogging and 2mins walking). By establishing this cycle (9 minutes of running, 1 minute of walking – referred to as "9/1" in this write-up) at the start of your training, your body will have the time to adjust and adapted to the increasing volume. It is recommended that you start this cycle (9/1 or 8/2) from the very beginning of your Saturday sessions. Do not want until you are fatigued to take a walking break as your walking break will then extend longer than 1 minute. When the break extends beyond 1-2 minute walk, resuming running is very difficult. Do NOT stop moving! This method of 9/1 can be employed on all run days if needed through the first 6-8 weeks of the training program. After 6-8 weeks, the goal will be to complete the shorter runs non-stop. If you are at a point that you can already run 5-6 miles without stopping, I a 1-minute walking break only to take in water every 2 miles. In this schedule, most will reach a peak mileage of 15-20 miles per week or a little more. Two to three rest days should be incorporated (Wednesday, optional Friday, and Sunday). You may add an additional day of aerobic cross training on Wednesday or Sunday. Aerobic Cross Training is defined as non-impact aerobic exercise such as Spin, Bike, Elliptical, Arc Trainer, rowing (erg), etc. Three to four days of running will be required each week. Allowing yourself to be flexible, but consistent, with your training will lead to the most success. Lastly, this program does not come with a guarantee of a perfect outcome. Unfortunately, I cannot control weather, injuries, illness, or simply an 'off' day. Consistency in your commitment to your training and preparation \*\*\*should\*\*\* lead to success!

## **Key Notes**

- Number of running days: 3 4 /week (Tuesday, Thursday, Saturday, optional Monday)
- Long Run: Saturday runs are progressively longer distances to prepare you for the full half-marathon distance on race day.
- 9/1 or 8/2: Minute segments of Run/Walk
- Hydration on the run: practice drinking on the run/walk! Every 30minutes take in 2-4 oz. of water (this is a recommendation! Some may need more, some may need less). Once your runs are longer than 60minutes, consider adding a sports drink or a supplement such as PowerGel, Clif Shots, or GU.

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- Change the days you run to meet your real-life schedule. Aim to keep the running days spaced apart within the week, versus back to back.
- XT = Aerobic Cross Training (Bike, elliptical, swimming, etc.). Lifting weights is great, but is not aerobic cross training.

| Week #                 | Monday   | Tuesday   | Wednesday    | Thursday   | Friday  | Saturday   | Sunday       |
|------------------------|--|---|--------------|--|---|--|--------------|
|                        | Run or XT Day  | Workout/Run   | Recovery Day | Run Day  | XT or Recovery                                      | Long Run   | Recovery Day |
| 6-7-17<br>Week<br>#16  | 10min Run OR Aerobic Cross training 30minutes Follow with stretching | OPTION A: 20minute Run, at even pace. If needed Run 9minutes, walk briskly 1min and continue cycle to 30minutes  Follow with stretching | Rest Day     | 15minute Run at even pace. If needed Run 9minutes, walk briskly 1min and continue cycle Follow with stretching                     | Rest Day  OR  Aerobic Cross training 20 – 30minutes | LONG RUN: 2.0 – 3.0 miles: Run 9 minutes, walk briskly 1min, continue cycle through. Do not stop moving! You will not need to hydrate during this run (it's too short!) Follow with stretching | Rest Day     |
| 6-14-17<br>Week<br>#15 | 10min Run OR Aerobic Cross training 30minutes Follow with stretching | OPTION A: 20minute Run, at even pace. If needed Run 9minutes, walk briskly 1min and continue cycle to 30minutes  Follow with stretching | Rest Day     | 15 - 17minute Run at<br>even pace. If needed<br>Run 9minutes, walk<br>briskly 1min and<br>continue cycle<br>Follow with stretching | Rest Day  OR  Aerobic Cross training 20 – 30minutes | LONG RUN: 2.0 – 3.0 miles: Run 9 minutes, walk briskly 1min, continue cycle through. Do not stop moving! You will not need to hydrate during this run (it's too short!) Follow with stretching | Rest Day     |
| 6-24-17<br>Week<br>#14 | 10min Run OR Aerobic Cross training 30minutes Follow with stretching | OPTION A: 20minute Run, at even pace. If needed Run 9minutes, walk briskly 1min and continue cycle to 30minutes  Follow with stretching | Rest Day     | 16-18minute Run at even pace. If needed Run 9minutes, walk briskly 1min and continue cycle  Follow with stretching                 | OR  Aerobic Cross training 30 – 40minutes           | LONG RUN: 2.5 – 3.0 miles: Run 9 minutes, walk briskly 1min, continue cycle through. Do not stop moving! You will not need to hydrate during this run (it's too short!) Follow with stretching | Rest Day     |

