

### **The Disclaimer**

“BEFORE STARTING TO TRAIN FOR A HALF MARATHON, you need to possess a basic fitness level. And if you are over age 35, you probably should see your doctor for a physical examination. But assuming no major problems, most healthy people can train themselves to complete a 13.1-mile race.” – Hal Higdon

### **Your Intention**

The challenge set forth through this event will mean different things for different people. *To help maximize your experience of this World Wide event, you need to state clearly your Intention.*

### **What one thing do you want to get out of participating in the Phedippidations World Wide Half Marathon?**

It could be that you want to run the half marathon distance for the first time. It could be that you want to lose some amount of weight during the training. It could be that you have a specific finishing time in mind. It could be that you want to use this as means to meet other runners. Whatever it is, you are encouraged to write it down and hold yourself accountable. Can your Intention change? Yes. Will your Intention change? Maybe. Just stay focused on your goal.

### **The *I Forgive Myself* Warm-Ups**

Let’s face it, there are times when life gets in the way of our running. Family engagements, the desire to have a paycheck, love, laziness, that extra pint of beer... all form stumbling blocks when it comes to following our training schedules. This leads to fretting and worrying and eventually to second guessing our running.

Missing a couple of training sessions is not the end of the world. In fact, that extra rest might even make you a little stronger. However, the mental anguish of missing, one two or more workouts can lead to poor future workouts. This exercise is made to help release the tension and to help you over the mental stumbling block.

This is the *I Forgive Myself* warm up and can be done in private or as a large group; it all depends on personal preference. Begin by placing your right hand on your left shoulder. Next place your left hand on your right shoulder. In an act of reverence, bow your head and say “I forgive myself for missing: [**Insert Workout(s) Here**]”. Then release.

### **Morphing**

The design of these training programs, well they are more like guidelines, are to relieve the runner of mental luggage. You don’t have to think about what type of workout or how long to run, they are guideline to use when in doubt or indecision. These programs are not designed to be followed to the letter of the law, they are intended to be able to be shifted around and moved so that they fit into **YOUR** life and **YOUR** training/racing schedule.

### **Thar be Treasure**

To fully understand what the “maps” say, we must first understand the coding and jargon of the types of workouts.

## REXTISL

No, that is not some roman numeral or some interstellar communication from another planet... it's the coding for what type of workout is scheduled for that day. So, let's go through them, briefly:

**R – Rest:** that thing that we need more in our lives but is so elusive. You should refrain from running and give your body and mind time to heal and refresh.

**E – Easy runs:** Easy runs should be at a pace where you can hold a regular conversation without being out of breath. This is the pace that you could run all day long.

**X – Cross-Training:** A good way to stay conditioned without actually running. Since this a program for running a half marathon, no cross training days are included in the Intermediate, Novice or New programs. In lieu they are substituted for Rest days. But no one is watching...

**T – Tempo:** Tempo runs are the bread and butter of any workout. They are the runs where you are working but not to exhaustion such as in Speed or Interval workouts. Tempo runs are addicting because you work harder than an easy run without the rigors of speedwork. The characteristics of a Tempo run are a moderate effort at a constant (or near constant) pace through the entire workout. You should not be so winded that you can not to carry on a conversation with to a running partner, yourself (or into a microphone) during a tempo run.

**I – Intervals:** There was no hidden meaning in the name Intervals. Intervals consist of two runs, one at a fast pace and the other at a slower (recovery) pace. The name of the type of interval tells how fast the fast pace is going to be for the workout. The slower pace is called the recovery pace, which can be anywhere from a walk to a run at an easy pace. If the intervals are done correctly, your recovery pace should be a run at easy (or near easy) pace. There are many subspecies of intervals runs, may I refer you to Episodes 10 and 12 of the Dump Runners Club podcast ([www.dumprunnerclub.com](http://www.dumprunnerclub.com)) where Matt lists a variety of interval and speed workouts.

**S – Speed:** This is either running in a race or putting your body through the rigors of race conditions. After a gentle warmup, a speed workout is steady paced run at speed that is too fast for conversation. Unlike intervals, you do not (normally) stop for rest but continue through the workout at this pace and then do a recovery run at the end. This type of run is done the least! The rule is that no more than 10% of your Total Weekly mileage should be speed work. You'll find that actual 5k road races are extremely useful for this because of their short distance and that motivational level during 5k races is usually really high.

