

Gobbler Grind Half Marathon

Beginner Schedule

Goal: To finish the half marathon

Recommended Background: Beginner

| Phase | Dates | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Mileage |
|------------------|--------------------|----------|------------|-------------|------------|------------|------------|-----------|---------|
| Endurance | ----- | O | C+R | SL | C/O | R | C/O | L | ----- |
| | August 28-Sept. 3 | | 1-1.5 | 2-3 | | 1-3 | | 3-5 | 6-12.5 |
| | September 4-10 | | 1-2 | 2-4 | | 2-3 | | 3-6 | 7-15 |
| Recovery | September 11-17 | | C/O | 1-3 | | 1-2 | | 4-5 | 6-10 |
| | September 18-24 | | 1-2 | 3-4 | | 2-3 | | 4-6 | 9-15 |
| | Sept. 25-October 1 | | 2-3 | 3-5 | | 3-4 | | 5-7 | 11-19 |
| Recovery | October 2-8 | | C/O | 2-4R | | 2-3R | | 5-6 | 9-13 |
| Strength | ----- | O | C+R | SL+F | C/O | H | C/O | L | ----- |
| | October 9-15 | | 2-3 | 3-5 | | 3-4 | | 6-8 | 12-20 |
| | October 16-22 | | 2-4 | 4-6 | | 3-5 | | 6-9 | 13-24 |
| Recovery | October 23-29 | | C/O | 3-5R | | 2-4R | | 7-8 | 12-17 |
| | Oct. 30-Nov. 5 | | 2-4 | 4-6 | | 3-5 | | 8-10 | 15-25 |
| Peak | ----- | O | R/O | R+F | C/O | H/R | O | SL | ----- |
| | November 6-12 | | 2-3 | 4-5 | | 3-4H | | 6-8 | 13-20 |
| | November 13-19 | | 1-2 | 3-4 | | 2-3R | | 0-2 | 5-11 |
| | November 20 | GG ½ | | | | | | | |

- You can add 10-30 minutes of a warm up walk to any workout under 3 miles. Try to mix walking breaks into the run – going the distance is your main objective. A good strategy is to start with alternating 1-2 minutes of running with 30 seconds of walking and gradually build up to 5-10 minutes of running with 30 seconds of walking.
- You can run 3 or 4 days a week. Pick up where you've left off in terms of weekly runs and mileage.
- Mileage ranges allow you to do the higher end if you feel great, the middle if you feel average, and the low end if you feel tired so you can adjust to find your sweet spot given how your mind and body feel.
- Can convert your distance to time by multiplying your normal pace by each mile (i.e. 4 x 10 minute pace = 40 minutes)
- Do a couple of tune up races before the half marathon to gain valuable race experience.
- Recovery weeks are built in to improve your chances for staying healthy and recover enough for race day.

Quick Reference Guide

Training Phases

- Endurance Phase: main goal is to slowly build up endurance. Focus on relaxed running to 'hang out there longer'.
- Strength Phase: to add strength by doing one hilly workout a week along with an optional fartlek workout for speed.
- Peak Phase: to allow your body to recover and peak for the target race.

Key Terms

- O = Off Day/Complete Rest/ No cross training.** Active recovery such as foam rolling recommended.
- C = Cross training.** Strength training that works the glutes/hips/core is strongly recommended 1-3 times a week. Can also do non-weight bearing aerobic activities that you enjoy such as aqua jogging, swimming, or spinning.
- R = Recovery Run.** Very relaxed effort over flat to rolling terrain for a short duration. Have fun while freshening up!
- SL = Semi-long Run.** After a 1-2 mile warm up (very relaxed effort), ease into a relaxed to moderate effort.
- L = Long Run.** After a 2 mile warm up (very relaxed effort), ease into a relaxed to moderate effort.
- H = Hill Workout.** After a 1-2 mile warm up, do a hillier than average route at a moderate effort. Or, for a more concentrated workout, do 30-60 sec. hill repeats. Start with 2-4 minutes of 'climb' time and add 1-2 mins each week.
- F = Fartlek.** After a 1-2 mile warm up, if you feel good, perform pickups where you run at 5K-10K race effort (i.e. moderately hard) for 1 minute followed by a 2 minute recovery jog. Start with 2-4 and add 1 every week.
- + = And Optional.** C+R means to cross train with the option of also doing a recovery run.
- / = Or.** C/O means to either cross train or take the day off.