



Half-Marathon Training Program

Winter/Spring 2019

Program Summary: This is an 18 week training program for runners who are consistently training and are looking to participate in a Half-Marathon or other

similar distance race for the spring of 2019. The coaches will help you prepare for this challenge with appropriate workouts that focus on building the necessary conditioning and strength to run this distance. We will also provide advice on cross-training and injury prevention. Enjoy training in the spirited camaraderie of runners who have similar ability and experience and share the same running goal. The program will be led by experienced running coaches, **John MacGillivray** and **Elaine Hartung**, both certified by USA Track & Field and American Sport Education Program. See additional details about this training program **on second page**.

Program Pre-requisite: Program participants should be consistently running 10 miles (or more) per week on average and able to do training runs of at least 4 miles.

Where and When: Workouts begin on 1/5/19. **See details on second page.** Pre-season Bonus Runs begin 12/8/18.

What You Receive: Program includes weekly training plans, weekly group workout (long runs, hills and other appropriate training), weekly workouts to do on your own or with your classmates, training advice and weekly e-mail updates with tips to properly prepare you for the half marathon. **Healthy snacks** will be served after each training session.

Fee: \$165, if registered before 12/31/18;
- \$175 after 12/31/18, if space is available.
Runners who are new to our training programs must e-mail us before sending your registration.
Class size is strictly limited. This training program generally reaches capacity.

"When you get to the starting line of a marathon, 50% of the runners have under-trained, 30% have over-trained, and 20% are ready to race. You want to be in that 20%." - Origin unknown. This advice has been repeated by many distance running coaches over the years.

Questions: e-mail JMacRunning@Yahoo.com

Website: www.FittasticNJ.com

Registration Form for Half Marathon
Training / Winter-Spring 2019 - Please Print
Clearly

Last Name First Name

Street City

State Zip Birthday (mm/dd/yy)

Cell Phone

e-mail (necessary for weekly updates)

Weekly running mileage Longest run since Nov. 1

Training level - Please circle one:
Basic Intermediate Advanced

Please read and sign: I know that running can be a potentially hazardous activity. I also confirm that I am physically fit and qualified to participate in this program. I agree to abide by any decision relative to my participation in this program. I assume all risks associated with running/walking, but not limited to falls, contact with other individuals, the effects of the weather, including cold, wind, snow and ice, the condition of the road/path and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing the facts, and in consideration of your acceptance of my application for this program, I for myself and anyone entitled to act on my behalf, waive and release JMac Running LLC, its employees, agents, staff and sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this program. I fully understand that there are no refunds for this program. I attest that I am at least 18 years of age.

Signature (Participants must be at least age 18) Date

Make Checks payable and Mail to: JMac Running
P O Box 83, Holmdel, NJ 07733

Overview of the Half Marathon Training Program – Winter/Spring 2019

Training for a half marathon, or other long distance race, requires more focus and commitment than a normal fitness running regimen. If you develop that focus and commitment and are currently training at the appropriate level (see Prerequisite below,) the experience can be gratifying and empowering. By training with people who have a similar goal, the synergy will help you more easily develop the focus and commitment needed for this endeavor.

Our winter program is targeted for those who plan to run a Half Marathon this spring. Our training program will work well if you are targeting local half marathons such as the **Unite Half Marathon** in New Brunswick on April 14 or the **Long Branch Half Marathon** on April 28. We will have multiple levels of training: one for first time Half Marathon runners and intermediate and advanced levels for those who have successfully completed at least one Half Marathon and are looking to step up their training and improve their past performance.

Prerequisite for the training program: For our half marathon training program, a runner should be consistently averaging at least 10 miles of total running per week leading into the training program, with one run of at least 4 miles per week. If you are at that level or above, then you should be properly prepared to start the program.

First time half marathon training: Our basic training plan will be focused on first time half marathon runners (or those returning from injuries or other running layoffs), so it will be conservative with total mileage and long runs. Our objective is to get you to the starting line properly conditioned to complete the 13.1 mile distance, without being over-trained and risking injury.

Intermediate and Advanced level half marathon training: We will also provide Intermediate and Advanced levels for those who have successfully completed at least one Half Marathon and are looking to step up their training. This will involve slightly more mileage on a weekly basis and some other higher level training. We will work with experienced Half Marathon runners to adjust their training regimen to help meet their target race times.

Full Marathon: We will also provide coaching and guidance for those planning to run a full marathon – 26.2 miles, such as the NJ Marathon in Long Branch on April 28. For the marathon coaching, we will develop a personal training schedule for each runner to suit your conditioning and training progress. The full marathon training is intended for those who have completed at least one Half Marathon or longer race. **If you are interested in pursuing a full marathon, please send us an e-mail for more details and the additional cost for the personal training portions.**

Format of the training program:

- **Long runs** (formal long run workouts every other Saturday and Sunday starting 1/5 and 1/6 and continuing on two week intervals through 4/14). The schedule may be adjusted due to weather.
- **Hill/Speed training** on the weeks when there is no long run scheduled (see details below)
- Pre-Season Bonus Runs starting Saturday December 8 – email us for the schedule. *Registration is required to participate.*
- Strength Training and Flexibility Sessions.
- Advice on cross training.
- Injury Prevention Techniques
- Guidance on smart nutrition, proper rest and recovery and other topics to help you succeed with the training
- Coaches available to answer your individual questions at workouts and via e-mail and phone

Hill/Speed Workouts - You will have the choice of running with any of our winter training groups for your hill/speed workouts: Saturdays 9 AM – Holmdel Area; Sundays 9:30 AM – Wall Twp Area; Tuesdays 10 AM – Holmdel Area; Tuesdays 6:30 PM – Long Branch Area. We will also offer some Bonus Workouts throughout the winter and spring. All of these workouts are included in the Half Marathon program fee.

If you have friends or family members who might be interested in this program but have never trained with us, please have them e-mail us. Instruct them to give a brief description of their running experience and current training regimen. If we have room, we can allow them to participate.

If you have any questions, please e-mail us at JMacRunning@Yahoo.com. We look forward to working with you in your pursuit of a successful half marathon or full marathon.