Roots N Blues N BBQ Festival
Betsy Farris Memorial ½ Marathon & 10k

Dear Training Participants,

In this manual, you will find all you need to know about training for the Roots n Blues n BBQ races. This may be your first race or your hundredth race. Whatever your skill level, the trainers and I will help you achieve your goal. Before you begin this training program, ask yourself: What is my goal? Why do I want to train? Is it to cross a ½ marathon off of your bucket list: Is it to beat your personal best? Is it to manage your weight? To spend time with friends? Decide why YOU are training so we can understand what you would like to accomplish and how we can help you get the most from this program. Happy training everyone!

Joe Company, PhD
Owner Endurance Company, LLC

2017 Workout Schedule

Everyone is beginning this training program at different levels. Our goal is to help you find the appropriate training level, so there is quite a bit of variability and individualization built into the training program to accommodate beginner, intermediate, and advanced levels. Beginners may opt for more rest, while more experienced runners may do well with 4 or even 5 days of running. When in doubt, err on the side of resting and try not to sacrifice the ability to complete the Tuesday, Thursday, and Saturday runs. Below is the general weekly structure. You can talk with your group leader to discuss the best options for you each week.

<u>Monday</u>: day off or easy run

<u>Tuesday</u>: medium-long run or high-intensity run
For beginners, these should be completed at a conversational pace. More advanced runners and walkers will do fast interval runs or hill repeat runs.

<u>Wednesday</u>: day off or cross train

<u>Thursday</u>: medium-long run or tempo run
For beginners, this run should be similar to Tuesday, easy-paced runs that should be completed at a conversational pace. More advanced runners will do sustained harder efforts.

<u>Friday</u>: day off or cross train

<u>Saturday</u>: long run
This is the most important workout. This will best simulate race-day conditions, especially as the distance increases toward 13.1 miles. This should be completed at a conversational pace. Remember, if you are not training for a half-marathon, you can turn around whenever you wish.

<u>Sunday</u>: day off or cross train

Cross training (CT) is very important for metabolic and cardiovascular improvements without risking overtraining. For the purpose of this program, cross training is defined as any rhythmic, repetitive exercise that raises your heart rate and breathing rate and lasting for 30 to 60 minutes. Some examples are cycling, walking (for runners), hiking, elliptical machine, stair stepper, rowing, or swimming.

This is different than strength training which is also important. Strength training is recommended 2 to 3 times each week with an emphasis on core, hips, and legs, preferably on non-running/walking days. Some examples: free weights or machines, TRX, Pilates, circuit training, and Yoga.

The top line for each week is 'beginner', the middle line is 'intermediate' and the bottom line is 'advanced.'

2017 Roots n Blues n BBQ
1/2 marathon Training Program

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	MILEAGE
1						3	Rest	3
week of						3-4	Rest/CT	3-4
10-Jul						3-5	Rest/CT	3-5
2	Rest/CT	3	Rest/CT	3	Rest/CT	4	Rest	10
week of	Rest/CT	3-4	Rest/CT	3-4	Rest/CT	5	Rest/CT	11-13
17-Jul	0-3	4 fartlek	Rest/CT	4	Rest/CT	6	Rest/CT	14-17
3	Rest/CT	3	Rest/CT	3	Rest/CT	5	Rest	11
week of	Rest/CT	3-4 fartlek	Rest/CT	4	Rest/CT	6.5	Rest/CT	13.5-14.5
24-Jul	0-3	4.5 fartlek	Rest/CT	5	Rest/CT	7.5	Rest/CT	17-20
4	Rest/CT	4	Rest/CT	4	Rest/CT	6	Rest	14
week of	0-3	4 fartlek	Rest/CT	4-5	Rest/CT	8	Rest	16-20
31-Jul	2-3	5 fartlek	Rest/CT	5	Rest/CT	9	Rest	21-22
5	Rest/CT	3	Rest/CT	3	Rest/CT	7	Rest	13
week of	Rest/CT	3	Rest/CT	3	Rest/CT	8 (fast end)	Rest/CT	14
7-Aug	Rest/CT	3	Rest/CT	3	Rest/CT	9 (fast end)	Rest/CT	15
6	0-3	4	Rest/CT	4	Rest/CT	8	Rest/CT	16-19
week of	2-3	3 hills	Rest/CT	4-5	Rest/CT	9	Rest/CT	18-20
14-Aug	3	5 hills	Rest/CT	5 tempo	Rest/CT	11	Rest/CT	24
7	0-3	4	Rest/CT	4	Rest/CT	9	Rest/CT	17-20
week of	2-3	3 interval	Rest/CT	4 tempo	Rest/CT	10.5	Rest/CT	19.5-20.5
21-Aug	3	5 interval	Rest/CT	5.5 tempo	Rest/CT	12.5	Rest/CT	26
8	0-3	3	Rest/CT	3	Rest/CT	10	Rest	16-19
week of	0-3	4 hills	Rest/CT	4 tempo	Rest/CT	12	Rest	20-23
28-Aug	3-4	5-6 hills	Rest/CT	6 tempo	Rest/CT	14	Rest	28-30
9	Rest/CT	4	Rest/CT	3	Rest/CT	11	Rest/CT	18
week of	Rest/CT	3	Rest/CT	3	Rest/CT	14	Rest/CT	20
4-Sep	Rest/CT	3	Rest/CT	3	Rest/CT	12 (ints)	Rest/CT	18
10	0-3	4	Rest/CT	4	Rest/CT	12	Rest/CT	20-23
week of	0-3	4 interval	Rest/CT	4 interval	Rest/CT	10 R.P.	Rest/CT	17-20
11-Sep	2-4	5 interval	Rest/CT	5 interval	Rest/CT	10 R.P.	Rest/CT	22-24
11	0-3	4	Rest/CT	4	Rest/CT	6	Rest	14-17
week of	0-3	4 R.P.	Rest/CT	4 R.P.	Rest/CT	6 R.P.	Rest	14-17
18-Sep	2-4	5 interval	Rest/CT	5 R.P.	Rest/CT	6 R.P.	Rest	18-20
12	Rest/CT	3	Rest/CT	3	Rest/CT	**Sept. 30**	**DAY**	19.1
week of	Rest/CT	3 R.P.	Rest/CT	3 R.P.	Rest/CT	**RACE**	**OFF!!**	19.1
25-Sep	Rest/CT	3-4 R.P	Rest/CT	3 R.P.	Rest/CT	**DAY**		19.1-20.1

