Windy City Live Running Club*

The first marathoners both walked and ran the race. We are using that program here. Using a run/walk program versus running the entire half marathon is a personal choice. The Beginner and Intermediate Plans gives you a starting point, adaptable to your current running ability. The overall goal is to finish the race! You decide which method is most comfortable for you.

Benefits of Walk Breaks

- **Go farther** – Walk breaks allow those who can only run 2 miles to go 3 or 4 and feel fine.
- **Run Sooner** – Helps beginner or heavy runners increase their endurance to run 5K, 10K or even the half marathon in as little as six (6) months.
- **Break through "the Wall"** – Walk breaks build up the endurance for all runners of all abilities to go beyond "the Wall". (NOTE: "the Wall" describes a condition caused by the depletion of glycogen stores in the liver and muscles, which manifests itself by sudden fatigue and loss of energy.)
- **Improve your times –** Runners over age 40 can run their first marathon and improve times in all cases.
- **Stay strong -** Runners of all ages improve their times because the legs are strong at end and it reduces the chance of injury and over training almost to nothing.
- **Power up** - Restore resiliency to the main running muscles before they fatigue – Like getting a muscle strength booster shot each break.
- **Stay healthy** - Allows those with some type of previous injury to knees, ankles, hips, feets, etc., to train for marathons without further injury.

Windy City Live Running Club - Beginner Plan

Week #	SUN	MON	TUES	WED	THURS	FRI	SAT
1	off or XT	10 min. run/walk	off or XT	10 min. run/walk	off or XT	off	1 miles run/walk
2	off or XT	13 min. run/walk	off or XT	13 min. run/walk	off or XT	off	2 miles run/walk
3	off or XT	15 min. run/walk	off or XT	15 min. run/walk	off or XT	off	3 miles run/walk
4	off or XT	17 min. run/walk	off or XT	17 min. run/walk	off or XT	off	4 miles run/walk
5	off or XT	20 min. run/walk	off or XT	20 min. run/walk	off or XT	off	5 miles run/walk
6	off or XT	23 min. run/walk	off or XT	23 min. run/walk	off or XT	off	6 miles run/walk
7	off or XT	25 min. run/walk	off or XT	25 min. run/walk	off or XT	off	7 miles run/walk
8	off or XT	27 min. run/walk	off or XT	27 min. run/walk	off or XT	off	8 miles run/walk
9	off or XT	30 min. run/walk	off or XT	30 min. run/walk	off or XT	off	10 miles run/walk
10	off or XT	30 min. run/walk	off or XT	30 min. run/walk	off or XT	off	5 miles run/walk
11	off or XT	30 min. run/walk	off or XT	30 min. run/walk	off or XT	off	12 miles run/walk
12	off or XT	30 min. run/walk	off or XT	30 min. run/walk	off or XT	off	6 miles run/walk
13	off or XT	30 min. run/walk	off or XT	30 min. run/walk	off or XT	off	**Half-Marathon**

This program assumes that you have not been running at all. If you are already doing more than is on this schedule, you can continue to maintain that schedule, as long as the legs are recovering quickly> between runs. If your long run is already longer than 1 mile, you may begin on the week which has a long run as long as you're currently running.

(This paragraph has been repositioned):
In a half-marathon race, most should take some walk breaks each mile, as you feel comfortable. Most runners should do the first 11 miles, taking the walks breaks as you have done in the long training runs. During the last 2 miles you can cut out some or all of the walking, if you feel strong.

*Windy City Live Running Club Plans are adapted from Jeff Galloway's Running Program. The times have been adjusted for the upcoming half marathon races of your hosts.

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1. (Take this out and start #1 with the point below)
2. On your long runs, take more liberal walk breaks. If you are running 2 minutes and walking 1 minute on your Monday and Wednesday runs, do 2-2 on the long runs, or 1-1 (or 2-minute walk and 1-minute run on bad days). Many beginners will do most walking: for example, walk 3, run 1.
3. On your Monday and Wednesday runs, take as many walk breaks as you need.
4. The XT option for Sunday, Tuesday, and Thursady means "cross training". You can walk or do some form of non-pounding exercise, such as swimming, cycling, exercise machines, or weights at an easy pace. If you are just starting to do any of these exercises (or are starting back after a layoff), start very slow, passively (remember its time to go easy).