**L – Long:** The ever popular (sometimes daunting) long run. Typically run at a pace that is 30-60 second slower than your goal marathon/half marathon pace. This run is the anchor run for any long distance training program, the long runs in these programs gradually increase. As a general rule, long runs should last either the distance prescribed for the week or 3 hours, whichever comes first. Some suggest that after 3 hours, the chance of damage to your body is greatly increased and that the dangers outweigh the benefits. Be smart: Listen to your body. Also, you

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should use your long runs closer to race day as a dress rehearsal for the actual race. Also like hugs, long runs are best when shared with others.

**Warm Up and Cool Downs**

Before each run you should have a short warm-up period of easy paced run and after your workout a short cool down period of easy runs. You really don't need these for Easy and Long Runs, but are highly recommended for the faster paces.

### ***What's Not Included***

You'll notice that there are not a lot of technical terms and or numbers in these training programs. That was on purpose, because there are wonderful resources out there and you didn't need the regurgitation of all that information. Plus what works for one doesn't always work for another, so you really need to see what's out there and how your body reacts. We can all give advice... it's your decision to take it or leave it.

### ***What to Do First?***

If you are not familiar about pacing there is a website that can lay out pacing for all type of workouts. The website is McMillian Running and the calculator can be found at this URL: (<http://www.mcmillanrunning.com/Running%20University/Article%201/mcmillanrunningcalculator.htm>).

You supply a time and a distance and the calculator will forecast times for all distances from 100m to the marathon. Please be aware that this is a mathematical formula and holds some truth, but there are far too many factors (unique to YOU) that makes this as only a estimated. Or, if you have a goal time in mind, you can back calculate and see what your pace should be for each workout.

### ***What to Do Second?***

Pick a date to start training. Perhaps that day is today, or tomorrow. All the "real" literature suggests that a 12 week program is an optimal timeframe for training a half marathon. However, some people want more, some less. So these programs are 16 week programs. There are 15 Training weeks and 1 Race Week. Weeks 15-13 are considered **The Base**. It's a time to acclimate yourself to running, just running and nothing fancy. The rest of the program is considered **The Core** of the training program. If you want more than 16 weeks, than use the workouts in Weeks 15-13 until the training schedule catches up to Week 15. You'll notice that none of the programs has any official speed play until Week 12.

### ***What Do You Chose?***

These plans are designed to be flexible enough that if one isn't working for you that you can move to another without much ado. Or, if the structure isn't working for you, that you can move the days around as your schedule allows. Just remember to take one day of rest after any Speed workout and preferably one day rest after a Long Run.

### ***What if I Get Injured?***

Don't Panic. Most injuries are similar among runners, but recovery can be widely different. The first thing to do is to try to assess the injury and even how you did it. Ask other runners or post a question on the message-board-forum-thingie to help. If the injury is serious or still unknown, go see a doctor.

### ***Other Question/Comments***

You have two ways to get answers. One, post your message on the message-board-forum-thingie and you should get plenty of responses. Or, you can email the Race Directors at [wwhalf@worldwidehalf.com](mailto:wwhalf@worldwidehalf.com) and one of the Crack Staff will answer your question. We can't promise any miracles, but there is a Saint and Super Hero on staff.

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Also, if you see anything WRONG or have helpful advice, please let us know so that we can share the correct information with everyone. It will help make the training plans bigger and better for years to come.

## Training Program: SMALL

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
week 15	0 R	1 E	0 R	1.5 E	1 E	0 R	2 L
week 14	0 R	1.5 E	0 R	2 E	1.5 E	0 R	2.5 L
week 13	0 R	2 E	0 R	2 E	1.5 E	0 R	3 L
week 12	0 R	0.5 T	0 R	1 T	2 E	0 R	3.5 L
week 11	0 R	0.75 T	0 R	1 T	2 E	0 R	4 L
week 10	0 R	1 T	0 R	1 T	2.5 E	0 R	4.5 L
week 9	0 R	1 T	0 R	1.5 T	3 E	0 R	5 L
week 8	0 R	1 T	0 R	1.5 T	3 E	0 R	5.5 L
week 7	0 R	1 T	0 R	1.5 T	3 E	0 R	6 L
week 6	0 R	1 T	0 R	2 T	3 E	0 R	7 L
week 5	0 R	1 T	0 R	2 T	3 E	0 R	8 L
week 4	0 R	1 T	0 R	2 T	3 E	0 R	9 L
week 3	0 R	1 T	0 R	2 T	3 E	0 R	10 L
week 2	0 R	1 T	0 R	1.5 T	3 E	0 R	11 L
week 1	0 R	1 T	0 R	1.5 T	3 E	0 R	12 L
Race Week	0 R	3 E	2 E	0 R	0 R	13.1 H	H

