

## City Impact Half Marathon Training Program

Week	Monday Easy Day	Tuesday Run Day	Wednesday Strength	Thursday Run Day	Friday Strength	Saturday Long Run Day	Saturday Rest
1	Walk Day or Easy Run Day 30-60 minutes	3 miles	Strengthening of the Hips and Core: 20 minutes Optional 20-30 minute easy walk	3 miles	Strengthening of the Hips and Core: 20 minutes Optional 20-30 minute easy walk	6 miles	Rest Day. Can do active recovery walk or hike, swim, bike, etc.) as long as at an easy effort.
2		3.5 miles		3.5 miles		7 miles	
3		3.5 miles followed by 2 strides		3.5 miles		6 miles	
4		4 miles followed by 2 strides		4 miles followed by 2 hill repeats		8 miles (Course run is recommended)	
5		4 miles followed by 2 strides		4 miles followed by 2 hill repeats		7 miles	
6		4 miles followed by 3 strides		4 miles followed by 3 hill repeats		9 miles (Course run is recommended)	
7		Race Prep 1 (4 miles)		4 miles followed by 3 hill repeats		8 miles	
8		5 miles followed by 3 strides		4 miles followed by 3 hill repeats		10 miles (Course run is recommended)	
9		Race Prep 2 (5 miles)		4 miles followed by 3 hill repeats		8 miles	
10		5 miles followed by 3 strides		4 miles followed by 3 hill repeats		12 miles (Course run is recommended)	
11		Race Prep 3 (4 miles)		3 miles followed by 2 hill repeats		6 miles	
12		2 miles followed by 3 strides		2 miles		<b>13.1 Race Saturday 6/8</b>	

### Run Days

This schedule has your long runs on Saturday. If you want to run on Sunday instead, just switch with Sunday.

### Effort

All paces are easy pace, unless otherwise indicated. When running an easy pace, you should be able to easily converse with your running partner. If you are alone, you should be able to recite the Pledge of Allegiance (or something of similar length) without losing your breath.

### Strides

Strides are medium-hard to hard efforts roughly 20 seconds each or 100 meters long (a straightaway in a track) where you focus on quick turnover. They are a harder effort but not all out sprints. Rest for approximately 45 seconds between each stride (rest can be walking around or a very light jog.)



### **Hill Repeats**

Hill repeats are roughly 1 minute long (unless otherwise noted) on a medium grade hill (6 - 8%.) You run hard up the hill with quick strides and driving the arms. They should be at a medium-hard effort level (Not All Out.)

For recovery walk back down the hill. Do not start the next one until you feel ready.

### **Race Prep Workout 1:**

1 mile easy (warm-up); 4 x half mile at moderately hard pace; walk or easy jog 2 minutes after each half mile; 1 mile easy (cool down)

### **Race Prep Workout 2:**

1 mile easy (warm-up); 3 x 1 mile at moderately hard pace; walk or easy jog 2 minutes after each mile; 1 mile easy (cool down)

### **Race Prep Workout 3:**

1 mile easy (warm-up); 2 miles at moderately hard pace; 1 mile easy (cool down)

### **Run/Walk Option**

An inefficient way to train is to run hard until you are so tired you need to walk. If you need to walk, it is better to progress with run/walk intervals.

Many people train (and race) with this method. It is also a great way to ease into training.

If you are brand new to running start with 30 seconds run, followed by 2 minutes walk. Repeat these intervals until you've completed your run. Each week you can increase the run time. When you get to 2 minutes run / 2 minutes walk, slowly decrease the walk time until it is 1 minute (2 minutes run / 1 minute walk). Then you can slowly add run time to whatever works best for you, or to eventually running without any walk breaks. Some runners choose to walk through the water stations.

### **Strength Training**

We have three goals with strength training. The first is to prevent injury. Stronger muscles are healthier muscles. The second and third are to help develop faster running and improve endurance. The stronger you are the better your form, more efficient your running, which help you to run faster and for greater distances.

If you are already doing some sort of strength work (yoga works!), then you are fine to continue what you are doing. If you are not currently, the following routine is suggested.

We recommend you start with 1 set of the following and build to 2 or 3 sets as you progress. Please do not add an additional set until you feel comfortable doing one set and are not overly sore the following day. Everyone is different, but you may not move up to 2 sets for 4 or more weeks.

