

# CHaD Hero Half Marathon

10 WEEK BEGINNER TRAINING PLAN



# Hey There!

Are you ready to be a HERO? Then you are in the right place. This beginner training plan for the CHaD Hero Half Marathon will guide you through 10 weeks of training designed to help you get stronger, faster, and fitter so you can tackle the hills in Hanover (and Norwich, but we liked the alliteration) with confidence.

Over the course of the plan, you'll build your base mileage, hone your speed with weekly workouts, and increase your long runs. In addition, you'll build strength through targeted core and total body workouts. To keep you running strong and prevent injury, you'll also incorporate key prehab work into each week, strengthening feet, ankles, hips, and glutes.

Your training and fundraising are making a huge difference! Thanks for being a CHaD HERO! I'll be cheering for you!

-Sarah

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## WEEK 1

REST

Easy run 20-25 min  
Perform Foot + Calf  
Strength video  
available via this link:

<https://youtu.be/TPvi309sJo4>

Easy Run 30 min  
w/Strides  
Easy running to 15  
minutes  
4x 30 second strides,  
with full recovery jog or  
walk between each  
Cool down with easy  
running to 25 minutes  
total

Easy run 20-25 min  
Perform 3-4 rounds of  
Bodyweight Total Body  
Workout.

To increase difficulty add  
resistance with dumbbells,  
kettlebells, or exercise  
bands.

<https://youtu.be/rOviFYTpKm4?si=rwUSdsjW06ryE-rW>

REST

30 min easy  
effort cross  
training: bike,  
hike, walk,  
elliptical, row,  
swim etc.

4 miles  
long run pace  
Perform Mobility  
Routine i the  
video linked  
here:  
[https://youtu.be/  
Zc0\\_UxHVBqg](https://youtu.be/Zc0_UxHVBqg).

## WEEK 2

REST

Easy run 20-25 min  
Perform Foot + Calf  
Strength video  
available via this link:

<https://youtu.be/TPvi309sJo4>

Easy Run 30 min  
w/Strides  
Easy running to 15  
minutes  
4x 30 second strides,  
with full recovery jog or  
walk between each  
Cool down with easy  
running to 25 minutes  
total

Easy run 20-25 min  
Perform 3-4 rounds of  
Bodyweight Total Body  
Workout.

To increase difficulty add  
resistance with dumbbells,  
kettlebells, or exercise  
bands.

<https://youtu.be/rOviFYTpKm4?si=rwUSdsjW06ryE-rW>

REST

30 min easy  
effort cross  
training: bike,  
hike, walk,  
elliptical, row,  
swim etc.

5 miles  
long run pace  
Perform Mobility  
Routine i the  
video linked  
here:  
[https://youtu.be/  
Zc0\\_UxHVBqg](https://youtu.be/Zc0_UxHVBqg).

## WEEK 3

REST

Easy run 20-25 min  
Perform Foot + Calf  
Strength video  
available via this link:

<https://youtu.be/TPvi309sJo4>

Easy Run 30 min  
w/Strides  
Easy running to 15  
minutes  
4x 30 second strides,  
with full recovery jog or  
walk between each  
Cool down with easy  
running to 25 minutes  
total

Easy run 20-25 min  
Perform 3-4 rounds of  
Bodyweight Total Body  
Workout.

To increase difficulty add  
resistance with dumbbells,  
kettlebells, or exercise  
bands.

<https://youtu.be/rOviFYTpKm4?si=rwUSdsjW06ryE-rW>

REST

30 min easy  
effort cross  
training: bike,  
hike, walk,  
elliptical, row,  
swim etc.

6 miles  
long run pace  
Perform Mobility  
Routine i the  
video linked  
here:  
[https://youtu.be/  
Zc0\\_UxHVBqg](https://youtu.be/Zc0_UxHVBqg).

## WEEK 4

REST

Easy run 20-25 min  
Perform Foot + Calf  
Strength video  
available via this link:

<https://youtu.be/TPvi309sJo4>

30 min run with 4x hills  
10 min easy running  
warm up

4 x 30 second hill reps,  
jog or walk down to  
recovery

finish with easy  
running to 30 min

Easy run 25-30 min  
Perform 3-4 rounds of  
Bodyweight Total Body  
Workout.

To increase difficulty add  
resistance with dumbbells,  
kettlebells, or exercise  
bands.

