



PRESENTED BY:  CERTIFIED
PIEDMONTESE
REAL NEBRASKA BEEF

BEGINNER 12 WEEK TRAINING KIT

Our Beginner Training Kit is designed for first timers, those new to the half marathon distance or those returning from a running hiatus. **Crossing the finish line and feeling awesome is the #1 goal!**

| WEEK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | TOTAL |
|------|---------------------------|---------|---------------------------|---------------------------|--------|-------------------|----------------|----------|
| 1 | Yoga or strength training | 3 miles | 5 miles | 2 miles or x-training | Off | 6 miles long run | 2 miles + yoga | 18 miles |
| 2 | Yoga or strength training | 3 miles | 5 miles | 2 miles or x-training | Off | 6 miles long run | 2 miles + yoga | 18 miles |
| 3 | Yoga or strength training | 3 miles | 5 miles | 2 miles or cross training | Off | 8 miles long run | 2 miles + yoga | 20 miles |
| 4 | Yoga or strength training | 4 miles | 6 miles with hill repeats | 2 miles or cross training | Off | 9 miles long run | 2 miles + yoga | 23 miles |
| 5 | Yoga or strength training | 4 miles | 6 miles with tempo surges | 3 miles or cross training | Off | 10 miles long run | 3 miles + yoga | 24 miles |
| 6 | Yoga or strength training | 4 miles | 7 miles with hill repeats | 3 miles or cross training | Off | 8 miles long run | 3 miles + yoga | 27 miles |

TRAINING TIPS

- Allow 10-15 minutes for warming up and cooling down before and after each workout.
- Practice training with the foods and nutrition products you plan to use on race day.
- Be consistent with your training and keep a training log
- Find a training partner or training group to stay on track.
- Tell everyone you know that you are doing the Good Life Halfsy. This will keep you accountable for your training.

LEGEND WAIT FOR IT ARY. OK, IT'S JUST THE GLOSSARY.

Hill Repeats: Hill Repeats help build leg strength without unnecessary muscle strain. Run 4 to 6 on a long gradual incline for 90 seconds at 80 to 85% intensity. Do your Hill Repeats following an easy run.

Tempo Surges: Tempo Surges help you build the speed needed to run your goal race pace. Do 5 to 10 for 60 seconds at 80 to 90% intensity throughout your easy run. Be sure to leave enough time between Tempo Surges to fully recover.

Long Runs: Long runs should be done at a conversational pace, think 1-2 minutes slower than your goal race pace. Find some like-minded training partners to help keep each other motivated and on track. Goes well with post-run bagels and coffee. Yum!

Cross Training: Consider skipping the run and going for a swim or bike ride. Cross training can help balance muscle groups and prevent injuries while offering similar benefits of running, yet avoiding the "burnout" factor.

Yoga: Consider incorporating a yoga practice into your weekly routine. Yoga can be a great way to build length, strength, alignment and flexibility. It also can aid in injury prevention and recovery. Namaste!



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| WEEK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | TOTAL |
|-----------|---------------------------|---------|---------------------------|---------------------------|--------|-------------------|----------------------------|------------|
| 7 | Yoga or strength training | 4 miles | 5 miles with tempo surges | 3 miles or cross training | Off | 11 miles long run | 3 miles + yoga | 26 miles |
| 8 | Yoga or strength training | 5 miles | 7 miles with hill repeats | 3 miles or cross training | Off | 7 miles long run | 3 miles + yoga | 25 miles |
| 9 | Yoga or strength training | 5 miles | 5 miles with tempo surges | 3 miles or cross training | Off | 12 miles long run | 3 miles + yoga | 28 miles |
| 10 | Yoga or strength training | 3 miles | 7 miles with hill repeats | 3 miles or x-training | Off | 6 miles long run | 3 miles + yoga | 22 miles |
| 11 | Yoga or strength training | 2 miles | 3 miles | 2 miles or cross training | Off | Off | 2 miles + yoga | 9 miles |
| 12 | Yoga or strength training | 3 miles | Off | Off | Off | 1 mile | Good Life Halfsy Race Day! | 17.1 miles |



MY GOALS

Write down your goals... and make them happen.

Training: *I will...*

Nutrition: *I will...*

Yoga: *I will...*

Race Day: *I will...*



TRAIN TOGETHER

Consider joining an official Good Life Halfsy Training Program. See goodlifehalfsy.com for details.

It's a great way to maximize your training and there are programs in Omaha and Lincoln.

Or, consider training with a friend.

