

Blind Runners

Beginner Half marathon training plan

Welcome to your running journey! We are so excited to be a part of it!

First off, a huge congrats on committing to this goal! We know with absolute certainty that the time and energy that you invest in it will be well worth it.

We've created this plan as a tool to keep yourself on track to crushing a half marathon. Our ask of you? Celebrate the wins along the way. Enjoy that feeling of being alive as your lungs and legs burn after a tough speed session. Notice the warmth of the sunshine on your skin as you soak up those run-induced endorphins. Enjoy the ride!

That, and don't underestimate the value of recovery. If you're going to ask your body to go faster than it has ever gone before, you better be prepared to give it a chance to adapt, absorb your training and be ready to work when it's time for the next hard run. We love to say that each run has a purpose, and recovery is no different. Be intentional. Prioritize it. Know that it will serve you well on race day!

In the following pages, we offer a few tools to help get you started on this journey. We encourage you to continue to refer back to them frequently throughout this training cycle as a tool to keep you inspired, motivated and on track.

Now, let's get running!

The Runner's Academy Team

How to get the most out of your plan

Commit to the plan and find a strategy for accountability. Tell a friend. Track completion in a chart. Use social media. Keep a journal. Research suggests that those of us with a specific plan for accountability are 65% more likely to reach their goals!

Organize your weeks. Create a schedule and stick to it.

Do not skip the "small stuff". It is equally as important as the work itself.

Active stretch post run

Keep up with strength work

We wholeheartedly believe that the best plan in the world will be limited in its success if it doesn't go hand in hand with:

1. **A positive mindset** - Embrace the journey. Call yourself out on negative self-talk. Get excited to see what's possible when you put your heart on the line. This journey isn't always going to be an easy one, but remember that each step you take is fuel for the next.

2. **Regular reflection** - There is no "one-size-fits-all" recipe for a successful training block. The closest tool that we have is reflection. Why? It allows us to learn what does and doesn't work beautifully for ourselves. To tune into our training, our bodies and our minds to find our own personal sweet spot. We have included areas to reflect in the training log and encourage you to use them regularly.

3. **Goals!** Set them. Revisit them. Share them. Adapt them.

Big or small, goals will help you stay focused throughout your training. We've included a space below to start to create a few goals that excite you. You'll notice two types of goals:

Performance goal - Think completing a distance, nailing a time or qualifying for a big event.

Process goals - In other words, what do you need to do in order to make that performance goal a reality. Sleep 8 hours a night. Commit to a mobility practice 3 times each week. Nail a 90% completion rate on the plan. While the performance goals get all the glory, the process goals are really the tool to bridge the gap between where you are today and where you are the moment that you realize that performance goal! We love them because you, as an athlete, get full control over them.

Why do we love process goals so much? They allow us to focus only on what we get to control in the journey to achieving our outcome goal. With a process goal, you get to dictate your commitment, effort and response to every challenge and success.

List your Goals!

GOAL 1:

Performance goal:

Process goals to help get me there (3):

GOAL 2:

Performance goal:

Process goals to help get me there (3):

PACES:

Throughout the program, you'll see us refer to various paces for each run. How do you know what those paces are? Easy!

Head to an [online pace calculator](#).

Input the info for your most recent race, no matter the distance. No race? No problem. Do a quick time trial at a given distance (think 5k) and use that time.

Fill out your paces below. Be sure to give yourself a range 2-3s faster and slower.

Now use those paces in each of the workouts as you progress through the plan!

My Paces:

Easy:

High aerobic (10-20s faster than easy):

Marathon (MP):

Half marathon (HMP)/tempo:

10k:

5k:

FAST (interval-repetition):

The Plan:

Here's the thing - this plan will only work if it fits into your life. With that in mind, we've aimed to create a regular structure, while also building in flexibility for weeks where things are feeling a little cranky or life happens.

Plan to run up to 3-4 days a week, with each week having:

A higher intensity workout designed to build speed and power. Think **speed or hills**.

A **long run**. Remember, this is about time on your feet. Just because you can run fast doesn't mean that you always should. Go easy here!

Optional easy runs/cross training. There's no one-size-fits all formula to running your best. We've made these optional so that you have a chance to check in with your body, your schedule and what works best for you. If you're feeling great, we encourage you to take them on. If you need a breather physically or mentally, take it! Your top goal is to be ready to crush it on your next workout.

Strength twice a week. Don't underestimate the role that strength plays in helping you stay healthy and find your fast! Aim for at least 30 minutes and be as run specific as possible. We've got some ideas to get you going in the Resources section.

Mobility once a week. We hope you're paying some attention to mobility on most days, but we've put this one in here to make it non-negotiable once a week. Your body will thank you!

Rest days once a week. Recovery is equally as important in training as the tough workouts. Be intentional!

What if:

The days of the week don't work for me. Can I switch things around?

