



## 2020 Novo Nordisk New Jersey Half Marathon Intermediate Training Plan



The Novo Nordisk New Jersey Half Marathon Intermediate training plan is for the runner looking to improve their half marathon training and race experience.

This plan is well suited for a runner who runs consistently and has completed one or more half marathons, as well as other shorter running races.

The plan is designed to help you run faster and train more effectively for the half marathon.

### Plan Details:

Length - 16 weeks 3-4 weekly runs

First Week Mileage - 13 Miles : Peak Week Mileage - 28 Miles

The Intermediate plan is designed for runners looking to improve their half marathon time; the plan is focused on building the runner's training up and improving their running economy and speed. This training plan emphasizes quality training over quantity and will have you running 1-2 hard workouts a week.

There is no single secret to success in training, but with consistent attention to detail and diligent training you can set yourself up for the best chance of success on race day!



## 2020 Novo Nordisk New Jersey Half Marathon Intermediate Training Plan



### Keys to Success:

#### Long Runs

The long run is the cornerstone of this training plan. In training for the half marathon, your long run will gradually increase from week 1 with a 5 mile run to week 15 when you will run 12 miles. Long runs should be run at a comfortable pace about 30-60 seconds per mile slower than your target race pace.

#### Intervals

This plan includes some interval or speed-based workouts. These workouts will be noted in the training plan with the number of reps, the distance of each rep, and the pace you should target running each rep at. The recovery between each interval will also be noted and should be run at a slow, easy pace. For example:

Intervals

8x400 - R:200

5k-10k Pace

This would be a session in which you run 8 400-meter intervals at a pace between your 5k and 10k paces, the recovery between each 400-meter interval would be 200-meters at a slow run or brisk walk. It is also assumed in interval runs that you will spend at least 1-2 miles warming up before beginning the workout.

#### Tempo Runs

Tempo runs will be noted in the training plan. The run distance includes roughly 1 mile of warm-up and cool down, while the remainder of the run distance should be performed at a pace close to your current 10k pace. These runs are designed to grow your comfort with running at a challenging pace.

#### Pace

For all runs that do not have a pace associated with them, you should run at a comfortable and easy pace. Do not push yourself during these runs, save it for your hard workouts and simply run the desired distance.

#### Racing

Including a couple of shorter races in training prior to the half-marathon is a good tool to prepare you both mentally and physically for the demands on race day. This training plan calls out several weekends when it would be valuable to include shorter races into your training. If you can't do a race in that spot, simply run the planned distance as if it were a race.



## 2020 Novo Nordisk New Jersey Half-Marathon Intermediate Training Plan



### Keys to Success:

#### **Rest and Recovery**

There are two rest days built into each week of this plan. As you push your training a bit further, it is important that you take your rest days seriously and understand this is an essential component for success.

Stress + Rest = Growth

In training, the goal is to stress your body and to increase that stress in gradual, small doses, but it is only when we rest and recover that the body can grow stronger.

#### **Stretching, and Mobility**

While stretching and mobility are not a built-in part of this training plan, they are a critical component of preventing injury during training. Following every training run, you should plan to stretch for at least 10 minutes. Including frequent foam rolling and stretching sessions into your week outside of your planned training time is also a good idea to help keep you from getting overly stiff and inflexible during your training.

#### **Cross/ Strength Training**

Cross-training days are included in this training plan. Cross-training is any training other than running that supports your success on race day. A good cross-training session supports running by utilizing and strengthening the often underutilized muscle groups in running. Activities like yoga and light weight lifting can be used to strengthen the runner's core, upper body, and hips.

#### **Hydration and Nutrition**

Staying fueled and hydrated is a key component to both training success and race day success. As a general rule of thumb, athletes should "drink to thirst." If you are thirsty, sip fluids; do not guzzle or chug. Taking small sips of fluids regularly as your body craves them will keep you hydrated during your long runs and on race day. It is also a good idea to take in carbohydrates during your longer runs and on race day to support your efforts; while it is not a necessity, many athletes will find that taking in a small amount of carbohydrate in the form of sports gels will benefit their performance.

When training and racing in summer months it is even more important to pay attention to hydration. Be sure to know the signs of dehydration and listen to your body, If you are feeling light headed, dizzy or weak you should stop and seek ways to cool off and replenish your fluids. Always drink fluids following a training run to replace some of what was lost during a hot run.