<https://youtu.be/rOviFYTpKm4?si=rwUSdsjW06ryE-rW>

REST

30 min easy  
effort cross  
training: bike,  
hike, walk,  
elliptical, row,  
swim etc.

7 miles  
long run pace  
Perform Mobility  
Routine i the  
video linked  
here:  
[https://youtu.be/  
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## WEEK 5

**REST**

Easy run 25 min  
Perform Foot + Calf  
Strength video  
available via this link:

<https://youtu.be/TPvi309sJo4>

30 min run with 4x hills  
10 min easy running  
warm up

4 x 30 second hill reps,  
jog or walk down to  
recovery

finish with easy  
running to 30 min

Easy run 30 min  
Perform 3-4 rounds of  
Bodyweight Total Body  
Workout.

To increase difficulty add  
resistance with dumbbells,  
kettlebells, or exercise  
bands.

<https://youtu.be/rOviFYTpKm4?si=rwUSdsjW06ryE-rW>

**REST**

30 min easy  
effort cross  
training: bike,  
hike, walk,  
elliptical, row,  
swim etc.

8 miles  
long run pace  
Perform Mobility  
Routine i the  
video linked  
here:  
[https://youtu.be/  
Zc0\\_UxHVBqg](https://youtu.be/Zc0_UxHVBqg).

## WEEK 6

**REST**

Easy run 30 min  
Perform Foot + Calf  
Strength video  
available via this link:

<https://youtu.be/TPvi309sJo4>

35 min easy w/ 6x hills  
10 min easy running  
warm up

6 x 30 second hill reps,  
jog or walk down to  
recovery

finish with easy  
running to 35 min

Easy run 30 min  
Perform 3-4 rounds of  
Bodyweight Total Body  
Workout.

To increase difficulty add  
resistance with dumbbells,  
kettlebells, or exercise  
bands.

<https://youtu.be/rOviFYTpKm4?si=rwUSdsjW06ryE-rW>

**REST**

30 min easy  
effort cross  
training: bike,  
hike, walk,  
elliptical, row,  
swim etc.

9 miles  
long run pace  
Perform Mobility  
Routine i the  
video linked  
here:  
[https://youtu.be/  
Zc0\\_UxHVBqg](https://youtu.be/Zc0_UxHVBqg).

## WEEK 7

**REST**

Easy run 30 min  
Perform Foot + Calf  
Strength video  
available via this link:

<https://youtu.be/TPvi309sJo4>

35 min easy w/ 6x hills  
10 min easy running  
warm up

6 x 30 second hill reps,  
jog or walk down to  
recovery

finish with easy  
running to 35 min

Easy run 30 min  
Perform 3-4 rounds of  
Bodyweight Total Body  
Workout.

To increase difficulty add  
resistance with dumbbells,  
kettlebells, or exercise  
bands.

<https://youtu.be/rOviFYTpKm4?si=rwUSdsjW06ryE-rW>

**REST**

30 min easy  
effort cross  
training: bike,  
hike, walk,  
elliptical, row,  
swim etc.

10 miles  
long run pace  
Perform Mobility  
Routine i the  
video linked  
here:  
[https://youtu.be/  
Zc0\\_UxHVBqg](https://youtu.be/Zc0_UxHVBqg).

## WEEK 8

**REST**

Easy run 30 min  
Perform Foot + Calf  
Strength video  
available via this link:

<https://youtu.be/TPvi309sJo4>

35 min easy w/ 6x hills  
10 min easy running  
warm up

6 x 30 second hill reps,  
jog or walk down to  
recovery

finish with easy  
running to 35 min

Easy run 30 min  
Perform 3-4 rounds of  
Bodyweight Total Body  
Workout.

To increase difficulty add  
resistance with dumbbells,  
kettlebells, or exercise  
bands.

<https://youtu.be/rOviFYTpKm4?si=rwUSdsjW06ryE-rW>

**REST**

30 min easy  
effort cross  
training: bike,  
hike, walk,  
elliptical, row,  
swim etc.

11 miles  
long run pace  
Perform Mobility  
Routine i the  
video linked  
here:  
[https://youtu.be/  
Zc0\\_UxHVBqg](https://youtu.be/Zc0_UxHVBqg).

