

KARA GOUCHER'S 10-WEEK HALF MARATHON TRAINING PLAN



The half is one of my favorites! It's a great distance for so many people, anywhere, any age. This 10 week plan is great for anyone who is looking to run a strong half marathon. - Kara



1

PICK YOUR RACE...TIME OF YEAR, LOCATION, RACE BUDDIES!

2

ESTIMATE YOUR HALF MARATHON FINISH TIME

It's easy: use this race predictor chart to look up your mile pace or your 5K finish time, and then convert to a good half marathon goal time.

3

PICK YOUR TRAINING PLAN BASED ON YOUR CURRENT MILEAGE:

PLAN A: 20-30 MILES PER WEEK
PLAN B: 30-50 MILES PER WEEK

Find your paces for intervals based on your goal time here:

asklaurenfleshman.com/2015/01/pace-chart-for-workouts/
Credit: Believe Journal from Lauren Fleshman, Velo Press

4

START THIS PLAN 10 WEEKS BEFORE YOUR HALF

Have fun! The goal is to fully prepare yourself for what you're asking your body to do, so that race day will not be a surprise. You will be ready!

KARA'S RACE PREDICTOR

PREDICT YOUR GOAL HALF MARATHON TIME BASED ON A RECENT MILE OR 5K RACE:

MILE	5K	HALF MARATHON
5:00	16:38	1:16:29
5:30	18:17	1:24:08
6:00	19:57	1:31:47
6:30	21:37	1:39:26
7:00	23:17	1:47:05
7:30	24:56	1:54:44
8:00	26:36	2:02:23
8:30	28:16	2:10:02
9:00	29:56	2:17:41
9:30	31:36	2:25:20
10:00	33:15	2:32:59
10:30	34:55	2:40:38
11:00	36:35	2:48:17
11:30	38:15	2:55:56
12:00	39:54	3:03:35

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		MON	TUES	WED	THURS	FRI	SAT	SUN
1	PLAN A WEEKLY MILEAGE: 20 PLAN B WEEKLY MILEAGE: 35	3-6 EASY MILES + STRIDES + CORE	3-6 EASY	WORKOUT #1* FARTLEK	3-6 EASY + CORE	PLAN A: OFF or XT PLAN B: EASY 4-6	LONG RUN: 5 MILES	OFF
2	PLAN A WEEKLY MILEAGE: 23 PLAN B WEEKLY MILEAGE: 37	3-6 EASY MILES + STRIDES + CORE	3-6 EASY	WORKOUT #2 SMOOTH MILES	3-6 EASY + CORE	PLAN A: OFF or XT PLAN B: EASY 4-6	LONG RUN: 6 MILES	OFF
3	PLAN A WEEKLY MILEAGE: 27 PLAN B WEEKLY MILEAGE: 40	3-6 EASY MILES + STRIDES + CORE	3-6 EASY	WORKOUT #3 TEMPO	3-6 EASY	PLAN A: OFF or XT PLAN B: EASY 4-6	LONG RUN: 7 MILES	OFF
4	PLAN A WEEKLY MILEAGE: 25 PLAN B WEEKLY MILEAGE: 43	3-6 EASY MILES + STRIDES + CORE	4-7 EASY	WORKOUT #4 ICE CREAM SANDWICH	4-7 EASY	PLAN A: OFF or XT PLAN B: EASY 4-6	LONG RUN: 8 MILES	OFF
5	PLAN A WEEKLY MILEAGE: 28 PLAN B WEEKLY MILEAGE: 45	3-6 EASY MILES + STRIDES + CORE	4-7 EASY	WORKOUT #5 PACE CHECKER	4-7 EASY	PLAN A: OFF or XT PLAN B: EASY 4-6	LONG RUN: 9 MILES	OFF
6	PLAN A WEEKLY MILEAGE: 28 PLAN B WEEKLY MILEAGE: 45	3-6 EASY MILES + STRIDES + CORE	4-7 EASY	WORKOUT #6 SWITCHBLADE	4-7 EASY	PLAN A: OFF or XT PLAN B: EASY 4-6	LONG RUN: 10 MILES	OFF
7	PLAN A WEEKLY MILEAGE: 25 PLAN B WEEKLY MILEAGE: 45	3-6 EASY MILES + STRIDES + CORE	4-7 EASY	WORKOUT #7 BURNER	4-7 EASY	PLAN A: OFF or XT PLAN B: EASY 4-6	LONG RUN: 7 MILES	OFF
8	PLAN A WEEKLY MILEAGE: 33 PLAN B WEEKLY MILEAGE: 50	3-6 EASY MILES + STRIDES + CORE	4-7 EASY	WORKOUT #8 CUTDOWN	4-7 EASY	PLAN A: OFF or XT PLAN B: EASY 4-6	LONG RUN: 11 MILES	OFF
9	PLAN A WEEKLY MILEAGE: 25 PLAN B WEEKLY MILEAGE: 43	3-6 EASY MILES + STRIDES + CORE	4-7 EASY	WORKOUT #9 REALITY CHECK	4-7 EASY	PLAN A: OFF or XT PLAN B: EASY 4-6	LONG RUN: 8 MILES	OFF
10	PLAN A WEEKLY MILEAGE: 18 PLAN B WEEKLY MILEAGE: 28	3-6 EASY MILES + STRIDES + CORE	4 EASY	WORKOUT #10 FUN REMINDER	OFF	3 MILES WITH STRIDES (X4)	2 MILE SLOW SHAKEOUT	RACE DAY!