10k program
beginner version – we start ROW 4

3	Jog 90 sec walk 2 min for 30 min	Jog 90 sec rest 60 sec for 10 min	Rest/CT	Jog 90 sec walk 2 min for 30 min	Rest/CT	Run/jog 2 mile	Rest
4	Jog 90 sec walk 2 min for 20 min	Jog 90 sec rest 60 sec for 10 min	Rest/CT	Jog 90 sec walk 2 min for 20 min	Rest/CT	Run/jog 2 mile	Rest
5	Jog 2 min walk 1 min for 30 min	Run 1 min rest 1 min for 20 min	Rest/CT	Jog 2 min walk 1 min for 30 min	Rest/CT	Run/jog 3 mile	Rest
6	Jog 2 min walk 1 min for 30 min	Run 1 min rest 1 min for 20 min	Rest/CT	Jog 2 min walk 1 min for 30 min	Rest/CT	Run/jog 3 mile	Rest
7	Jog 5 min walk 1 min for 30 min	Run 5 min walk/rest 3 min do 4x	Rest/CT	Jog 5 min walk 1 min for 30 min	Rest/CT	Run/jog 4 mile	Rest
8	Jog 5 min walk 1 min for 30 min	Run 5 min walk/rest 3 min do 4x	Rest/CT	Jog 5 min walk 1 min for 30 min	Rest/CT	Run/jog 4 mile	Rest
9	Jog 10 min Walk 2 blocks do 3x	Run ½ mile walk/rest 2 min do 4x	Rest/CT	Jog 10 min walk 2 blocks do 3x	Rest/CT	Run/jog 5 miles	Rest
10	Jog 10 min Walk 2 blocks do 3x	Run ½ mile walk/rest 2 min do 4x	Rest/CT	Jog 10 min, walk 2 block do 3x	Rest/CT	Run/jog 5 miles	Rest
11	Jog 30 min	Run 15min Rest/walk 3 min do 2x	Rest/CT	Jog 30 min	Rest/CT	Run/jog 60 minutes	Rest
12	Jog 30 min	Run 15min Rest/walk 3 min do 2x	Rest/CT	Jog 30 min	Rest/CT	Run/jog 60 minutes	Rest
13	Jog 45 min	Run 1 mile rest/walk 3 min do 2x	Rest/CT	Jog 45 min	Rest/CT	Run/jog 6 miles	Rest
14	Jog 45 min	Run 1 mile rest/walk 3 min do 2x	Rest/CT	Jog 45 min	Rest/CT	Run/jog 6 miles	Rest
15	Jog 30 min	Run 2 mile	Rest/CT	Jog 30 min	Rest/CT	RACE DAY	REST!

Workout Log

Log every workout with the total miles completed, time/pace, and workout type (walk, run, walk/run). Be sure to make notes on weather, how you felt, your goals and progress, etc.

	Date	Total Miles	Total Time/Pace	Workout Type	Notes
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					

	Date	Total Miles	Total Time/Pace	Workout Type	Notes
19					
20					
21					
22					
23					
24					
25					
26					
27					
28					
29					
30					
31					
32					
33					
34					
35					
36					
37					
38					
39					

	Date	Total Miles	Total Time/Pace	Workout Type	Notes
40					
41					
42					
43					
44					
45					
46					
47					
48					
49					
50					
51					
52					
53					
54					
55					
56					
57					
58					
59					
60					

	Date	Total Miles	Total Time/Pace	Workout Type	Notes
61					
62					
63					
64					
65					
66					
67					
68					
69					
70					
71					
72					
73					
74					
75					
76					
77					
78					
79					
80					
81					

	Date	Total Miles	Total Time/Pace	Workout Type	Notes
82					
83					
84					
85					
86					
87					
88					
89					
90					
91					
92					
93					
94					
95					
96					
97					
98					
99					
100					