

BEGINNER TRAINING SCHEDULE

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Resistance work	30 Mins Easy	Rest	30 Mins Cross	Rest	30 Mins Easy	3 Mile Run
2	Resistance work	30 Mins Easy	Rest	30 Mins Cross	Rest	30 Mins Easy	3 Mile Run
3	Resistance work	40 Mins Easy	Rest	40 Mins Cross & RT	Rest	40 Mins Easy	4 Mile Run
4	Resistance work	50 Mins Easy	Rest	50 Mins Cross & RT	Rest	50 Mins Easy	5 Mile Run
5	Resistance work	30 Mins + Hills	Rest	50 Mins Cross & RT	Rest	30 Mins Easy	6 Mile Run
6	Resistance work	40 Mins + Hills	Rest	50 Mins Cross + RT	Rest	30 Mins + Hills	7 Mile Run
7	Resistance work	40 Mins + Hills	Rest	50 Mins Cross + RT	Rest	30 Mins Easy	8 Mile Run
8	Resistance work	40 Mins + Hills	Rest	40 Mins Cross + RT	Rest	30 Mins Easy	9 Mile Run
9	Resistance work	40 Mins + Hills	Rest	40 Mins Cross + RT	Rest	30 Mins Easy	10 Mile Run
10	Resistance work	30 Mins Easy	3 M Run	Rest	Rest	RACE DAY!	

*RT : Resistance Training

Pace: Run at a comfortable pace. If you're training with a friend, the two of you should be able to hold a conversation. If you can't do that, you're running too fast. For those wearing heart rate monitors, your target zone should be between 65 and 75 percent of your maximum pulse rate (220 - Your age)

Long Runs: The key to training to complete a Half Marathon is the long run, progressively increasing in distance each weekend. Over a period of 10 weeks, your longest run will increase from 3 to 10 miles. Don't worry about making the final jump from 10 miles in practice to 13 miles in the race - inspiration and adrenaline will carry you to the finish line!

Hills: Some hill training will help strengthen your quads and build speed - and of course prepare you for the hilly areas on the Achill Run.

Cross-Training: On the schedule above, this is identified simply as "cross." What form of cross-training works best? It could be swimming, cycling, walking

Strength training: Consists of use of free weights or working out with various machines at a health club. Runners generally benefit if they combine light weights with a high number of repetitions (i.e. training for endurance), rather than lifting very heavy weights.

Stretching: Post workout stretching is vital to keep your muscles from tightening leading to possible injury. Hold each stretch for 30 - 45 seconds for best effect.