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**WEEK 9**

**REST**

Easy run 30 min  
Perform Foot + Calf  
Strength video  
available via this link:

<https://youtu.be/TPvi309sJo4>

Easy Run 30 min  
w/Strides  
Easy running to 15  
minutes  
4x 30 second strides,  
with full recovery jog or  
walk between each  
Cool down with easy  
running to 25 minutes  
total

Easy run 20-25 min  
Perform 3-4 rounds of  
Bodyweight Total Body  
Workout.  
To increase difficulty add  
resistance with dumbbells,  
kettlebells, or exercise  
bands.  
<https://youtu.be/rOvifYTpKm4?si=rwUSdsjW06ryE-rW>

**REST**

30 min easy  
effort cross  
training: bike,  
hike, walk,  
elliptical, row,  
swim etc.

5 miles  
long run pace  
Perform Mobility  
Routine i the  
video linked  
here:  
[https://youtu.be/Zc0\\_UxHVBqg](https://youtu.be/Zc0_UxHVBqg)

**WEEK 10**

**REST**

Easy run 20-25 min  
Perform Foot + Calf  
Strength video  
available via this link:

<https://youtu.be/TPvi309sJo4>

**REST**

Easy Run 30 min  
w/Strides  
Easy running to 15  
minutes  
4x 30 second strides,  
with full recovery jog or  
walk between each  
Cool down with easy  
running to 25 minutes  
total

**REST**

Pre-Race  
Shakeout  
Very easy  
running 25-30  
minutes total.

**RACE DAY**

# Notes

## **PRE-RUN**

Before every run complete the moves in the Dynamic Warm Up Video to prime your body for movement and prevent injury.

<https://youtu.be/aZO-9shq7hQ?si=E7x1AOarpqv7sKhW>

## **POST-RUN**

After every run complete the moves in the Dynamic Cool Down Video to stretch and relax the body.

<https://youtu.be/YpblsoWEkZQ?si=8ug2y7tcrYSf-tM7>

## **PRE-HAB**

Each week perform both the moves in the Foot + Ankle Strength Video and the Mobility Routine to help prehab and prevent injury.

## **EQUIPMENT**

Many of the moves in the videos can be modified to be body-weight only, but it is helpful if you have: a looped exercise band, a kettlebell or a set of dumbbells.

# Runner's Key

**MHGP:** Half Marathon Goal Pace. This overall average pace of your goal finish time. This pace should feel comfortably hard at the beginning of your training cycle and comfortable at the end of your training cycle.

**Easy Runs:** It is very important to keep you easy run days easy so that you can push hard on your hills and stride days. Easy run pace should be 45-90 seconds slower per mile than your 5K pace. If your 5K pace is 8 min/mile, then your easy runs should be 8:45-9:30 per mile.

**Long Run Pace:** Long runs should also be very comfortable. Long run pace should be 60 seconds-2 min slower per mile than your 5K pace. If your 5K pace is 8 min/mi, then your long run pace should be 9:30-10 min/mile.

**Recovery Run:** The purpose of a recovery run is to help increase blood flow to muscles and promote recovery. These runs should be at least 2-3 minutes slower per mile than you 5K time. If you're 5K pace is 8 min/mi you should run your recovery runs 10-11 min/mile.

**Strides:** Strides are short bursts of increasing speed that help increase foot turn over. Typically strides are 100m in length. To run a stride accelerate for the first third of the distance, run at 90% effort for the middle third of the distance and then decelerate for the final third.

# Race Day Pacing

**Mile 1-3** aim for 20-30 seconds slower than half marathon goal pace (HMGP). Be careful not to go out too fast or you will jeopardize your chances at your goals. Remember that the first three miles make or break your race.

**Mile 4-7** Settle into HMGP. Don't watch your watch too much. Settle into a good rhythm. Think comfortably uncomfortable.

**Mile 8-10** Start paying a little more attention to your pace. Try to drop 1 -2 seconds per mile, but don't push too much. Just some form cues to increase efficiency should get you those seconds. Form cues: arm swing, forward lean, fast feet off the pavement, shoulders down. Think increasingly uncomfortable.

**Mile 10-13** Repeat your mantras! Go all in as fast as possible, and be prepared for what the course brings. Stay steady, and ride the wave of any hills, not getting discouraged by slower paces if you glance at your watch during a hill effort.

Remember your mantras and push yourself out of your comfort zone. Give it all you've got. Think pain cave!



**"When you cross the finish line, no matter how slow or fast, it will change your life forever."**

**-DICK BEARDSLEY-**