

ATLANTA HALF MARATHON

ATLANTA HALF MARATHON 2010 TRAINING SCHEDULE

Novice

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 3 miles, 3 to 4 times a week.

Okay, let's get started:

- The schedule reflects the countdown to race week.
- 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 run 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
14	2	REST	2 + x-Train	3	REST	3	x-Train	10
13	3	REST	2 + x-Train	3	REST	4	x-Train	12
12	3	REST	2 + x-Train	3	REST	5* (base)	x-Train	13
11	3	REST	2 + x-Train	3	REST	6	x-Train	14
10	3	REST	4 + x-Train	3	REST	5	x-Train	15
9**	3	REST	2 + x-Train	4	REST	7* (benchmark)	x-Train	15-16
8	3	REST	2 + x-Train	5	REST	7	x-Train	17
7	3	REST	2 + x-Train	4	REST	9	x-Train	18
6	3	REST	2 + x-Train	5	REST	9	x-Train	19
5	3	REST	2 + x-Train	5	REST	10	x-Train	20
4	3	REST	2 + x-Train	5	REST	11* (prep)	x-Train	20-21
3	3	REST	2 + x-Train	5	REST	Run the course or 12 miles	x-Train	22
2	3	REST	2 + x-Train	5	REST	8	REST	18
RACE WEEK	3 very easy	2 very easy	REST	RACE	Post race massage	3 very easy	REST	21

*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.**