



THE MAGNIFICENT MILE
CHICAGO WOMEN'S
 half marathon & 5k

2015 HALF MARATHON TRAINING 4-WEEK BASE TRAINING PROGRAM



Not sure if you're ready to start training with us? Follow this simple, 4-week program to make sure you're ready to go when group training starts on the weekend of June 20th!

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Easy Run	Cross Train**	Easy Run	Cross Train**	Rest	Longer run*	Rest
	18-May	19-May	20-May	21-May	22-May	23-May	24-May
1	20 min or 1.5 miles	20 min	30min OR 2-3 miles	20 min	Rest	30 min OR 2.5 miles	Rest
	25-May	26-May	27-May	28-May	29-May	30-May	31-May
2	30 min or 2 miles	25 min	30 min or 2.5 miles	25 min	Rest	35 min or 3 miles	Rest
	1-Jun	2-Jun	3-Jun	4-Jun	5-Jun	6-Jun	7-Jun
3	30 min or 2.5-3 miles	30 min	30 min or 2.5-3 miles	30 min	Rest	40 min or 3 miles	Rest
	8-Jun	9-Jun	10-Jun	11-Jun	12-Jun	13-Jun	14-Jun
4	35 min or 3 miles	30 min	30 min or 2.5-3 miles	30 min	Rest	45 min or 3-4 miles	Rest

WORKOUT KEY

*NOTE: By week 3, the athlete should be able to hold a pace of 14 min per mile or faster during the longer run. A run can consist of a combination run/walk. We suggest that the athlete should be able to run/walk at a 3 minute run/2 min walk interval (see below). If this is too difficult, we suggest setting your sights on a shorter race first, to safely build up your fitness level. As with any exercise program, you should consult your physician before beginning your training.

Rest / Stretch – Take complete rest from any activity to allow your body to recover and grow stronger. Without adequate rest, your body will break down and injuries will occur. Stretch to maintain flexibility and promote recovery. Stretches should include all parts of the body

Cross-Train – Cross Training is incorporated into the training program to allow you to take a break from running by incorporating activities such as swimming, biking, strength training or other fitness equipment at a fitness center (elliptical trainers, rowing machines, etc.). Be sure to cross-train at an easy to moderate level of intensity; this is meant to be an “active” recovery day. You may also use these days for complete rest, if necessary.

Easy Run & Longer Run – Run or run/walk (see below) at a slow, comfortable pace. You should be able to easily carry on a conversation, and finish each run feeling like you could have kept going further.

Run-Walk - A running program with strategically placed walk breaks to allow your body to adapt to the impact of running and ENJOY running! It is the fastest, most effective way to learn to run. It consists of a ratio of run to walk minutes... 3/2 indicates that you repeat the following pattern: run at a pace that you can still talk or a "conversational pace" for 3 minutes and follow with walking at a brisk pace for 2 minutes.. Repeat this pattern for the duration of the workout. You should feel just as strong at the end of the workout as you did at the beginning. If this is not the case, slow down the pace.