

# ATLANTA HALF MARATHON

## ATLANTA HALF MARATHON 2010 TRAINING SCHEDULE Intermediate

Welcome to *Miles of Giving*, the Atlanta Half Marathon charity partner program! We look forward to helping you reach your race, while making the most of your miles.

Below is important information regarding your half marathon training schedule. It is extremely important that you have clearance from your physician and/or healthcare provider prior to beginning your training schedule. Please keep in mind you must have a basic fitness level to train for a half marathon. This schedule is recommended for someone who has the capability to run/walk a minimum of 4 to 5 miles, 3 to 4 times a week.

Okay, let's get started:

- The schedule reflects the countdown to race week. For example, when you look below at week 15, you will see that you have run days on Mondays, Wednesdays, Thursdays and Saturdays.
- When the schedule reflects "x-train" this indicates a cross training activity for that day (swimming, weights, yoga, etc).
- When the schedule indicates **REST**, it means that you should take a day off from physical activity to let your muscles rest. Stay off your legs and let them rest up for the next day's training.
- The far right column reflects the total mileage you will be "logging" each week.
- Keep your Saturday long runs nice and easy, don't run them hard. If you find you are having trouble carrying on a conversation during your Saturday long runs, you are pushing your training runs a bit too hard.
- You will also see several race dates included in the training program; those races are scheduled into your plan for the purpose of seeing your results as you stay with your training regimen.
- Here's the general rule of thumb: Run when you can, walk if you must.



Please ensure that you follow your training plan consistently as this will allow you to see optimal result.

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Miles
13	X-train	30 min tempo	REST	4	REST	5	3 miles very easy	15
12	4 easy	4 miles (total) 2x400 IW	REST	3	REST	5* (base)	x-Train	16
11	3 EASY	35 min tempo	X-Train	3	REST	6	3 miles very easy	15-17
10	X-Train	5 miles (total) 3x400 IW	REST	4	REST	5	3 miles very easy	17
9**	X-Train	35 min tempo	2 + x-Train	4	REST	7* (benchmark)	x-Train	19
8	X-Train	5 miles (total) 3x400 IW	REST	4	REST	7	3 miles very easy	19
7	X-Train	35 min tempo	2+ x-Train	4	REST	9	3 miles very easy	21
6	X-Train	5 miles (total) 3x400 IW	REST	5	REST	9	3 miles very easy	22
5	X-Train	40 min tempo	X-Train	5	REST	10	3 miles very easy	23
4	X-Train	5 miles (total) 3x400 IW	3+ X-Train	5	REST	11* (prep)	x-Train	24
3	3 easy	40 min tempo	REST	4	REST	Run the course or 12 miles	3 miles very easy	25-26
2	X-Train	5 miles (total) 3x400 IW	X-Train	4	REST	10	3 miles very easy	22
<b>RACE WEEK</b>	4 very easy	2 very easy	REST	<b>RACE</b>	Post race massage	3 very easy	REST	22

\*ATC RACE - please see event calendar for registration information.

9\*\* Do not attempt to sign up for a half marathon as a novice runner at this point. You must have an adequate training period to prepare and develop an endurance base.

\*\*\*IW=Interval Workout, warm up for the first mile (or as indicated on your plan) run 400 meters (usually one lap around the track), recover by running very easy for the next 400 meters, then repeat your next 400 meters hard once again. When you've completed your total workout, cool down for your final mile. Let your leg muscles recover.