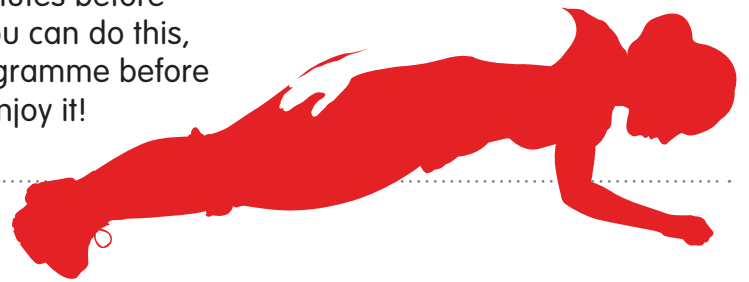


Powerade half marathon training plan



Congratulations on taking on a half marathon! Training and completing a half marathon is a fantastic achievement of which you can be very proud. This 16 week programme is designed to improve your strength, endurance and confidence. We recommend being able to run for at least 15 minutes before starting on the programme. If you're not sure you can do this, you'll need to complete the four week base programme before tackling the main programme. Good luck and enjoy it!



Getting started

These hints and tips will help you get off to a good start with your training programme. Remember, always consult your doctor before embarking upon any new exercise routine:

- 1 Run easy** - Try to avoid running too fast to start off with - your pace should be gentle enough to hold a conversation. This may only be a little faster than a walk for some but, as you gain in fitness and your endurance improves, so will your speed.
- 2 Footwear** - Worn out trainers won't properly protect your feet and joints from the impact of running so it might be time for a new pair. A good running shop will be able to advise you on the best pair of trainers to suit your running style and help keep you injury-free.
- 3 Apparel** - Stay comfortable and safe by wearing the right kit. In warm weather, a technical fabric that wicks sweat away from the skin is ideal. In the darker winter months, choose clothing that keeps you warm and visible. Women should wear a supportive sports bra.
- 4 Stretching** - It's important to warm up before a run and stretch down afterwards. This helps keep your muscles lean and long as well as reducing the risk of injury. A short stretching plan which keeps major muscle groups flexible is outlined later.
- 5 Resistance** - This running plan includes a short resistance session every week. This will help to strengthen major muscle groups used in running to help reduce the risk of injury.
- 6 Mileage** - Training for a half marathon is all about building up mileage. There are some fantastic aids out there to help you work out how far you've run. You could try a GPS running watch or, if you're on a budget, www.mapometer.com is a great place to start.
- 7 Nutrition** - It's important as you train to make sure you're fuelled and hydrated properly. Drinking a sports drink such as Powerade before, during and after your run will top up energy stores, replace lost fluids and salts, and help keep you going on those longer runs.

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Base Training

If you're not sure you can run for 15 minutes without stopping then the grid below shows you what to do every week to build up your fitness - so that you can start on the main plan. Good luck!

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1	2 mins run, 2 mins walk. Repeat x 5	Rest	2 mins run, 2 mins walk. Repeat x 6	Rest	Resistance Circuit 1	Rest	2.5 mins run, 2 mins walk. Repeat x 5
Week 2	3 mins run, 2 mins walk. Repeat x 4	Rest	3 mins run, 2 mins walk. Repeat x 5	Rest	Resistance Circuit 1	Rest	4 mins run, 2 mins walk. Repeat x 4
Week 3	6 mins run, 2 mins walk. Repeat x 3	Rest	8 mins run, 2 mins walk. Repeat x 2	Rest	Resistance Circuit 1	Rest	10 mins run, 2 mins walk, 5 mins run
Week 4	12 mins run, 2 mins walk, 6 mins run	Rest	Rest	Rest	Resistance Circuit 1	Rest	15 mins run

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The Main Plan

The plan below breaks down each week leading up to the race. Simply print it off and keep it somewhere visible so that friends and family can see your achievements and help keep you motivated.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1	1.5m run	Rest	Intervals x 3	Rest	Resistance Circuit 1	Rest	2m run
Week 2	1.5m run	Rest	Intervals x 3	Rest	Resistance Circuit 1	Rest	3m
Week 3	2m run	Rest	Intervals x 4	Rest	Resistance Circuit 1	Rest	4m
Week 4	2.5m run	Rest	Intervals x 4	Rest	Resistance Circuit 1	Rest	5m
Week 5	3m run	Rest	Intervals x 3	Rest	Resistance Circuit 1	Rest	3m
Week 6	3m run	Rest	Intervals x 5	Rest	Resistance Circuit 2	Rest	6m
Week 7	3.5m run	Rest	Intervals x 5	Rest	Resistance Circuit 2	Rest	7m
Week 8	4m run	Rest	Intervals x 6	Rest	Resistance Circuit 2	Rest	7.5m

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	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 9	3m run	Rest	Intervals x 3	Rest	Resistance Circuit 2	Rest	4m
Week 10	4m run	Rest	4m fartlek	Rest	Resistance Circuit 2	Rest	8m
Week 11	4m run	Rest	Intervals x 6	Rest	Resistance Circuit 2	Rest	9m
Week 12	4.5m run	Rest	4.5m fartlek	Rest	Resistance Circuit 2	Rest	10m
Week 13	3m run	Rest	Intervals x 3	Rest	Resistance Circuit 2	Rest	5m
Week 14	5m run	Rest	5m fartlek	Rest	Resistance Circuit 2	Rest	11m
Week 15	4m run	Rest	Intervals x 4	Rest	Rest	Rest	6m
Week 16	3m run	Rest	Intervals x 3 (optional)	Rest	Rest	Rest	½ marathon

Resistance Circuit 1

This section takes you through the resistance workout. Aim to start with lowest number of reps and build up over time. Be sure to give yourself one minute rest between exercises.

