

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 be 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 wait 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 Run or XT Day	Tuesday Workout/Run	Wednesday Recovery Day	Thursday Run Day	Friday XT or Recovery	Saturday Long Run	Sunday Recovery Day
6-7-17 Week #16	10min Run OR Aerobic Cross training 30minutes Follow with stretching	OPTION A: 20minute Run OPTION B: 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 Week #15	10min Run OR Aerobic Cross training 30minutes Follow with stretching	OPTION A: 20minute Run OPTION B: 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 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
6-24-17 Week #14	10min Run OR Aerobic Cross training 30minutes Follow with stretching	OPTION A: 20minute Run OPTION B: 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	Rest Day 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

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6-31-17 Week # 13	15min Run OR Aerobic Cross training 30minutes Follow with stretching	OPTION A: 20minute Run OPTION B: 20minute 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	LONG RUN: 3.0 – 3.5 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
7-7-17 Week # 12	20minute Run If needed Run 9minutes, walk briskly 1min and continue cycle OR Aerobic Cross Training 30 – 40minutes Follow with stretching	OPTION A: 30 minute Run Warmup (WU) 10minutes easy jogging. Then run 5 x 1min pickups at a faster pace, with 1min slow jogging between. Cooldown (CD) 10minutes easy jogging OPTION B: 30minute 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	LONG RUN: 4 mile: Run 9 minutes, walk briskly 1min, continue cycle through 4 miles. Do not stop moving! If needed, hydrate every 30minutes Follow with stretching	Rest Day
7-14-17 Week # 11	20minute Run If needed Run 9minutes, walk briskly 1min and continue cycle OR Aerobic Cross Training 30 – 40minutes Follow with stretching	OPTION A: 32-minute Run Warmup (WU) 10minutes easy jogging. Then run 4 x 1:30 pickups at a faster pace, with 1:30 slow jogging (or very brisk walking) between. Cooldown (CD) 10minutes easy jogging OPTION B: 32minute 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: 5-mile: Run 9 minutes, walk briskly 1min, continue cycle through 5 miles. Do not stop moving! Hydrate every 30minutes Follow with stretching	Rest Day

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

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		Follow with stretching					
8-14-17 WEEK # 7	<p>20minute Run If needed Run 9minutes, walk briskly 1min and continue cycle OR Aerobic Cross Training 30 – 40minutes Follow with stretching</p>	<p>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</p> <p>OPTION B: 40minute Run, at even pace. If needed Run 9minutes, walk briskly 1min and continue cycle to 30minutes Follow with stretching</p>	Rest Day	<p>20minute Run at even pace. If needed Run 9minutes, walk briskly 1min and continue cycle Follow with stretching</p>	<p>Rest Day OR Aerobic Cross training 30 – 40minutes Follow with stretching</p>	<p>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</p>	Rest Day
8-21-17 WEEK #6	<p>20minute Run OR Aerobic Cross Training 30 – 40minutes Follow with stretching</p>	<p>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</p> <p>OPTION B: 40min Run, at even pace. If needed Run 9minutes, walk briskly 1min and continue cycle to 30minutes Follow with stretching</p>	Rest Day	<p>30minute Run at even pace. Follow with stretching</p>	<p>Rest Day OR Aerobic Cross training 30 – 40minutes Follow with stretching</p>	<p>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</p>	Rest Day



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8-28-17 WEEK #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 OPTION B: 40min Run, at even pace. If needed Run 9minutes, walk briskly 1min and continue cycle to 30minutes Follow with stretching	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 Follow with stretching	Rest Day
9-4-17 WEEK #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 WEEK #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	Rest Day 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

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		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	
9-18-17 WEEK #2	20minute Run OR Aerobic Cross Training 30 – 40minutes Follow with stretching	OPTION A: 30-minute Run Warmup (WU) 10minutes easy jogging. Then run 4 x 2min pickups at a faster pace, with 1min slow jogging (or very brisk walking) between. Cooldown (CD) 10minutes easy jogging OPTION B: 30min run, at even pace. If needed Run 9minutes, walk briskly 1min and continue cycle to 30minutes Follow with stretching	X-Training OR Rest Day	20minute Run at even pace. Follow with stretching	Rest Day 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
9-25-17 WEEK # 1	20minute Run OR Aerobic Cross Training 30 – 40minutes Follow with stretching	OPTION A: 25-minute Run Warmup (WU) 10minutes easy jogging. Then run 5 x 1min pickups at a faster pace, with 1min slow jogging (or very brisk walking) between. Cooldown (CD) 5minutes easy Follow with stretching jogging OPTION B: 25min Run, at even pace. If needed Run 9minutes, walk briskly 1min and continue cycle to 30minutes	X-Training Or Rest Day	20minute Run at even pace. Follow with stretching	REST DAY	Short Run: 1-2 mile run to get out your pre-half marathon jitters!	QUEEN CITY HALF MARATHON DAY! Approach today as you have with all of your long runs: Run 9 minutes, walk briskly 1min, continue cycle through 6 miles. Do not stop moving! Hydrate every 30minutes



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