| 6-31-17 | 15min Run               | OPTION A: 20minute Run                              | Rest Day    | 20 <mark>minu</mark> te Ru <mark>n</mark> at ev <mark>e</mark> n   | Rest Day   | LONG RUN:                        | Rest Day |
|---------|-------------------------|---|-------------|--|--|----------------------------------|----------|
| Week    | OR                      |   |             | p <mark>ace.</mark> If needed Run  | T T  | 3.0 – 3.5 miles:                 |          |
| # 13    | Aerobic Cross training  | OPTION B: 20minute Run, at                          |             | 9minutes, walk briskly   | OR   | Run 9 minutes, walk              |          |
|         | 30minutes               | even pace. If needed Run                            |             | 1min and continue cycle  | WOMEN'S  | briskly 1min, continue           |          |
|         | Follow with stretching  | 9minutes, walk briskly 1min and                     |             |  | Aerobic Cross training   | cycle through.                   |          |
|         |                         | continue cycle to <mark>30m</mark> inutes           |             | Follow with stretching   | 30 – 40minutes   | Do not stop moving!              |          |
|         |                         |   |             |  |  | You will not need to             |          |
|         |                         | Follow with stretching                              |             | - Party M. Cora-C  | ala Field  | hydrate during this run          |          |
|         |                         | 54414)  |             | i arry to come   |  | (it's too short!)                |          |
|         |                         | 5   |             | and the same of th |  | Follow with stratching           |          |
| 7-7-17  | 20minute Run            | OPTION A: 30 minute Run                             | Rest Day    | 20minute Run at even   | Rest Day   | Follow with stretching LONG RUN: | Rest Day |
|         | If needed Run 9minutes, |   | Rest Day    | pace. If needed Run  | Rest Day   | 4 mile:                          | Rest Day |
| Week    | walk briskly 1min and   | jogging.  |             | 9minutes, walk briskly   | OR   | Run 9 minutes, walk              |          |
| # 12    | continue cycle          | Then run 5 x 1min pickups at a                      |             | 1min and continue cycle  | A Marie Edward   | briskly 1min, continue           |          |
|         | OR                      | faster pace, with 1min slow                         |             | Tillin and continue cycle  | Aerobic Cross training   | cycle through 4 miles.           |          |
|         | OI(                     | jogging between. Cooldown                           |             | Follow with stretching   | 30 – 40minutes   | Do not stop moving!              |          |
|         | Aerobic Cross Training  | (CD) 10minutes easy jogging                         |             | Tollow With Stretching   | 30 40111114163   | If needed, hydrate every         |          |
|         | 30 – 40minutes          | (65) 1011111111111111111111111111111111111          |             |  |  | 30minutes                        |          |
|         |                         | OPTION B: 30minute Run, at                          |             |  | 1. 7<br>2.   |                                  |          |
|         | Follow with stretching  | even pace. If needed Run                            |             |  | 1  | Follow with stretching           |          |
|         | 5                       | 9minutes, walk briskly 1min and                     |             |  |  |                                  |          |
|         |                         | continue cycle to 30minutes                         |             |  | 100 mg   |                                  |          |
|         |                         |   |             |  | 11.0   |                                  |          |
|         |                         | Follow with stretching                              |             |  |  |                                  |          |
| 7-14-17 | 20minute Run            | OPTION A: 32-minute Run                             | Rest Day    | 20minute Run at even   | Rest Day   | LONG RUN:                        | Rest Day |
| Week    | If needed Run 9minutes, | Warmup (WU) 10minutes easy                          |             | pace. If needed Run  | age of the same of the   | 5-mile:                          |          |
| # 11    | walk briskly 1min and   | jogging.  |             | 9minutes, walk briskly   | OR   | Run 9 minutes, walk              |          |
| " 11    | continue cycle          | Then run 4 x 1:30 pickups at a                      |             | 1min and continue cycle  | CARL CONTRACTOR CONTRA | briskly 1min, continue           |          |
|         | OR                      | faster pace, with 1:30 slow                         |             |  | Aerobic Cross training   | cycle through 5 miles.           |          |
|         |                         | jogging (or very brisk walking)                     |             | Follow with stretching   | 30 – 40minutes   | Do not stop moving!              |          |
|         | Aerobic Cross Training  | between. Cooldown (CD)                              |             |  |  | Hydrate every                    |          |
|         | 30 – 40minutes          | 10minutes easy jogging                              |             |  | Follow with stretching   | 30minutes                        |          |
|         | Follow with stratching  | ODTION D. 22minuto Bun of                           |             |  |  | Follow with stratching           |          |
|         | Follow with stretching  | OPTION B: 32minute Run, at even pace. If needed Run |             |  |  | Follow with stretching           |          |
|         |                         | 9minutes, walk briskly 1min and                     |             |  |  |                                  |          |
|         |                         | continue cycle to 30minutes                         |             |  | ( 6.3)   |                                  |          |
|         |                         | Follow with stretching                              | AF ILO BISC |  | Tomas A Comment  |                                  |          |
|         |                         | I OHOW WITH STIETCHING                              |             |  | F-IP W 1 4 5   |                                  |          |

