



ROCK TAHOE HALF MARATHON INTERMEDIATE TRAINING GUIDE

This program is designed for runners with a few races under their belts - at least a 10k or two and preferably a half marathon. If this program seems like too much training, please refer to the Rock Tahoe Novice Training Guide. Improvisation is always OK. Life will undoubtedly get in the way a time or two so feel free to swap workouts as needed. You should have medical clearance before participating in any exercise program and, of course, please pay attention to your body during training – we want to make sure you all get to Rock Tahoe with us!

Stretch: Stretching after all runs is highly recommended. Mondays and Thursdays you absolutely have to ssssttttrrrreeetttcchh!! It's great to stretch on rest days too. Just do so after a warm up.

Roll: If you don't have a foam roller, get one. Loosening up fascial structures helps relieve undue stress on muscles, ligaments and tendons.

Distance: Don't freak out on exact distance. Just get close. And enjoy.

Core: A strong core helps you run more efficiently and reduces the risk of injury. Core exercises include abdominals, low back, hips and glutes. Although not technically part of the core, body weight exercises such as push-up, pull-ups, squats and lunges are also great to add in.

Rest: The most underestimated part of the training plan. Two words: "Do it". If you don't give your body time to recover and rejuvenate from your training your body will break down. It is always OK to take an extra day off or back off the training a bit if you feel you're getting worn down.

EZ Run: Run easy! If you're training with a friend, the two of you should be able to hold a conversation. If you can't do that, you're running too fast. Just cruise and enjoy the slow roll.

Run: These should be about 30-60 sec off your race pace. Don't worry. These are base-building miles. You'll get the speed from all the other fun stuff.

Race Pace: Run just like you were racing as fast as you can for the prescribed distance. If you feel good at the end you weren't trying hard enough.

Speed & Hill Intervals: Running fast and running hills helps boost your anaerobic threshold which allows you to sustain a faster pace for a prolonged time (i.e. 13.1 miles). They both hurt like hell but pay dividends on race day (and in your general fitness). Effort should be 90-95%. Active recovery (i.e., walk or super easy jog) for equal time of interval (e.g. 400m in 90 sec, take 90 sec recovery).

Fartlek: First and foremost, it's just fun to tell non-runners that you really enjoy a "fartlek"! The looks are priceless!!! A fartlek is a sped-up interval in your run. For this training plan, the fartlek (interval) will be a short period of time that you will significantly increase your pace at the beginning of each mile of that run (i.e., run fast for the first 30-70 seconds of each mile). You want to resume your normal "run" pace after the interval. If you are unable to do so then you need to back a little off the fartlek.

Tempo Runs: Start with a 5-8 minute warm up run and then bring the pace up to a 10k race pace (usually about 30-40 sec/mile faster than your predicted ½ marathon pace) across the same amount of time (5-8 min). You then hold that pace for the heart of the prescribed time, gradually decreasing your pace over the last 10 min of the run. Tempo runs are a mental game. Focus on your form. Focus on your pace. Focus on how awesome you are.

WEEK	MON	TUE	WED	THUR	FRI	SAT	SUN
1	Stretch, roll & core	3 mi run	5 x 400m 90-95% Max	3 mi run + Stretch, roll & core	Rest	4 mi run	2 mi EZ run
2	Stretch, roll & core	3 mi run 30s/mi fartlek	30 min tempo	3 mi run + Stretch, roll & core	Rest	5 mi run	3 mi EZ run
3	Stretch, roll & core	3.5 mi run	6 x 400m 90-95% Max	6 x 30 sec hill repeats Stretch, roll & core	Rest	5k RACE PACE	3 mi EZ run
4	Stretch, roll & core	3.5 mi run	35 min tempo	3 mi run + Stretch, roll & core	Rest	6 mi run	3 mi EZ run
5	Stretch, roll & core	4 mi run 40s/mi fartlek	7 x 400m 90-95% Max	3 mi run + Stretch, roll & core	Rest	7 mi run	3 mi EZ run
6	Stretch, roll & core	4 mi run	40 min tempo	9 x 30 sec hill repeats Stretch, roll & core	Rest or easy run	10k RACE PACE	4 mi EZ run

WEEK	MON	TUE	WED	THUR	FRI	SAT	SUN
7	Stretch, roll & core	4.5 mi run	8 x 400m 90-95% Max	3 mi run + Stretch, roll & core	Rest	8 mi run	3 mi EZ run
8	Stretch, roll & core	5 mi run 50s/mi fartlek	40 min tempo	3 mi run + Stretch, roll & core	Rest	8 mi run	3 mi EZ run
9	Stretch, roll & core	5 mi run	9 x 400m 90-95% Max	12 x 30 sec hill repeats Stretch, roll & core	Rest or easy run	9 mi run	3 mi EZ run
10	Stretch, roll & core	5.5 mi run	45 min tempo	3 mi run + Stretch, roll & core	Rest	4 mi EZ run	15k RACE PACE
11	Stretch, roll & core	6 mi run 60s/mi fartlek	10 x 400m 90-95% Max	3 mi run + Stretch, roll & core	Rest	10 mi run	3 mi EZ run
12	Stretch, roll & core	6 mi run	30 min tempo	15 x 30 sec hill repeats Stretch, roll & core	Rest	10 mi run	2 mi EZ run

WEEK	MON	TUE	WED	THUR	FRI	SAT	SUN
13	Stretch, roll & core	6 mi run	4 x 800m 90-95% Max	3 mi run + Stretch, roll & core	Rest	11 mi run	3 mi EZ run
14	Stretch, roll & core	7 mi run 70s/mi fartlek	3 x 800m 90-95% Max	3 mi run + Stretch, roll & core	Rest	12 mi run	2 mi EZ run
15	Stretch, roll & core	5 mi run	2 x 800m 90-95% Max	3 mi run + Stretch, roll & core	Rest	7 mi run	3 mi EZ run
16	Stretch, roll & core	4 mi EZ run	Rest	3 mi EZ run, roll + stretch	Rest	ROCK TAHOE!!!	Recover!

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Questions? Please send us an email at info@epictahoe.com!