## 2020 Novo Nordisk New Jersey Half Marathon Intermediate Training Plan



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b>	July 27th	July 28th	July 29th	July 30th	July 31st	August 1st	August 2nd
		Run 4 Miles	Cross Train	Tempo Run 4 Miles	Rest Day	Long Run 5 Miles	Cross Train
<b>Week 2</b>	August 3rd	August 4th	August 5th	August 6th	August 7th	August 8th	August 9th
	Rest Day	Interval Run 8x200m - R 400m 3k-5k Pace	Cross Train	Run 4 Miles	Rest Day	Run 3 Miles	Long Run 3 Miles
<b>Week 3</b>	August 10th	August 11th	August 12th	August 13th	August 14th	August 15th	August 16th
	Rest Day	Run 5 Miles	Cross Train	Tempo Run 5 Miles	Rest Day	Long Run 6 Miles	Cross Train
<b>Week 4</b>	August 17th	August 18th	August 19th	August 20th	August 21st	August 22nd	August 23rd
	Rest Day	Run 4 Miles	Cross Train	Run 4 Miles	Rest Day	5k Race	



## 2020 Novo Nordisk New Jersey Half Marathon Intermediate Training Plan



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 5</b>	August 24th	August 25th	August 26th	August 27th	August 28th	August 29th	August 30th
	Rest Day	Interval Run 6x 400m - R:400m 5k Pace	Cross Train	Run 5 Miles	Rest Day	Long Run 7.5 Miles	Cross Train
<b>Week 6</b>	August 31st	September 1st	September 2nd	September 3rd	September 4th	September 5th	September 6th
	Rest Day	Run 5 Miles	Cross Train	Tempo Run 6 Miles	Rest Day	Run 3 Miles	Long Run 5 Miles
<b>Week 7</b>	September 7th	September 8th	September 9th	September 10th	September 11th	September 12th	September 13th
	Rest Day	Interval Run 5x 800m - R:400m 5k-10k Pace	Cross Train	Run 6 Miles	Rest Day	Long Run 9 Miles	Cross Train
<b>Week 8</b>	September 14th	September 15th	September 16th	September 17th	September 18th	September 19th	September 20th
	Rest Day	Run 4 Miles	Cross Train	Run 4 Miles	Rest Day	Run 3 Miles	10K Race



## 2020 Novo Nordisk New Jersey Half Marathon Intermediate Training Plan



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 9</b>	September 21st	September 22nd	September 23rd	September 24th	September 25th	September 26th	September 27th
	Rest Day	Interval Run 9x 400m - R:400m 5k Pace	Cross Train	Run 6 Miles	Rest Day	Long Run 10 Miles	Cross Train
<b>Week 10</b>	September 28th	September 29th	September 30th	October 1st	October 2nd	October 3rd	October 4th
	Rest Day	Run 6 Miles	Cross Train	Tempo Run 7	Rest Day	Run 3 Miles	Long Run 7 Miles
<b>Week 11</b>	October 5th	October 6th	October 7th	October 8th	October 9th	October 10th	October 11th
	Rest Day	Interval Run 5x 1200m - R:400m 5k-10k Pace	Cross Train	Run 6 Miles	Rest Day	Long Run 11 Miles	Cross Train
<b>Week 12</b>	October 12th	October 13th	October 14th	October 15th	October 16th	October 17th	October 18th
	Rest Day	Run 4 Miles	Cross Train	Run 4 Miles	Rest Day	Run 3 Miles	10K or 10 Mile Race



## 2020 Novo Nordisk New Jersey Half Marathon Intermediate Training Plan



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 13</b>	October 19th	October 20th	October 21st	October 22nd	October 23rd	October 24th	October 25th
	Rest Day	Interval Run 12x 400m - R:400m 5k Pace	Cross Train	Run 7 Miles	Rest Day	Long Run 12 Miles	Cross Train
<b>Week 14</b>	October 26th	October 27th	October 28th	October 29th	October 30th	October 31st	November 1st
	Rest Day	Run 6 Miles	Cross Train	Tempo Run 8	Rest Day	Run 3.5 Miles	Long Run 9 Miles
<b>Week 15</b>	November 2nd	November 3rd	November 4th	November 5th	November 6th	November 7th	November 8th
	Rest Day	Interval Run 5x 1600m - R:400m 5k-10k Pace	Cross Train	Run 8 Miles	Rest Day	Long Run 10 Miles	Cross Train
<b>Week 16</b>	November 9th	November 10th	November 11th	November 12th	November 13th	November 14th	November 15th
	Rest Day	Interval Run 10x100m - R 400m 3k-5k Pace	Cross Train	Rest Day	Run 3 Miles	Rest Day	<b>RACE DAY</b> Novo Nordisk New Jersey Half-Marathon