## Training Program: Medium

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
week 15	0 R	2 E	0 R	3 T	3 E	0 R	3 L
week 14	0 R	3 T	0 R	2 T	3 E	0 R	3 L
week 13	0 R	3 E	0 R	2 T	3 E	0 R	3 L
week 12	0 R	1 S	0 R	3 T	3 E	0 R	3 L
week 11	0 R	1 I	0 R	2.5 T	3 E	0 R	4 L
week 10	0 R	1 S	0 R	3 T	3 E	0 R	5 L
week 9	0 R	1 I	0 R	3.5 T	4 E	0 R	5.5 L
week 8	0 R	1 S	0 R	4 T	4 E	0 R	6 L
week 7	0 R	1.25 I	0 R	3 T	4 E	0 R	7 L
week 6	0 R	1.25 S	0 R	3 T	4 E	0 R	8 L
week 5	0 R	1.5 I	0 R	2.5 T	4 E	0 R	9 L
week 4	0 R	1.5 S	0 R	2 T	5 E	0 R	10 L
week 3	0 R	1.5 I	0 R	2 T	4.5 E	0 R	10.5 L
week 2	0 R	1.5 S	0 R	2 T	4.5 E	0 R	11 L
week 1	0 R	1.25 I	0 R	2 T	4 E	0 R	12 L
Race Week	0 R	4 E	4 E	0 R	0 R	13.1 H	H

## Training Program: Large

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
week 15	0 X	4 E	0 X	3 T	4 E	0 R	6 L
week 14	0 X	4 E	0 X	3 T	4 E	0 R	6 L
week 13	0 X	4 E	0 X	4 T	4 E	0 R	6 L
week 12	0 X	1.5 S	0 X	4 T	4 E	0 R	6 L
week 11	0 X	1.75 I	0 X	4 T	4 E	0 R	7 L
week 10	0 X	2 S	0 X	4 T	4 E	0 R	7 L
week 9	0 X	2.25 I	0 X	4 T	5 E	0 R	7 L
week 8	0 X	2.5 S	0 X	4 T	5 E	0 R	8 L
week 7	0 X	2.5 I	0 X	4 T	6 E	0 R	8 L
week 6	0 X	2.5 S	0 X	5 T	6 E	0 R	8 L
week 5	0 X	2.5 I	0 X	5 T	6 E	0 R	9 L
week 4	0 X	2.25 S	0 X	5 T	6 E	0 R	10 L
week 3	0 X	2 I	0 X	4 T	6 E	0 R	11 L
week 2	0 X	2 S	0 X	4 T	5 E	0 R	12 L
week 1	0 X	2 I	0 X	3 T	4 E	0 R	10 L
Race Week	0 R	4 E	4 E	0 R	0 R	13.1 H	H

## Total Weekly Mileage Comparison

Week Ending	Small	Medium	Large
week 15 30-Jun	5.5	11	17
week 14 7-Jul	7.5	11	17
week 13 14-Jul	8.5	11	18
week 12 21-Jul	7	10	15.5
week 11 28-Jul	7.75	10.5	16.75
week 10 4-Aug	9	12	17
week 9 11-Aug	10.5	14	18.25
week 8 18-Aug	11	15	19.5
week 7 25-Aug	11.5	15.25	20.5
week 6 1-Sep	13	16.25	21.5
week 5 8-Sep	14	17	22.5
week 4 15-Sep	15	18.5	23.25
week 3 22-Sep	16	18.5	23
week 2 29-Sep	16.5	19	23
week 1 6-Oct	17.5	19.25	19
Race Week 13-Oct	18.1	21.1	21.1