

Run for ACCESS – Training Regimen for Half Marathon

<http://running.about.com/od/halfmarathonracetraining/a/runwalkhalfmarathon.htm>

This 9 week half marathon training program is designed to help you run/walk to the finish line of your half marathon (13.1 miles). We hope you've done some walking and running before this. If not, ease in and start on softer surfaces, like grass fields. Actually, you may want to train on grass until the last couple weeks if you have any issues with knees or hips to reduce the compression/stress of picking up running.

We've put in intervals of running and walking. Often 2:1, run to walk ratios that you repeat throughout your run. We don't advocate cold stretching – that is walk a little and warm up before stretching. Try not to bounce or overstretch. Gentle pulsing with slightly bent legs seems to work. If you stretch a muscle, try also to stretch the opposing muscle. That is, if you stretch your quadriceps or front of your leg, match that by stretching you hamstring or back of your leg.

Don't try to do too much in any part of this regimen. We feel that your longest run can be 8-10 miles and you could be okay. But the long run in this routine is 12 and do that if training is going well. Take recovery days seriously. Don't over train and train smart with recovery. Each week has a longer run. Your other days prepare you for this long run. Even if you feel terrific a day or two before, hold back and try to follow the regimen. Those longer runs will go better.

This is also a very basic work out for someone running their first ½ marathon. If you are more advanced take out some of the walking intervals. We put in bike riding, rowing, and elliptical training on some off days. These don't have to be intense but rather a cross training alternative that also provides some recovery. This can be on any piece of equipment which has a conditioning aspect.

If you have any questions, please email us at info@accessportamerica.org. Have fun, challenge yourself in this training. We guarantee you'll feel great about your preparation and what you've earned. With proper training you'll love our event!

Week 1:

Day 1: 2 miles - run 2 minutes, walk 1 minute, repeating.

Day 2: 2.5 miles - 2 minutes, walk 1 minute, repeating.

Day 3: 3 miles - 2 minutes, walk 1 minute, repeating.

Day 4: 2 miles recovery walk

Week 2:

Day 1: 2.5 miles - 2 minutes, walk 1 minute, repeating.

Day 2: Ride a bike, row, or elliptical.

Day 3: 3 miles - 2 minutes, walk 1 minute, repeating.

Day 4: 5 miles - 2 minutes, walk 1 minute, repeating.

Week 3:

Day 1: 3 miles - 3 minutes, walk 1 minute, repeating.

Day 2: Ride a bike, row, or elliptical.

Day 3: 3 miles - 3 minutes, walk 1 minute, repeating.

Day 4: 7 miles - 3 minutes, walk 1 minute, repeating.

Day 5: 3 miles – walking.

Week 4:

Day 1: 4 miles - 3 minutes, walk 1 minute, repeating.

Day 2: Ride a bike, row, or elliptical.

Day 3: 4 miles - 3 minutes, walk 1 minute, repeating.

Day 4: 8 miles - 3 minutes, walk 1 minute, repeating.

Day 5: 3 miles walking

Week 5:

Day 1: 4 miles - 3 minutes, walk 1 minute, repeating.

Day 2: Ride a bike, row, or elliptical.

Day 3: 4 miles - 3 minutes, walk 1 minute, repeating.

Day 4: 9 miles - 3 minutes, walk 1 minute, repeating.

Day 5: 3 miles walking

Week 6:

Day 1: 4 miles - 3 minutes, walk 1 minute, repeating.

Day 2: Ride a bike, row, or elliptical.

Day 3: 3 miles- 3 minutes, walk 1 minute, repeating.

Day 4: 10 miles - 3 minutes, walk 1 minute, repeating.

Day 5: 3 miles walking

Week 7:

Day 1: 5 miles - 3 minutes, walk 1 minute, repeating.

Day 2: Ride a bike, row, or elliptical.

Day 3: 4 miles - 3 minutes, walk 1 minute, repeating.

Day 4: 11 miles - 3 minutes, walk 1 minute, repeating.

Day 5: 3 mi walking

Week 8:

Day 1: 4 miles - 4 minutes, walk 1 minute, repeating.

Day 2: 3 miles - 4 minutes, walk 1 minute, repeating.

Day 3: Ride a bike, row, or elliptical.

Day 4: 12 mi - 4 minutes, walk 1 minute, repeating.

Day 5: 3 mi walking

Week 9:

Day 1: Ride a bike, row, or elliptical.

Day 2: 3 miles- 4 minutes, walk 1 minute, repeating.

Day 3: Ride a bike, row, or elliptical.

Day 4: 5 miles - 4 minutes, walk 1 minute, repeating.

Day 5: 2.5 walking

Week 10: Day 1: 2 miles - 4 minutes, walk 1 minute, repeating.

Day 2: 1 mile - walk

Day 3: Ride a bike, row, or elliptical – very easy.

Day 4: 2 miles - 4 minutes, walk 1 minute, repeating.

Day 5: 30 minute easy walk.

Race Day