| 7-21-17<br>Week<br># 10 | If needed Run 9minutes,<br>walk briskly 1min and<br>continue cycle  | OPTION A: 35-minute Run Warmup (WU) 10minutes easy jogging. Then run 10 x 1minute at a faster pace, with 1min slow   | Rest Day    | 20minute Run at even pace. If needed Run 9minutes, walk briskly 1min and continue cycle Follow with stretching     |   | LONG RUN: 6-mile: Run 9 minutes, walk briskly 1min, continue  | Rest Day |
|-------------------------|---|--|-------------|--|---|---|----------|
|                         | OR Aerobic Cross Training 30 – 40minutes  | jogging (or very brisk walking)<br>between. Cooldown (CD)<br>5minutes easy jogging   | Finish, Pos | -Party @ Coca-(  | Aerobic Cross training 30 – 40minutes                                       | cycle through 6 miles.  Do not stop moving!  Hydrate every  30minutes   |          |
|                         | Follow with stretching  | OPTION B: 35minute Run, at even pace. If needed Run 9minutes, walk briskly 1min and continue cycle to 30minutes Follow with stretching   |             |  |   |   |          |
| 7-28-17<br>WEEK<br>#9   | 20minute Run If needed Run 9minutes, walk briskly 1min and continue cycle OR  Aerobic Cross Training 30 – 40minutes | OPTION A: 35-minute Run Warmup (WU) 10minutes easy jogging. Then run 5 x 2min pickups at a faster pace, with 1min slow jogging (or very brisk walking) between. Cooldown (CD) 10minutes easy jogging  OPTION B: 35min Run, at even | Rest Day    | 25minute Run at even pace. If needed Run 9minutes, walk briskly 1min and continue cycle Follow with stretching     | Rest Day  OR  Aerobic Cross training 30 – 40minutes  Follow with stretching | LONG RUN: 7-mile: Run 9 minutes, walk briskly 1min, continue cycle through 7 miles. Do not stop moving! Hydrate every 30minutes     | Rest Day |
|                         |   | pace. If needed Run 9minutes,<br>walk briskly 1min and continue<br>cycle to 30minutes  |             |  |   | Follow with stretching  |          |
| 8-7-17<br>WEEK<br>#8    | 20minute Run If needed Run 9minutes, walk briskly 1min and continue cycle OR Aerobic Cross Training 30 – 40minutes  | OPTION A: 38-minute Run Warmup (WU) 10minutes easy jogging. Then run 6 x 1:30 pickups at a faster pace, with 1:30 slow jogging (or very brisk walking) between. Cooldown (CD) 10minutes easy jogging                               | Rest Day    | 25-30minute Run at even pace. If needed Run 9minutes, walk briskly 1min and continue cycle  Follow with stretching | Rest Day  OR  Aerobic Cross training 30 – 40minutes  Follow with stretching | LONG RUN: 8.5 mile: Run 9 minutes, walk briskly 1min, continue cycle through 8.5 miles. Do not stop moving! Hydrate every 30minutes | Rest Day |
|                         |   | OPTION B: 38min Run, at even<br>pace. If needed Run 9minutes,<br>walk briskly 1min and continue<br>cycle to 30minutes  | IPSE SPORT  |  | E Z   | Follow with stretching  |          |