Warmup: 1 set

10 Walking toe touches, *(bend forward and touch your left toe with right hand, take 3 steps and touch right toe with left hand, repeat)*

10 Inchworms, *(from standing position touch floor then walk hands out until you are in plank position, then walk your feet to your hands, repeat)*

Workout: Start with 1 set and build to three sets as you improve

10 Squats *(make sure your knees do not extend past your toes, keep heels on ground)*

10 Push-ups *(can put knees on ground if necessary)*

15 Bridges *(lie on back, feet flat on floor, lift pelvis to ceiling being careful not to arch back)*

Walking lunge, 10 each leg

20 second plank (can do side plank also)

Calf raises, 10 each leg

Wall sit, build to 30 seconds

Optional: jump rope 30 seconds (build to single leg)

Cooldown: Foam roll and gentle stretches.

**Training Plan Provided by  
Pastor Nancy Switzler and  
Our Redeemer Lutheran Church & Preschool**

## City Impact 10k Training Program

Week	Monday Easy Day	Tuesday Run Day	Wednesday Strength	Thursday Run Day	Friday Strength	Saturday Long Run Day	Saturday Rest
1	Walk Day or Easy Run Day 30-60 minutes	2 miles	Strengthening of the Hips and Core: 20 minutes Optional 20-30 minute easy walk	2 miles	Strengthening of the Hips and Core: 20 minutes Optional 20-30 minute easy walk	3 miles	Rest Day. Can do active recovery walk or hike, swim, bike, etc.) as long as at an easy effort.
2		2.5 miles		2.5 miles		3.5 miles	
3		2.5 miles followed by 2 strides		2.5 miles		3 miles	
4		3 miles followed by 2 strides		3 miles followed by 2 hill repeats		4 miles (Course run is recommended)	
5		3 miles followed by 2 strides		3 miles followed by 2 hill repeats		3.5 miles	
6		3 miles followed by 3 strides		3 miles followed by 3 hill repeats		5 miles (Course run is recommended)	
7		Race Prep 1 (4 miles)		4 miles followed by 3 hill repeats		4 miles	
8		4 miles followed by 3 strides		4 miles followed by 3 hill repeats		6 miles	
9		Race Prep 2 (5 miles)		4 miles followed by 3 hill repeats		4 miles	
10		5 miles followed by 3 strides		4 miles followed by 3 hill repeats		6 miles (Course run is recommended)	
11		Race Prep 3 (4 miles)		2 miles followed by 2 hill repeats		3 miles	
12		2 miles followed by 3 strides		2 miles		<b>10k Race Saturday 6/8</b>	

### Run Days

This schedule has your long runs on Saturday. If you want to run on Sunday instead, just switch with Sunday.

### Effort

All paces are easy pace, unless otherwise indicated. When running an easy pace, you should be able to easily converse with your running partner. If you are alone, you should be able to recite the Pledge of Allegiance (or something of similar length) without losing your breath.

### Strides

Strides are medium-hard to hard efforts roughly 20 seconds each or 100 meters long (a straightaway in a track) where you focus on quick turnover. They are a harder effort but not all out sprints. Rest for approximately 45 seconds between each stride (rest can be walking around or a very light jog.)



### **Hill Repeats**

Hill repeats are roughly 1 minute long (unless otherwise noted) on a medium grade hill (6 - 8%.) You run hard up the hill with quick strides and driving the arms. They should be at a medium-hard effort level (Not All Out.)

For recovery walk back down the hill. Do not start the next one until you feel ready.

### **Race Prep Workout 1:**

1 mile easy (warm-up); 4 x half mile at moderately hard pace; walk or easy jog 2 minutes after each half mile; 1 mile easy (cool down)

### **Race Prep Workout 2:**

1 mile easy (warm-up); 3 x 1 mile at moderately hard pace; walk or easy jog 2 minutes after each mile; 1 mile easy (cool down)

### **Race Prep Workout 3:**

1 mile easy (warm-up); 2 miles at moderately hard pace; 1 mile easy (cool down)

### **Run/Walk Option**

An inefficient way to train is to run hard until you are so tired you need to walk. If you need to walk, it is better to progress with run/walk intervals.

