



# Official Training Plan

## A MESSAGE FROM THE CREATOR OF OUR TRAINING PLANS: **BART YASSO**

Running has always been an important part of my life. It is a passion, an outlet, a goal to set and obtain. It also offers incredible health benefits that extend beyond physical fitness, to include other benefits like stress reduction, higher energy levels and even camaraderie. I am so pleased that St. Luke's will be the title sponsor of this year's St. Luke's Half Marathon in the city of Allentown. I can't think of a better, more healthful way to showcase our city and our newly expanded St. Luke's University Health Network. Best of luck as you train in the coming weeks and see you at the race!

– Bart Yasso



## A COUPLE OF NOTES:

**CROSS-TRAINING** isn't necessarily a bad idea, but should be limited to rest days and easy days. Easy day cross-training should involve sustained aerobic activity like cycling or an elliptical trainer; rest day cross-training should be no-impact activity like stretching, yoga, or swimming.

**HELPFUL TOOLS:** To help determine your training paces you can search for a pace calculator on the internet such as [www.mcmillanrunning.com](http://www.mcmillanrunning.com).





April 23, 2017  
8:10<sub>AM</sub>

## THESE TRAINING PLANS BEGIN MONDAY, JANUARY 16, 2017.

### Questions?

Send your questions to [trainingtips@stlukeshalf-marathon.com](mailto:trainingtips@stlukeshalf-marathon.com). All emails will be answered by Dr. Mike Martinez, St. Luke's Half Marathon Medical Director since 2001. Mike is a multi-marathoner with a personal best of 2:48:44, which he ran as a Masters runner at the Philadelphia Marathon. Mike traveled with Bart Yasso during 2005 as part of a tour with Tylenol to discuss the St. Luke's Half Marathon medical organization.

### Group Runs

Lehigh Valley Road Runners offers training runs every day of the week. As race day draws near the Sunday group runs will mimic the mileage in these training plans. Visit <http://lvrr.org> for locations and times.



The beginner's program is based entirely on mileage with the goal of simply building your endurance to the point that 13-plus miles is an attainable distance. We concentrate more on time on your feet and less on speed. Next time around you can plan on more miles and either improving your time or comfortably running the distance.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
1	Rest	4 miles	4 miles	Rest	4 miles	Rest	6 miles	18
2	Rest	4 miles	4 miles	Rest	5 miles	Rest	7 miles	20
3	Rest	4 miles	4 miles	Rest	6 miles	Rest	8 miles	22
4	Rest	4 miles	4 miles	Rest	4 miles	Rest	6 miles	18
5	Rest	4 miles	4 miles	Rest	6 miles	Rest	8 miles	22
6	Rest	6 miles	4 miles	Rest	5 miles	Rest	8 miles LSD	23
7	Rest	5 miles	4 miles	Rest	6 miles	Rest	9 miles	24
8	Rest	4 miles	4 miles	Rest	5 miles	Rest	7 miles	20
9	Rest	5 miles	3 miles	Rest	5 miles	Rest	10 miles LSD	23
10	Rest	6 miles	4 miles	Rest	5 miles	Rest	9 miles	24
11	Rest	6 miles	4 miles	Rest	6 miles	Rest	10 miles LSD	26
12	Rest	6 miles	5 miles	Rest	6 miles	Rest	4 mile race* or 10K race	25
13	Rest	5 miles	4 miles	Rest	5 miles	Rest	6 miles	20
14	Rest	3 miles	Rest	3 miles	Rest	3 miles	RACE DAY	21

**NOTES:**

All runs should be done at an easy pace unless otherwise noted.

LSD: This means long slow distance. LSD runs are purely for the purpose of endurance. You're going to be on your feet a while to cover 13.1 miles; this is when you get used to it. We schedule them for Sunday because the race is on Sunday; if you can, consider starting your long runs at the race start time of 8 a.m.

\* The Emmaus 4 Mile Classic takes place on Sunday, April 9, 2017, exactly two weeks prior to the St. Luke's Half Marathon. Visit <http://lvrr.org/races/emmaus-4-miler/> for details and to sign up.





Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
1	Rest	6 miles	4 miles	7 miles hills	Rest	6 miles	7 miles	30
2	Rest	6 miles	4 miles	7 miles hills	Rest	5 miles	10 miles	32
3	Rest	6 miles	7 miles hills	6 miles	Rest	6 miles	10 miles	35
4	Rest	6 miles	4 miles	7 miles hills	Rest	6 miles	7 miles	30
5	Rest	6 miles	7 miles hills	6 miles	Rest	6 miles	10 miles	35
6	Rest	7 miles	7 miles	8 miles hill repeats	Rest	4 miles	10 miles LSD	36
7	Rest	7 miles	6 miles	8 miles w/3x1mi repeats	Rest	5 miles	11 miles	37
8	Rest	6 miles	4 miles	7 miles hills	Rest	5 miles	10 miles	32
9	Rest	6 miles	5 miles	8 miles tempo	Rest	4 miles	10 miles LSD	33
10	Rest	7 miles	7 miles	8 miles hills	Rest	4 miles	10 miles LSD	36
11	Rest	6 miles	6 miles	9 miles w/speed	Rest	6 miles	13 miles LSD	40
12	Rest	7 miles	8 miles w/speed	7 miles	Rest	6 miles	4 mile race* or 10K race	37
13	Rest	6 miles	Rest	7 miles w/2x1mile @ 10K pace	Rest	5 miles	8 miles LSD	26
14	Rest	3 miles	3 miles	5 mi w/2x1mi @ 10K pace, ½ mi recovery	Rest	3 miles	RACE DAY	27

**NOTES:**

**HILLS:** Find a hilly route to run. Later in the plan these workouts will become hill repeats.

**HILLS REPEATS:** Find a hill that will take you at least two minutes to climb, and mark off a "short" repeat (about halfway from the bottom) and a "long" repeat (all the way to the top). Then do a set of "short" hills: three or four sprints up the short repeat, then a jog back down; a set of "long" hills: three or four loops of a hard run to the top, a jog back to the top of the "short" segment and a sprint to the bottom; then another three or four "short" hills. Adjust the repeats depending on the miles you need; you should be doing two miles of warm-up and cool-down before and after the hills, so the workout should involve three or four miles of work.

The downhill sprints in the long sets are nearly as important as the uphill parts. Try to run smoothly, without slapping your feet.

**SPEED WORK:**

**WK 7 – MILE REPEATS:** You don't need a track to do speed work, but it helps. Don't get spooked by the number of miles on the "repeats" days; they include warm-up and cool-down, and those should be at least 2 miles each way for intermediates and 3 for advanced, leaving you 3 or 4 miles of actual speed work. You can make those miles easier by starting your run 2 or 3 miles from the track. This week we'll do a classic workout: **mile repeats**. It's pretty simple: Run a mile at your 10-K pace, followed by a recovery jog and repeat three or four times. The recovery should be a half-mile or equal in length to the time that you are running the hard mile. If you're not running on a track, use a car or bicycle to mark off a mile on a low-traffic road, or run by time. See if you can "feel" the maximum oxygen pace -- it should be at that balance point where you're still comfortable, but even the slightest bit faster would be uncomfortable.

**WK 11- INTERVALS:** You don't need a track to do speed work, but it helps. Don't get spooked by the number of miles on the speed work days; they include warm-up and cool down, and those should be at least 2 miles each way for intermediates and 3 for advanced, leaving you 3 miles of actual speed work. You can make those miles easier by starting your run 2 or 3 miles from the track. This week's speed workout should be: 6x800-meter repeats with a 400-meter recovery in-between.

\* The Emmaus 4 Mile Classic takes place on Sunday, April 9, 2017, exactly two weeks prior to the St. Luke's Half Marathon. Visit <http://lvrr.org/races/emmaus-4-miler/> for details and to sign up.





Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
1	6 miles	7 miles hills	5 miles	6 miles; 20 min. tempo	Rest	6 miles	10 miles	40
2	6 miles	8 miles hills	5 miles	8 miles; 25 min. tempo	Rest	6 miles	10 miles LSD	43
3	6 miles	8 miles hills	6 miles	7 miles; 25 min. tempo	Rest	6 miles	12 miles LSD	45
4	6 miles	7 miles hills	5 miles	6 miles; 20 min. tempo	Rest	6 miles	10 miles	40
5	6 miles	8 miles hills	6 miles	7 miles; 25 min. tempo	Rest	6 miles	12 miles LSD	45
6	5 miles	9 miles hill repeats	7 miles	9 miles 35-40 min. tempo	Rest	6 miles	12 miles LSD	48
7	5 miles	Rest	Speed work: 10 miles w/4x1mi	6 miles	9 miles; 35 min. tempo	5 miles	14 miles LSD	49
8	6 miles	8 miles hills	5 miles	8 miles; 25 min. tempo	Rest	6 miles	10 miles LSD	43
9	5 miles	6 miles	Speed work: 9 miles w/10x400m	5 miles	8 miles; 35 min. tempo	Rest	12 miles LSD	45
10	5 miles	9 miles hill repeats	7 miles	9 miles; 35-40 min. tempo	Rest	6 miles	13 miles LSD	49
11	5 miles	Rest	Speed work: 10 miles w/6x800m	7 miles	10 miles; 35 min. tempo	5 miles	15 miles LSD	52
12	6 miles	8 miles	Speed work: 10 miles w/6x800m	Rest	8 miles hills	6 miles	4 mile race* or 10K race	48
13	Rest	6 miles	7 miles	6 miles	7 miles; 25 minute Tempo at half pace	Rest	9 miles LSD	35
14	Rest	5 miles	3 miles	5 miles w/2x1mi	Rest	3 miles	RACE DAY	29

SEE NEXT PAGE FOR TRAINING NOTES.



## NOTES:

**REST DAYS AND EASY DAYS** are mostly interchangeable. This means, those following the intermediate and advanced who want to take a zero day on Saturday, rather than Friday, should simply switch those days. However, the quality days (hills and Sundays, which will become long runs) should stay where they are. **MILEAGE:** If you want to add miles, the "easy" days are an easy place to do it. Don't increase any run by more than one or two miles and don't add miles on Saturday (before the long run). If you need to trade rest days for easy days within a week, or trade a 3-mile day for a 5-mile day, that's fine.

**HILLS:** Pick a run with as many hills as possible. In weeks 6 and 10 these will become hill repeats.

**TEMPO:** Warm up by running ten to twelve minutes and then pick your pace up to about the pace you hope to run for your half-marathon for the prescribed number of minutes. Jog for the remaining mileage.

**LSD:** That's Long Slow Distance. LSD runs are purely for the purpose of endurance. You're going to be on your feet a while to cover 13.1 miles; this is when you get used to it. We schedule them for Sunday because the race is on Sunday; if you can, consider starting your long runs at the race start time of 8 a.m.

## SPEED WORK:

**WK 6 and 10 – HILLS REPEATS:** Find a hill that will take you at least two minutes to climb, and mark off a "short" repeat (about halfway from the bottom) and a "long" repeat (all the way to the top). Then do a set of "short" hills: three or four sprints up the short repeat, then a jog back down; a set of "long" hills: three or four loops of a hard run to the top, a jog back to the top of the "short" segment and a sprint to the bottom; then another three or four "short" hills. Adjust the repeats depending on the miles you need; you should be doing two miles of warm-up and cool-down before and after the hills, so the workout should involve three or four miles of work. The downhill sprints in the long sets are nearly as important as the uphill parts. Try to run smoothly, without slapping your feet.

**WK 7 – MILE REPEATS:** You don't need a track to do speed work, but it helps. Don't get spooked by the number of miles on the "repeats" days; they include warm-up and cool-down, and those should be at least 2 miles each way for intermediates and 3 for advanced, leaving you 3 or 4 miles of actual speed work. You can make those miles easier by starting your run 2 or 3 miles from the track. This week we'll do a classic workout: **mile repeats**. It's pretty simple: Run a mile at your 10-K pace, jog a lap for recovery, and repeat three or four times. If you're not running on a track, use a car or bicycle to mark off a mile on a low-traffic road, or run by time. See if you can "feel" the maximum oxygen pace -- it should be at that balance point where you're still comfortable, but even the slightest bit faster would be uncomfortable.

**WK 9 – QUARTERS:** This week's workout should be 10 quarters. Jog at least 200 meters between repeats to recover.

**WK 11– INTERVALS:** You don't need a track to do speed work, but it helps. Don't get spooked by the number of miles on the speed work days; they include warm-up and cool down, and those should be at least 2 miles each way for intermediates and 3 for advanced, leaving you 3 miles of actual speed work. You can make those miles easier by starting your run 2 or 3 miles from the track. This week's speed workout should be: 6x800-meter repeats with a 400-meter recovery in-between.

\* The Emmaus 4 Mile Classic takes place on Sunday, April 9, 2017, exactly two weeks prior to the St. Luke's Half Marathon. Visit <http://lvrr.org/races/emmaus-4-miler/> for details and to sign up.