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YOUR STRONGEST  
HALF MARATHON

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## MEET YOUR COACH: EMILY HUTCHINS



Emily owns On Your Mark in Chicago and is a Nike Master Trainer, Nike+ Run Coach and serves as a spokesperson for Nike. For more than 15 years, Emily has worked with various clients of all walks of life, and is rewarded in watching clients improve their lives through something as powerful as fitness.

Emily's background in Exercise Science, performance testing (lactate threshold and VO2 max), and biomechanics has provided her the essential tools to advance her clientele to a level of excellence. She is driven by clients and athletes who are motivated to learn and committed to improving.

## ABOUT THIS HALF MARATHON TRAINING PLAN

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This 12-week plan includes four days each week of running, two strength days, and a rest day. You'll have four different types of runs listed in the plan: pace, intervals, easy miles (Saturdays) and your long runs.

### Here's why you have each and what to expect:

- **Pace:** Run at the split time you wish to race at.  
*For example, if you want to run a 2-hour 1/2 marathon, then at "pace" you should run a 9:09 mile.*
- **Intervals/speed:** An interval training session does not need to be longer than 30-45min of HIT on either a treadmill or track. The focus is speed and hills for power.
- **Long runs:** Slow and steady finishes the race. Long runs should be between 30-90 seconds slower than race pace.  
*For example, if your goal is a 2-hour 1/2 marathon, you should run between 9:39-10:39 min/mile during your long run.*
- **Strength:** 2 days of strength work/week are most ideal in order to facilitate speed, power and injury prevention.
- **Mobility:** Post run you should focus on foam rolling and active recovery and then muscle regeneration prior to the day's long run. This can also be completed during any other session.
- **Rest:** The body requires 24-72 hours of time to regenerate after hard sessions, "OFF" days, or Recovery days, are 100% necessary



# TRAINING AND RACE DAY NUTRITION

## Practice How You'll Fuel on Race Day

While you're training, use your long runs to start practicing fueling with the nutrition you'll be carrying on the course. By the time you get to race day, it's important not to experiment. Tummy troubles are the last thing you want to worry about during a race.

## Know What You Need

Current sports nutrition recommendations for endurance athletes are to consume 30–60grams of carbohydrate per hour when exercising 1 to 2.5 hours and up to 90grams of carbohydrates per hour when exercising longer than 2.5–3 hours.



## Why Gatorade Endurance

The Gatorade Endurance line of products is an elite line of sports nutrition products from Gatorade for endurance athletes who have specific fueling needs. Grounded in years of hydration and sports nutrition research conducted by the Gatorade Sports Science Institute, the Gatorade Endurance line of products helps deliver fluids and nutrients endurance athletes need for a training session or race.

Gatorade Endurance Formula is found on over 300 races per year and is a specialized sports drink designed to provide hydration and fuel during prolonged training and racing when fluid and electrolyte losses can be significant. It contains no artificial flavors, has a light taste and contains nearly twice the sodium and more than three times the potassium of traditional Gatorade.

Gatorade Endurance also offers Energy Gels and Energy Chews, which provide carbohydrate energy when consumed prior to and during prolonged training or racing to help endurance athletes continue to perform at a high level.

Find Gatorade Endurance at your local running, triathlon or bike store, or at [www.GatoradeEndurance.com](http://www.GatoradeEndurance.com).

# HALF MARATHON TRAINING PLAN

| WEEK                 | MONDAY   | TUESDAY            | WEDNESDAY                | THURSDAY | FRIDAY | SATURDAY             | SUNDAY         |
|----------------------|----------|--------------------|--------------------------|----------|--------|----------------------|----------------|
| WEEK 1               | STRENGTH | 4 MILES<br>AT PACE | INTERVALS<br>SPEED/HILLS | STRENGTH | OFF    | 2 MILES<br>MOBILTY   | LONG<br>RUN 4  |
| WEEK 2               | STRENGTH | 4 MILES<br>AT PACE | INTERVALS<br>SPEED/HILLS | STRENGTH | OFF    | 2.5 MILES<br>MOBILTY | LONG<br>RUN 5  |
| WEEK 3               | STRENGTH | 5 MILES<br>AT PACE | INTERVALS<br>SPEED/HILLS | STRENGTH | OFF    | 3 MILES<br>MOBILTY   | LONG<br>RUN 6  |
| WEEK 4               | STRENGTH | 5 MILES<br>AT PACE | INTERVALS<br>SPEED/HILLS | STRENGTH | OFF    | 3.5 MILES<br>MOBILTY | LONG<br>RUN 7  |
| WEEK 5<br>STEP BACK  | STRENGTH | 3 MILES<br>AT PACE | INTERVALS<br>SPEED/HILLS | STRENGTH | OFF    | 2 MILES<br>MOBILTY   | LONG<br>RUN 4  |
| WEEK 6               | STRENGTH | 6 MILES<br>AT PACE | INTERVALS<br>SPEED/HILLS | STRENGTH | OFF    | 2.5 MILES<br>MOBILTY | LONG<br>RUN 8  |
| WEEK 7               | STRENGTH | 6 MILES<br>AT PACE | INTERVALS<br>SPEED/HILLS | STRENGTH | OFF    | 3 MILES<br>MOBILTY   | LONG<br>RUN 9  |
| WEEK 8               | STRENGTH | 4 MILES<br>AT PACE | INTERVALS<br>SPEED/HILLS | STRENGTH | OFF    | 3.5 MILES<br>MOBILTY | LONG<br>RUN 10 |
| WEEK 9<br>STEP BACK  | STRENGTH | 3 MILES<br>AT PACE | INTERVALS<br>SPEED/HILLS | STRENGTH | OFF    | 2 MILES<br>MOBILTY   | LONG<br>RUN 6  |
| WEEK 10              | STRENGTH | 5 MILES<br>AT PACE | INTERVALS<br>SPEED/HILLS | STRENGTH | OFF    | 2.5 MILES<br>MOBILTY | LONG<br>RUN 11 |
| WEEK 11              | STRENGTH | 5 MILES<br>AT PACE | INTERVALS<br>SPEED/HILLS | STRENGTH | OFF    | 3 MILES<br>MOBILTY   | LONG<br>RUN 12 |
| WEEK 12<br>RACE WEEK | STRENGTH | 3 MILES<br>AT PACE | INTERVALS<br>SPEED/HILLS | STRENGTH | OFF    | 2 MILES<br>MOBILTY   | RACE           |