* SEE WORKOUT KEY



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MY THOUGHTS ON TRAINING AND RACING:

EASY RUN: Run at a pace that feels comfortable and conversational. The stress on your body should be low, but the benefits are great. The purpose of easy running is to build endurance (time on feet) and allow the body to recover from high intensity days. And to run with buddies of course!

LONG RUN: A steady run performed at an easy pace. By nature, the long run is designed to increase your endurance. Long runs help to increase your aerobic capacity, improve your cardiovascular system's efficiency, increase the amount of glycogen stored in your muscles and liver, and give you the physical - and mental - ability to handle fatigue. Your long run should build to about 25-35% of your total weekly volume. The "long slow day" is one of my favorites.

WORKOUT: A bout of running at higher intensity. Workouts are geared towards developing speed, improving form and efficiency, and building a higher level of aerobic and anaerobic capacity. And when I nail them, they're huge confidence builders.

STRIDES: Short repeats of 15 to 20 seconds done at faster speeds with plenty of recovery. Strides help to maintain speed, reinforce good form, and put a little pop in your step. Strides are typically done before hard workouts or races or after an easy run. Strides can be done anywhere... road, track, trail, grassy field.

STRENGTH/CORE WORK: Injury prevention and strength work. I love the Dirty Dozen. It's a small investment of time with a big pay off. Try to do it twice a week. I like to do core on workout days, to keep hard stuff on the hard days, but strength work can go anywhere. Gyms are great, but something like this can be done anywhere, whether at home or on the road: <http://www.oiselle.com/blog/core-routine-runners-dozen>

WARMUP: 10-20 minute easy jog, dynamic stretching, leg swings, a few strides.

OVERALL MILEAGE: There is flexibility in the schedule to allow for life schedule changes. Try to hit the overall weekly mileage target, and don't worry too much about having to move a workout or switch something up on the schedule!

CONFIDENCE JOURNAL: I keep a log of my runs and workouts. But I also keep a small "confidence journal" and I keep it with me. I write down workouts or runs that have gone particularly well. Or workouts that were hard, but I was able get through. Flipping through the journal when you start to doubt yourself is a good way to confirm you've done the work. In many ways, you're just asking your body to do what you've already done.

POST-RACE: Run how you feel in the week following your race, unstructured. What was so huge on race day seems normal the following day. If your goal was achieved or not, life goes on! Running will help put that into perspective.

THOUGHTS ON THE PAIN PLACE: Training and racing can be a roller coaster. It's okay to feel sore from a workout. It means you've asked your body to go above and beyond - and it responded! I like the feeling of having worked hard. And in the half marathon, you'll go through a lot too. If you start to feel bad early on, don't throw in the towel. Keep going - everything could change the next mile. Be in the moment...push and enjoy.

NUTRITION: I really try to keep things simple. Overall, I eat a lot of fruit, veggies, and protein - and then fill in around that. If you like pasta or rice, great. Or if you're craving a piece of cake, do it! I don't like to have any foods that I really love off limits. I don't think it's sustainable. The main thing is to continue fueling your body. Half marathon training is hard work - and your body needs good nourishment!