Exercise	Explanation	Sets and reps
Squats	<ul style="list-style-type: none"> Stand with shoulders hip width apart. Keeping weight in your heels sit your hips out behind you until your thighs are almost parallel to the ground. Push your heels into the ground and squeeze your bottom to come back to standing. 	12-15 x 3
Lunge	<ul style="list-style-type: none"> Stand tall and take a big step forward with one leg. Allow your back knee to lower towards the floor (not touching the floor), directly below your hip. Push away with your front leg to come back to standing. Make sure you keep the weight evenly distributed between your back and front legs throughout exercise and make sure you take a big enough step forward so that your front knee doesn't poke out over your toes, it should stay directly over your ankle. 	8-12 each side x 3
Spiderman	<ul style="list-style-type: none"> Take a push up position, feet together, hands directly beneath shoulders and a smooth diagonal line between your shoulders, hips and ankles. Lift one foot up and place it flat on the ground to the outside of your hand. Hold this position for a second allowing your hips to drop towards the ground. Bring your foot back to starting position and repeat with the other foot. Make sure your hips don't rise up towards the sky. 	4-8 each side x 3
Kegels	<ul style="list-style-type: none"> Lie on your back with your feet flat on the ground in line with your hips. Squeeze your glutes (bottom) to lift your hips off the ground bringing you into a bridge position. Hold for a second and slowly lower back to starting position. Make sure your knees remain in line with your hips throughout the movement. 	12-15 x 3
Side Plank	<ul style="list-style-type: none"> Lie on your side, propped up by your elbow, directly below your shoulder and with your feet stacked on top of each other. Lift your hips off the ground to form a straight line between shoulders, hips and ankles. Hold for the desired time and then slowly lower 	10-35 secs each side

Resistance Circuit 2

It's important to change your resistance exercises every so often to keep your body adapting. Here are the exercises for the second part of the programme.

Exercise	Explanation	Sets and reps
Squats	<ul style="list-style-type: none"> Stand with shoulders hip width apart. Keeping weight in your heels sit your hips out behind you until your thighs are almost parallel to the ground. Push your heels into the ground and squeeze your bottom to come back to standing. 	12-15 x 3
Walkover Lunge	<ul style="list-style-type: none"> Stand tall and perform a lunge with one leg. Return to standing and then, with the same leg, step backwards into a lunge position. Pull yourself back up to standing through your front leg Repeat necessary reps on one leg before moving to the other. Make sure your knees remain well aligned, directly above your ankles and with your weight towards the outside of your foot. 	8-12 each side x 3
Push Ups	<ul style="list-style-type: none"> Take a push up position, feet together (knees on floor if necessary), hands slightly wider than shoulders and a smooth diagonal line between your shoulders, hips and ankles / knees if they are on the floor. Lower your chest towards the ground keeping your pelvis tucked under so your back stays flat. At the lowest point push the ground away with your hands, keeping your stomach strong so that your hips move with your shoulders. 	8-12 x 3
Calf Raises	<ul style="list-style-type: none"> Stand 8 inches away from a wall facing it and with your hands gently resting on it, feet hip width apart. Drive up onto tip toes and then, at the very top of the tip toe, remove one set of toes from the ground and slowly lower yourself back down on one leg. Repeat all reps on one side before moving on to the other side. 	12-15 each side x 2
Plank	<ul style="list-style-type: none"> Lie on your front, propped up by your forearms, elbows directly beneath shoulders. Lift your body off the ground so that you are supported by just your forearms and toes with your body in a nice straight line, pelvis tucked under to keep your back flat and supported. Avoid arching your back by keeping the front of your pelvis gently pulled up towards your rib cage. 	10-35 secs each side

Intervals

An interval is a section of run completed at a faster pace. They should be completed at a slightly faster pace than you usually run, making them challenging but not incredibly uncomfortable.

An intervals x 4 session would look like this:

- 5 mins jog
- 2 mins harder running, 2 mins jog. Repeat 4 times
- 5 mins jog

Fartlek

A fartlek (Swedish for 'speed play') run mixes up different running speeds. You can use physical markers such as lamp posts or fixed time frames to structure the session. For example: five lamp posts slow run, three lamp posts moderate run, one lamp post very fast. Or three minutes slow, two minutes moderate, one minute fast. Or, if listening to music, one verse slow run, chorus fast, one verse moderate. You can have fun with this session!

Pre-run warm-up

Squats x 10, Lunges x 8 each side, Hip Flexor stretch x 10 seconds each side, circle your arms forwards, backwards and across chest



Post-run stretch

Hold each stretch x 30 secs.

Calves: Stand in front of a wall and lean against it with your palms as you step backwards with one leg. Push your back heel into the ground and feel the stretch in your calf.

Hamstring: Place a heel up on a step. Keeping your leg straight and all the weight in your back leg, lean forward from your hips and feel the stretch in the back of your leg.

Quads: Stand tall and lift one heel up to your bottom, taking hold of it with the same hand. Keep your knees together and stomach drawn in while you pull the heel to your bottom and push your hips forward to feel the stretch down the front of your thigh.

Hip Flexor: Kneel down on one knee with one foot out in front of you. Now tuck your pelvis under to keep your back straight and lean forward through the front of the hip to feel the stretch.

Glutes: Sit on the ground with your legs out in front of you. Bring one foot across the other leg and place it on the ground next to the thigh. Now hug your knee and sit up tall to feel the stretch in your bottom/hips.

For greater detail and instructions on some of these exercises from Toni Minichiello, elite coach to heptathlete Jessica Ennis, watch the accompanying fitness video on www.coca-cola.co.uk/health/everyday-activities-toni-minichiello.html

