HALF MARATHON
MO'
Cowbell
St. Charles, Missouri

Is MO' Cowbell your first half marathon? Then this training program is for you!

Keep in mind everyone's life outside of running is different, so if Wednesday is not a good day for you then make it Thursday and take your day-off on Wednesday. If Sunday is not a good day for a long run do it Saturday. You get the idea!

The important thing is getting all of the week's mileage completed,
not necessarily doing it on the exact day it's assigned.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pre-Training							4 miles long run
Week One	Rest or 3 miles	Cross Train	3 miles 4x 30 sec. pickups w/ 2 min. recovery	Rest	3 miles	Rest	4 miles long run
Week Two	Rest or 3 miles	Cross Train	3 miles 6x 30 sec. pickups w/ 2 min. recovery	Rest	3 miles	Rest	5 miles long run
Week Three	Rest or 3 miles	Cross Train	3 miles 8x 45 sec. pickups w/ 2 min. recovery	Rest	4 miles	Rest	6 miles long run
Week Four	Rest or 3 miles	Cross Train	3 miles 6x 1 min. uphills w/ 2 min. recovery	Rest	4 miles	Rest	6 miles long run

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week Five	Rest or 3 miles	Cross Train	3 miles 6x 90 sec. pickups w/ 2 min. recovery	Rest	4 miles	Rest	4 miles @ goal pace
Week Six	Rest or 4 miles	Cross Train or 3 miles	3 miles	Rest	3 miles	Rest	8 miles long run
Week Seven	Rest or 4 miles	Cross Train or 3 miles	4 miles	Rest	5 miles	Rest	10 miles long run
Week Eight	Rest or 4 miles	Cross Train or 3 miles	4x 1 mile @ goal pace w/ w/ 3 min. recovery	Rest	6 miles	Rest	12 miles long run
Week Nine	Rest or 4 miles	Cross Train or 3 miles	2x 2 miles @ goal pace w/ w/ 3 min. recovery	Rest	6 miles	Rest	6 miles @ goal pace
Week Ten	Rest or 4 miles	Cross Train or 3 miles	10 min @ easy pace 20 min @ goal pace	Rest	6 miles	Rest	13 miles or 2 1/2 hrs whichever comes first
Week Eleven	Rest or 4 miles	Cross Train or 3 miles	3 miles @ goal pace 1 mile @ faster pace	Rest	6 miles	Rest	6 miles long run
Week Twelve	Rest	Cross Train or 3 miles	2x 1 mile @ goal pace w/ w/ 3 min. recovery	Rest	20 min jog	15 min jog	MO' Cowbell

Workout Descriptions

- Each highlighted day should include at least a 10 minute warm-up run and a cool-down run

- Everyday (unless labeled otherwise) is considered an <u>easy run</u> or 60-75% effort level

- <u>Long Runs</u> help build your overall endurance and cardiovascular system and should be at a 60-70% effort level

- <u>Half Marathon Goal Pace</u> Runs should help you lock in your race pace and help you get a feel for the needed effort level of 85-92%

- <u>Pickups</u> are designed to get you running much faster than race pace

- <u>Up Hills</u> are designed to get you used to running up hills at a faster than race pace

- <u>Cross Training</u> is any non-running activity that gets your heart rate above 60% of max for at least 30 minutes
  Non-weight bearing activities are best. *ie: elliptical, stationary bike, rowing machine, spinning bike, etc.*