Many people train (and race) with this method. It is also a great way to ease into training.

If you are brand new to running start with 30 seconds run, followed by 2 minutes walk. Repeat these intervals until you've completed your run. Each week you can increase the run time. When you get to 2 minutes run / 2 minutes walk, slowly decrease the walk time until it is 1 minute (2 minutes run / 1 minute walk). Then you can slowly add run time to whatever works best for you, or to eventually running without any walk breaks. Some runners choose to walk through the water stations.

### **Strength Training**

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Warmup: 1 set

10 Walking toe touches, *(bend forward and touch your left toe with right hand, take 3 steps and touch right toe with left hand, repeat)*

10 Inchworms, *(from standing position touch floor then walk hands out until you are in plank position, then walk your feet to your hands, repeat)*

Workout: Start with 1 set and build to three sets as you improve

10 Squats *(make sure your knees do not extend past your toes, keep heels on ground)*

10 Push-ups *(can put knees on ground if necessary)*

15 Bridges *(lie on back, feet flat on floor, lift pelvis to ceiling being careful not to arch back)*

Walking lunge, 10 each leg

20 second plank (can do side plank also)

Calf raises, 10 each leg

Wall sit, build to 30 seconds

Optional: jump rope 30 seconds (build to single leg)

Cooldown: Foam roll and gentle stretches.

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## City Impact 5K Training Program

Week	Monday Easy Effort	Tuesday Run Day	Wednesday Strength	Thursday Run Day	Friday Strength	Saturday Long Run Day	Sunday Rest
1	Walk Day or Easy Run Day 20 - 30 minutes	1 mile	Strengthening of the Hips and Core: 20 minutes Optional 20-30 minute easy walk	2 mile	Strengthening of the Hips and Core: 20 minutes Optional 20-30 minute easy walk	2 miles	Rest Day. Can do active recovery walk or hike, swim, bike, etc.) as long as at an easy effort.
2		1 mile + 2 Strides following run		1 mile		1.25 miles	
3		1.25 miles + 2 Strides following run		1 mile + 1 Hill repeat following run		1.5 miles	
4		1.25 miles + 3 Strides following run		1.25 miles + 1 Hill repeat following run		1.75 miles	
5		1.5 miles + 3 Strides following run		1.25 miles + 2 Hill repeats following run		2 miles	
6		1.5 miles + 3 Strides following run		1.5 miles + 2 Hill repeats following run		1.5 miles	
7		1.75 miles + 3 Strides following run		1.5 miles + 2 Hill repeats following run		2.5 miles	
8		1.75 miles + 4 Strides following run		1.75 miles + 2 Hill repeats following run		3 miles	
9		2 miles + 4 Strides following run		1.75 miles + 3 Hill repeats following run		2 miles	
10		2 miles + 4 Strides following run		2 miles + 3 Hill repeats following run		3.5 miles	
11		2 miles + 4 Strides following run		2 miles + 3 Hill repeats following run		2 miles	
12		1 mile + 2 Strides following run		1 mile + 1 Hill repeat following run		<b>Run Race Saturday 6/8</b>	

**Run Days.** This schedule has your long runs on Saturday. If you want to run on Sunday instead, just switch with Sunday.

### Effort

All paces are easy pace, unless otherwise indicated. When running an easy pace, you should be able to easily converse with your running partner. If you are alone, you should be able to recite the Pledge of Allegiance (or something of similar length) without losing your breath.

### Strides

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### Hill Repeats

Hill repeats are roughly 1 minute long (unless otherwise noted) on a medium grade hill (6 - 8%.) You run hard up the hill with quick strides and driving the arms. They should be at a medium-hard effort level (Not All Out.)

For recovery walk back down the hill. Do not start the next one until you feel ready.

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Workout: Start with 1 set and build to three sets as you improve

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10 Push-ups (*can put knees on ground if necessary*)

15 Bridges (*lie on back, feet flat on floor, lift pelvis to ceiling being careful not to arch back*)

Walking lunge, 10 each leg

20 second plank (can do side plank also)

Calf raises, 10 each leg

Wall sit, build to 30 seconds

Optional: jump rope 30 seconds (build to single leg)

Cooldown: Foam roll and gentle stretches.

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