



1/2 MARATHON PROGRAM *HOW TO USE THIS GUIDE*

This program is designed to help someone with a moderate running and cardio base prepare to complete a half marathon in 6 weeks. In it, you will find 3 running days, 2 non-running workout days, and 2 rest/recovery days. We have also included instructions for a “taper week” leading up to an official event. If you have a specific race day in mind - start this program at 7 weeks out.

If for any reason 3 run days per week won't work for you - you may choose to follow this program with 2 runs per week instead. To do so - follow the run workouts in the same order. Shift the program to be completed over the course of 9 weeks instead of 6. To add in the “taper week” you would want to start this option 10 weeks out from your specific event.

It is important that you follow the pacing guides for the running days, and choose the types of workouts/intensity levels on the non-running workout days!

Suggested pre-requisite fitness level before starting this program:

If you haven't been running much at all - other than in workouts here or there. We suggest that you start by completing the Street Parking 5k Program.

You should be able to run/jog 4 miles without stopping before you dive into this progression!

Running Days:

Each week you will see 3 running day workouts.

Monday: Tempo Workout

Wednesday: Speed Workout

Saturday: Distance Workout

Non-Running Workout Days:

Each week you will have 2 opportunities to add in a regular daily or other accessory workouts.

Tuesday: Moderate Intensity Day

On this day you should choose from one of the following and get after it at roughly 80% intensity:

- Butts and Guts
- Sun Out Guns Out
- Regular Daily Workout (80% effort)
- SHIFT Workout (80% effort)
- Power
- Oly

- Sandbag (80% effort)
- Bro Session
- Any of the skill based Extra Programs

Try to avoid workouts with “sprint” intervals - like 3 Min AMRAP with 1 Min Rest type workouts. EMOMs and AMRAPs are great options this day.

Friday: High Intensity Day 100%

This would be a great day to plug in a workout that you want to attack with 100% effort. Maybe this is the day you choose to do the Vault, a sprint interval workout, or any other re-test.

Pick something and go at full 100% intensity.

Look for workouts with intervals (built in rest) and use this day for movements like box jumps, or other more explosive movements.

Rest/Active Rest/Recovery Days:

You will find 2 “rest” days each week. Even if you are used to resting only one day per week - we suggest using both as either full rest or active recovery while following this program.

Thursday/Sunday

Full Rest: You give your body and mind a break from training and thinking about this program or fitness at all.

Active Rest: You may choose to go for a swim, bike ride, hike etc. Keep in mind that the goal for today is to RECOVER in order to feel better for the next few sessions. Be careful about overdoing it.

Street Parking Maintenance:

Here are a few suggestions for SP Maintenance videos that go best with this program.

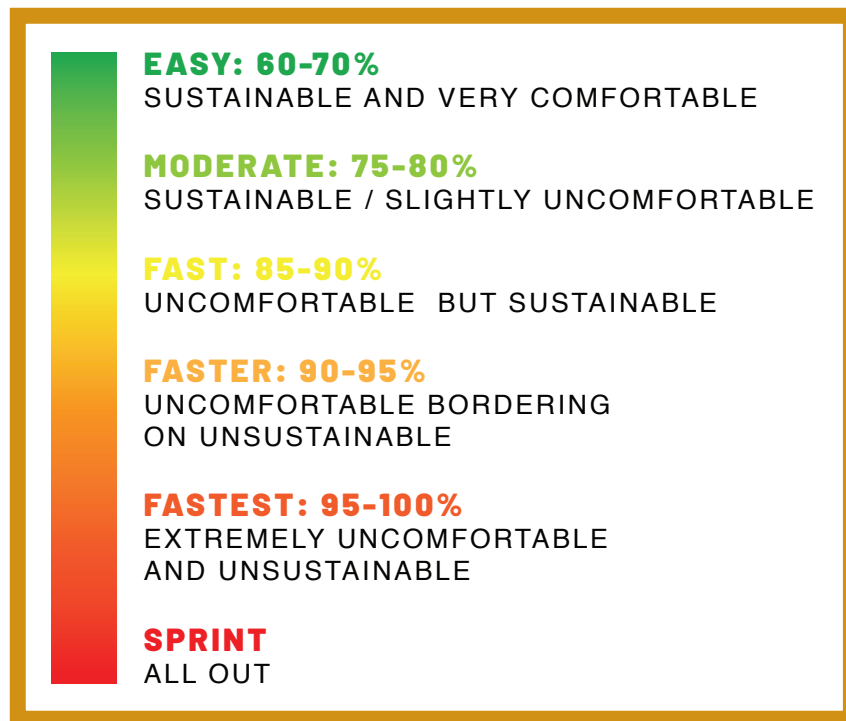
Weekly or on rest days when you might have more time:

- [Hips](#)
- [Hamstrings](#)
- [Hip Flexors/Psoas](#)
- [Gentle Lower Body Recovery](#)
- [*Chest Opener - to help release diaphragm for better/more efficient breathing](#)

Shorter options to do more frequently or as needed:

- [Calves/ankles](#)
- [Quad Foam Roll Daily Tune Up](#)
- [Lower Body Daily Tune Up](#)
- [Couch Stretch](#)
- [Pigeon Stretch](#)

PACING



WEEK 6

15.9~ MILES TOTAL



Day 1 Tempo / Run 1

4 Rounds

Run 800 Meters. FASTEST

Rest 5 Minutes Between Runs

Total: 3200 Meters

Goal: Run each 800 as quickly as possible. You have a longer rest to allow you to do so.

During Rest: Deep mouth breaths transitioning to nose breaths.

Day 2 Workout 1

Non-Running Workout Day

Moderate Intensity

80% Effort

Day 3 Speed / Run 2

8 Rounds

300 Meter Run FASTER

Rest 2 Minutes Between Runs

Total: 2400 Meters

Goal: Try to be 3-5 seconds faster than week 4.

During Rest: Nose inhale - mouth exhale.

Day 4 REST/ACTIVE REST/MAINTENANCE

Choose full rest, active rest, or SP Maintenance.

Maintenance Suggestions:

- Hips
- Hamstrings
- Hip Flexors/Psoas
- Gentle Lower Body Recovery
- Chest Opener

Day 5 Workout 2

Non-Running Workout Day

High Intensity

100% Effort

Day 6 Distance / Run 3

AM: Run 15K

PM: Run 5K

REST 3-5 HOURS between runs. Longer rest is better.

Total: 20,000 Meters

Goal: 15K should match your 10 mile pace. 5K should be roughly 3-4 minutes slower than week one 5K time trial.

During Rest: Try to eat, drink lots of fluid, and take a nap.

Day 7 REST/ACTIVE REST/MAINTENANCE

Choose full rest, active rest, or SP Maintenance.

Maintenance Suggestions:

- Hips
- Hamstrings
- Hip Flexors/Psoas
- Gentle Lower Body Recovery
- Chest Opener

Shorter options to do more frequently or as needed:

- Calves/ankles
- Quad Foam Roll Daily Tune Up
- Lower Body Daily Tune Up
- Couch Stretch
- Pigeon Stretch

NOTES:

HOW TO PREPARE FOR RACE DAY:

If you are following this program to prepare for a specific race date - we encourage you to start it 7 weeks out (or 10 weeks out if you are doing the 2 runs per week option). You will complete the program as written, followed by a “taper week” leading into the run.

(We assume your run is on a Saturday/Sunday - but adjust your run schedule based on day of the week for your specific event.)

During this week bodywork / mobility work are super important. This is a great time to add in a few of the Street Parking Maintenance videos we have included in this program - as well as do some more foam rolling or even get a massage. (If getting a massage - try to schedule it 2-3 days before the event as opposed to the day before).

“Taper Runs”: You will run twice MAX during this week. We suggest on Monday or Tuesday - going back to Session 1 of Week 1 and repeating those intervals at a moderate pace. On Wednesday or Thursday you could go for a steady 25-30 min run at a moderate and comfortable pace.

On Race Day

Make sure you don't change your normal run routine. Make sure you take time to warm up properly. Hydrate well the days leading up to the race and fuel properly the 24 hours before.

You have worked hard! Make sure to have fun!