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|                        |   | Follow with stretching  | HEI      | TN AT   | TV  |   |          |
|------------------------|---|---|----------|---|---|---|----------|
|                        |   | I I A   |          | ADATI   | WOMEN'S   |   |          |
| 8-14-17<br>WEEK<br># 7 | 20minute Run If needed Run 9minutes, walk briskly 1min and continue cycle OR  Aerobic Cross Training 30 – 40minutes  Follow with stretching | OPTION A: 40-minute Run Warmup (WU) 10minutes easy jogging. Then run 10 x 1min pickups at a faster pace, with 1min slow jogging (or very brisk walking) between. Cooldown (CD) 10minutes easy jogging  OPTION B: 40minute Run, at even pace. If needed Run 9minutes, walk briskly 1min and continue cycle to 30minutes Follow with stretching | Rest Day | 20minute Run at even pace. If needed Run 9minutes, walk briskly 1min and continue cycle  Follow with stretching | Rest Day  OR  Aerobic Cross training 30 – 40minutes  Follow with stretching | LONG RUN: 10-mile: Run 9 minutes, walk briskly 1min, continue cycle through 10.0 miles. Do not stop moving! Hydrate every 30minutes  Follow with stretching | Rest Day |
| 8-21-17<br>WEEK<br>#6  | 20minute Run  OR  Aerobic Cross Training 30 – 40minutes  Follow with stretching   | OPTION A: 38-minute Run Warmup (WU) 10minutes easy jogging. Then run 6 x 2 pickups at a faster pace, with 1min slow jogging (or very brisk walking) between. Cooldown (CD) 10minutes easy jogging  OPTION B: 40min Run, at even pace. If needed Run 9minutes, walk briskly 1min and continue cycle to 30minutes                               | Rest Day | 30minute Run at even pace.  Follow with stretching  | OR  Aerobic Cross training 30 – 40minutes  Follow with stretching           | LONG RUN: 6-mile: Run 9 minutes, walk briskly 1min, continue cycle through 6 miles. Do not stop moving! Hydrate every 30minutes Follow with stretching      | Rest Day |
|                        |   | Follow with stretching  |          |   |   |   |          |



| 8-28-17<br>WEEK<br>#5 | 20minute Run  OR  Aerobic Cross Training 30 – 40minutes  Follow with stretching | OPTION A: 40-minute Run Warmup (WU) 13minutes easy jogging. Then run 3 x 3min pickups at a faster pace, with 1:30 slow jogging (or very brisk walking) between. Cooldown (CD) 10minutes easy jogging   | Rest Day | 25minute Run at even pace.  Follow with stretching | Rest Day  OR  Aerobic Cross training 30 – 40minutes  Follow with stretching | LONG RUN: 11-mile: Run 9 minutes, walk briskly 1min, continue cycle through 11 miles. Do not stop moving! Hydrate every 30minutes                       | Rest Day |
|-----------------------|---|--|----------|--|---|---|----------|
|                       |   | OPTION B: 40min Run, at even pace. If needed Run 9minutes, walk briskly 1min and continue cycle to 30minutes Follow with stretching  |          |  |   | Follow with stretching  |          |
| 9-4-17<br>WEEK<br>#4  | 20minute Run OR Aerobic Cross Training 30 – 40minutes Follow with stretching    | OPTION A: 44-minute Run Warmup (WU) 10minutes easy jogging. Then run 12 x 1min pickups at a faster pace, with 1min slow jogging (or very brisk walking) between. Cooldown (CD) 10minutes easy jogging  OPTION B: 45min Run, at even pace. If needed Run 9minutes, walk briskly 1min and continue cycle to 30minutes Follow with stretching | Rest Day | 30minute Run at even pace.  Follow with stretching | Rest Day  OR  Aerobic Cross training 30 – 40minutes  Follow with stretching | LONG RUN: 7-mile: Run 9 minutes, walk briskly 1min, continue cycle through 7 miles. Do not stop moving! Hydrate every 30minutes  Follow with stretching | Rest Day |
| 9-11-17<br>WEEK<br>#3 | 20minute Run  OR  Aerobic Cross Training 30 – 40minutes  Follow with stretching | OPTION A: 40-minute Run Warmup (WU) 10minutes easy jogging. Then run 10 x 1min pickups at a faster pace, with 1min slow jogging (or very brisk walking) between. Cooldown (CD) 10minutes easy jogging  | Rest Day | 25minute Run at even pace.  Follow with stretching | OR  Aerobic Cross training 30 – 40minutes  Follow with stretching           | LONG RUN: 12-mile: Run 9 minutes, walk briskly 1min, continue cycle through 12 miles. Do not stop moving! Hydrate every 30minutes                       | Rest Day |