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<u>Windy City Live Running Club - Intermediate Plan</u>:

Week #	SUN	MON	TUES	WED	THURS	FRI	SAT
1	off or XT	15 min. run/walk	off or XT	15 min. run/walk	off or XT	off	3 miles run/walk
2	off or XT	17 min. run/walk	off or XT	17 min. run/walk	off or XT	off	4 miles run/walk
3	off or XT	20 min. run/walk	off or XT	20 min. run/walk	off or XT	off	5 miles run/walk
4	off or XT	23 min. run/walk	off or XT	23 min. run/walk	off or XT	off	6 miles run/walk
5	off or XT	25 min. run/walk	off or XT	25 min. run/walk	off or XT	off	7 miles run/walk
6	off or XT	27 min. run/walk	off or XT	27 min. run/walk	off or XT	off	8 miles run/walk
7	off or XT	30 min. run/walk	off or XT	30 min. run/walk	off or XT	off	10 miles run/walk
8	off or XT	30 min. run/walk	off or XT	30 min. run/walk	off or XT	off	**3x800m or 5K Race**
9	off or XT	30 min. run/walk	off or XT	30 min. run/walk	off or XT	off	12 miles run/walk
10	off or XT	30 min. run/walk	off or XT	30 min. run/walk	off or XT	off	6 miles run/walk
11	off or XT	30 min. run/walk	off or XT	4-5x800m	off or XT	off	14 miles run/walk
12	off or XT	30 min. run/walk	off or XT	30 min. run/walk	off or XT	off	6 miles run/walk
13	off or XT	30 min. run/walk	off or XT	30 min. run/walk	off or XT	off	**Half-Marathon**

This program assumes you've been running at least the amount listed in Week #1. If you are not doing that, spend a week or two on the beginning schedule. If you are already doing more than is on this schedule, you can continue to maintain at the higher amount, as long as the legs are recovering quickly between runs. If your long run is already longer than 3 miles, you may begin on the week which has a long run as long as you're currently running.

(This paragraph has been repositioned):
In the half-marathon race, most should take some walk breaks each mile, as you feel comfortable. Most runners should take a one-minute walk break as you have in the long runs, for at least the first 10 miles. During the last few miles you can cut out some or all of the walking, if you feel strong.

1. (Take this out and start #1 with the point below)
2. On your long runs, take liberal walk breaks. If you are running 3 minutes and walking for 1 minute on your Monday and Wednesday runs, do 2-1 on the long runs, or 1-1 on bad days. Make sure that you're doing your long runs at least 2 minutes per mile slower than your goal pace. It's OK to go slower than that.
3. On your Monday and Wednesday, take as many walk breaks as you need. When in doubt, walk more.
4. The XT option for Sunday, Tuesday, and Thursady means "cross training". You can walk or do some form of non-pounding exercise, such as swimming, cycling, exercise machines, or weights at an easy pace. If you are just starting to do any of these exercises (or are starting back after a layoff), start very slow, passively (remember it's time to go easy).
5. The 800-meter running on Saturday in week 8 and Wednesday in Week 11 will help you build the speed you need for a time goal of your choice. Do these on a 400-meter track. After a 5-minute warm-up, run the 800m in 6 minutes and 10 seconds. Walk for a full 400-meter lap and repeat. Warm down with a slow 5 minute of running and 5 minutes or walking.
6. Remember it doesn't benefit you to run faster than the pace assigned for the workout. If you're struggling to run the time assigned for your 800-meter reps, your time goal is too ambitious and should be adjusted.
7. If you can run a 5K race on week #8, this will give you an idea of racing experience and a reality check on what your time is in a longer race. In this race, reducing the number of walk breaks will also show what your time might be in a longer race.

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