# STRENGTH WORKOUT #1 (BODYWEIGHT)

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*Do this set three times through, doing 24 reps of each, each time through.*



## **Single Leg Deadlift (Right)**

1. Start standing with feet hip-width distance.
2. Extend your right leg straight behind you as you hinge your torso forward, starting the movement from your hips. Keep your back flat, your right knee bent slightly and your left foot flexed.
3. Exhale to return back to standing.

## **Single Leg Deadlift (Left)**

1. Start standing with feet hip-width distance.
2. Extend your right leg straight behind you as you hinge your torso forward, starting the movement from your hips. Keep your back flat, your left knee bent slightly and your right foot flexed.
3. Exhale to return back to standing.



## **Lateral Lunge (Right):**

1. Start with feet hip-width distance.
2. Step your right foot out to the right side, keeping it parallel to your left. Keep your toes on both feet facing forward as you sit your hips back and down keeping your weight in your left foot. Make sure both heels stay planted firmly on the ground.
3. Exhale to press off your right foot and squeeze through your glutes as you stand back up and step to center.

## **Lateral Lunge (Left):**

1. Start with feet hip-width distance.
2. Step your Left foot out to the left side, keeping it parallel to your right. Keep your toes on both feet facing forward as you sit your hips back, keeping your weight in your right foot. Make sure both heels stay on the ground.
3. Exhale to press off your left foot and squeeze through your glutes as you stand back up and step to center.



# STRENGTH WORKOUT #2 (MINI BAND)

*Do each of these movements for 0:45 with a :15 break in between. Repeat this set three total times.*



## **Monsters Walks:**

1. Position a band around your thighs just above your knees - option to add one below your knees too.
2. Stand with your feet hip-width distance, with a slight bend in your knees and a slight forward lean with a flat back.
3. Staying in that low position, take a slow step to the right and forward while focusing on keeping your toes pointed forward, then step your left foot to the left and forward.
4. Take four steps forward this way and four steps back.



## **Lateral Band Walks (Right/Left):**

1. Position a band around your thighs just above your knees - option to add one below your knees too.
2. Stand with your feet hip-width distance, with a slight bend in your knees and a slight forward lean with a flat back.
3. Staying in that low position, take a slow step to the right while focusing on keeping your toes pointed forward, and then step your left leg over to follow.
4. Take three steps to the right and three steps back to the left.



## **Banded Quadrupeds:**

1. Position a band around your thighs just above your knees - option to add one below your knees too - and get into a position on all fours, with your palms flat on the floor below your shoulders and your knees directly below your hips.
2. Keeping your core engaged and your back flat, lift your knees two inches off the floor and keep tension in your band with your knees about hip-width distance. This is your starting position.
3. Push your knees out two inches and return them to hip-width distance.



# MOBILITY ROUTINE

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## **Mobility Ball Feet (Right/Left):**

1. While standing, place a lacrosse ball beneath your foot, rolling it until you find knots in your feet, then apply additional pressure.
2. Start under your arches and move to your heel. Put as much or as little pressure as you need on the foot.
3. Spend one to five minutes on each foot.



## **Calves (Right/Left):**

1. Start with one calf on the foam roller and your other foot crossed over your shin.
2. Starting with your feet flexed and the foam roller above your heel – roll from the bottom of the calf to the top slowly, stopping and applying additional pressure for three deep breaths on any knots or tension you find.
3. Then turn your toes in to roll the inside of your calf the same way.
4. Finish by turning your toes out to roll the outside of your calf. Spend one to five minutes on each calf.



## **Piriformis (Right/Left):**

1. For your right side, cross your right ankle over your left knee and place either your foam roller or lacrosse ball towards the right side of your right glute.
2. Avoiding rolling over bony areas, make small movements until you run into a tight spot (you'll know you've found your piriformis muscle once you find a tight spot – this little muscle is deep and generally very tight for everyone).
3. Stay on this spot for a few breaths, then move slightly and hold still again. Continue this pattern of seeking out the areas of tensions and breathing, then making small shifts for two minutes.