|         |                        | OPTION B: 40min Run, at even                               | HUI         |                            |                        | Follow with stretching                        |  |
|---------|------------------------|--|-------------|----------------------------|------------------------|---|--|
|         |                        | pace. If needed Run 9mi <mark>nu</mark> te <mark>s,</mark> |             |                            |                        |   |  |
|         |                        | walk briskly 1min and continue                             |             |                            | WOMEN'S                |   |  |
|         |                        | cycle to 30minutes   |             | ABATI                      |                        |   |  |
|         |                        | Follow with stretching                                     |             | $ \Lambda \cup \Lambda I $ | $\Pi()N\Rightarrow$    |   |  |
| 9-18-17 | 20minute Run           | OPTION A: 30-minute Run                                    | X-Training  | 20minute Run at even       | Rest Day               | LONG RUN:                                     | Rest Day                                   |
| WEEK    |                        | Warmup (WU) 10minutes easy                                 | OR D        | pace.                      | ala Field              | 6-mile:                                       |  |
| #2      | OR                     | jogging.   | Rest Day    | rainy w. cold              | OR                     | Run 9 minutes, walk                           |  |
|         | Aerobic Cross Training | Then run 4 x 2min pickups at a faster pace, with 1min slow |             | Follow with stretching     | Aerobic Cross training | briskly 1min, continue cycle through 6 miles. |  |
|         | 30 – 40minutes         | jogging (or very brisk walking)                            |             |                            | 30 – 40minutes         | Do not stop moving!                           |  |
|         | 30 – 40mmutes          | between. Cooldown (CD)                                     |             | A A A                      |                        | Hydrate every                                 |  |
|         | Follow with stretching | 10minutes easy jogging                                     |             |                            | Follow with stretching | 30minutes                                     |  |
|         |                        | OPTION B: 30min run, at even                               |             |                            | 100                    |   |  |
|         |                        | pace. If needed Run 9minutes,                              |             |                            |                        | Follow with stretching                        |  |
|         |                        | walk briskly 1min and continue                             |             |                            |                        | 4   |  |
|         |                        | cycle to 30minutes   |             |                            |                        |   |  |
|         |                        | Follow with stretching                                     |             |                            | A                      |   |  |
| 9-25-17 | 20minute Run           | OPTION A: 25-minute Run                                    | X-Training  | 20minute Run at even       | REST DAY               | Short Run:                                    | QUEEN CITY HALF                            |
| WEEK    |                        | Warmup (WU) 10minutes easy                                 | Or Rest Day | pace.                      | 133 m                  | 1-2 mile run to get out                       | <b>MARATHON DAY!</b>                       |
| # 1     | OR                     | jogging.   |             |                            | Charles and the second | your pre-half marathon                        | Approach today as you                      |
|         | Aerobic Cross Training | Then run 5 x 1min pickups at a faster pace, with 1min slow |             | Follow with stretching     |                        | jitters!                                      | have with all of your                      |
|         | 30 – 40minutes         | jogging (or very brisk walking)                            |             |                            |                        | 7   | long runs: Run 9                           |
|         | 30 – 40mmutes          | between. Cooldown (CD)                                     |             |                            |                        | 5   | minutes, walk briskly 1min, continue cycle |
|         | Follow with stretching | 5minutes easy Follow with                                  |             |                            |                        | r e   | through 6 miles.                           |
|         | ronow with stretching  | stretching jogging   |             |                            |                        |   | Do not stop moving!                        |
|         |                        | OPTION B: 25min Run, at even                               |             |                            |                        |   | Hydrate every                              |
|         |                        | pace. If needed Run 9minutes,                              |             |                            |                        |   | 30minutes                                  |
|         |                        | walk briskly 1min and continue                             |             |                            |                        |   |  |
|         |                        | cycle to 30minutes   |             |                            | -                      |   |  |