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WORKOUT KEY:

- 1. FARTLEK (SPEED PLAY):** Warm up 1-2 miles off the track! Run (2 min strong, 1 min easy, 1 min pushing, 2 min easy). Repeat this (2,1,1,2) 3-6 times, then cool down. No Garmin! Paces unimportant, just a way to be in tune with how you feel, and ease in to working out.
- 2. SMOOTH MILES:** 3x mile at goal half pace plus 10 sec-20 sec, with 1-2 min rest in between. Visualize being consistent.
- 3. TEMPO:** 3 miles continuous at 20 sec over goal pace. Goal for this workout is to build aerobic strength. Try to keep the pace steady.
- 4. ICE CREAM SANDWICH:** 2 mile tempo at 15 sec over goal pace, 6-10x 30 sec hills strong, 2 mile tempo at 15 sec over goal pace. The hills are a chance to work on form. The second tempo legs will feel tired, but you should feel better as you run.
- 5. PACE CHECKER:** 8x800m at goal half pace with 1 min rest. This workout should get you comfortable with your race pace. This is a good check-in point on your half goal. If this workout is not doable as written, consider adjusting your goal.
- 6. SWITCHBLADE:** 2 miles continuous (1st mile @ 10 sec over goal pace, 2nd at 10 sec under goal pace), 2-3 min rest, repeat switchblade. This workout is a great one to avoid "pace lock", and also to practice the natural variations around goal pace that happen during the actual race. Try to be as relaxed as possible during the 10 sec over goal pace!
- 7. BURNER:** This will be a hard workout! Hard mile 20 sec-30 sec under goal pace. 3 min rest. 15 min tempo 10 sec over goal pace, 2-3 min rest, hard 800m. Practice no wasted effort during the tempo portion. Be in the moment, controlled, cruisey.
- 8. CUTDOWN:** 4 miles continuous: 1st mile 20 sec over goal pace, 2nd mile 10 sec over goal pace, 3rd mile at goal race pace, 4th mile at 10 sec under goal pace. The goal of this workout is to go faster each mile. If your first mile is 30 sec over goal, just try to cut 10 sec off each mile.
- 9. REALITY CHECK:** 7 miles continuous: 1 mile at goal, 5 miles at goal+20 sec, 1 mile at goal. This workout should make you nervous, but it is a great reality check for your race goal. If you cannot complete this workout as written, consider adjusting your race goal.
- 10. FUN REMINDER:** 2x mile at goal with 2 min rest in between, 3 min rest, 2x800m at goal, 1 min rest in between. This should be a fun one! Don't overthink it, and don't go faster than your goal pace!



Most of training is just teaching your body to be okay with working hard - and setting the bar a bit higher. A workout will make you sore, but that's okay. It just means you'll be that much more ready when race day comes. - Kara

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THE "DIRTY" DOZEN

<http://www.oiselle.com/blog/core-routine-runners-dozen>



CORE ROUTINE

<http://www.oiselle.com/blog/take-it-inside-karas-core-routine>



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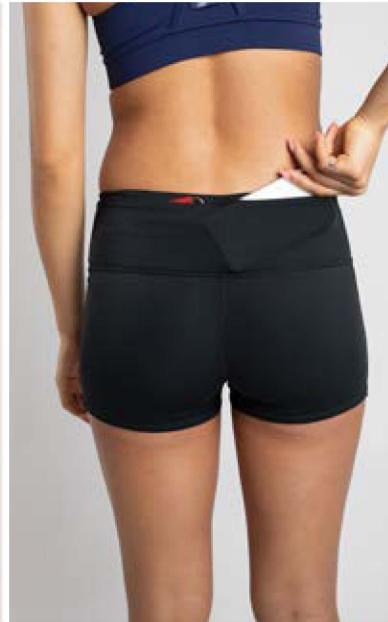
I love simplicity in my running clothes. High quality basics are all you need - plus the right storage if you're carrying fuel in your race. - Kara



KARA TANK



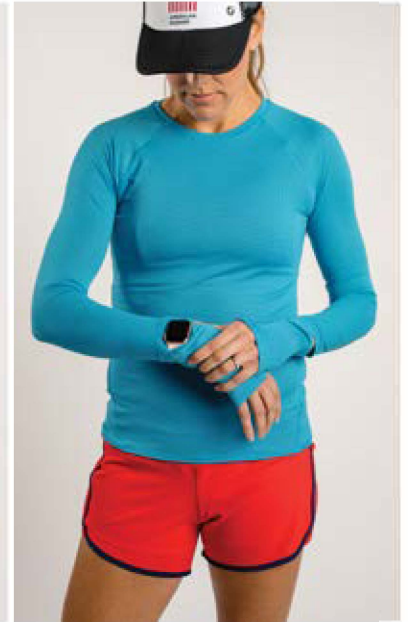
HI TWENTY BRA



O-MAZING MINI STRIDES



FLYTE TANK



FLYOUT LONG SLEEVE

[CLICK HERE FOR MORE OF MY FAVORITE OISELLE STYLES!](#)