Absolutely! Again, we want this plan to fit into your busy life. A speed session on a Tuesday just doesn't make sense, don't hesitate to switch it. That being said, we have designed the plan intentionally. A few guidelines if you need to make a change:

Avoid putting "tough" runs on back to back days.

That rest day is non-negotiable.

Aim to stay consistent with what you do on a given day of the week. Of course, life might dictate otherwise on the odd week, but be consistent whenever possible.

2. I missed a workout last week. Can I make it up?

We don't recommend it! What's done is done and if you cram too much into a given week, you run the risk of running through fatigue which can hurt both your performance and your ability to avoid injury. Let last week go, all eyes on those upcoming efforts and know that the odd missed workout is not going to make or break your race day.

3. Something hurts! Help!

Deep breaths! First things first, don't run through pain. The odd "niggle" can serve as a good reminder to pay a little more attention to mobility, run technique and strength work, but we definitely recommend that you seek guidance from a healthcare provider (ideally one who specializes in working with runners) if:

Your pain is >3/10

Gets worse as you run or over the course of multiple runs

Lasts >24 hours after a run

Keeps showing up for more than 1-2 weeks

Causes you to change your gait pattern

Glossary:

There are many terms runners throw out there. Here is a little cheat sheet to make sure that we're on the same page!

Varied training: In order to get the most out of your efforts you must vary your training. By introducing different loads on your body, you'll maximize your speed, fitness and endurance.

That means every run has a purpose, whether it be to challenge your ability to go all out anaerobically (work at a high enough level that your body is relying on it's reserves rather than on oxygen to fuel your muscles), or going easy.

Fartlek: Roughly translated to 'speed play'. A run that incorporates easy and hard running typically done based on effort.

Tempo: Sustained effort working on endurance and fatigue resistance. Think of this one as being outside your comfort zone, but sustainable for longer periods.

Intervals: Working on your upper level of speed, usually for shorter periods, to help increase fitness.

Long run: In order to cross the finish line, you are going to have to get the time on your feet. This is the perfect place to practice strategies to respond to mental and physical fatigue. It is inevitable that a voice will show up on race day telling you that the discomfort is too much. How will you turn that voice into fuel?

Recovery run: A key to varied training is keeping the easy days easy and the hard days hard. No one is winning the race on the recovery run.

Progression run: The idea of a progression run is to start easy and then get faster. Why? We think they're really fun, but they're also a great tool to boost fitness (mental and physical!) without creating a ton of fatigue.

Strides: A short acceleration, typically 60-150m or 15-30 seconds, meant to work on leg turn over and good running form. Think of stepping up and over a small hurdle (i.e. mid-shin), pushing the ground away from you as you accelerate.

Cross training: A form of cardio other than running meant to work on the aerobic system, without overloading the physical system. Think biking, elliptical, swimming.

Rest days: Often just as important as the workout days, rest days mean doing everything you can to allow your body to absorb all that hard work and be ready to nail it in your upcoming workouts. In order to allow your body to adapt and gain fitness you must allow it to rest. Training through chronic fatigue is a recipe for injury, underperforming and burnout!

WEEK 1: BASE building

18km total

Monday- optional cross train 30 minutes + strength work

Tuesday- 5km easy run

Wednesday- optional cross train 30 minutes + strength work

Thursday- 5km easy run

Friday- rest day

What are you doing today to set yourself up for success this week?

Saturday- 8km long run

Sunday- rest day

Weekly reflection prompt: I run because...

WEEK 2: BASE building

19km total

Monday- optional cross train 30 minutes + strength work

Tuesday- 5km easy run

Wednesday- optional cross train 30 minutes + strength work

Thursday- 5km easy run

Friday- rest day

Enjoy some downtime! Rest is an important part of training.

Saturday- 9km long run

Sunday- rest day

Weekly reflection prompt:

What negative messages creep into my brain when negative self talk is taking over?
How can I take each of those and spin it into a more positive frame of mind?

WEEK 3: BASE building

20km total

Monday- optional cross train 30 minutes + strength work

Tuesday- 5km easy run + strides

Think of these as just little pick ups

Introducing a little turn over to the legs

10x 20s hard + 1mins easy done in the run

*this is NOT a sprint

Work on driving your foot up and pulling it down

Wednesday- optional cross train 30 minutes + strength work

Thursday- 5km easy run

Friday- rest day

What do you need to prioritize in order to have a great long run tomorrow?

Saturday- 10k long run

Keep your pace easy and consistent, finishing strong. Make sure to work on fuelling and call yourself out on any negative self talk!

GOAL: Building that aerobic base and nailing great habits from the start!

Sunday- rest day

Weekly reflection prompt:

Positive Vibes Only! How can I live this in the upcoming week?

WEEK 4: INTRO workouts

21km

Monday- optional cross train 30 minutes + strength work

Tuesday- 5km fartlek

1km easy

3km done as 1min hard + 1min easy

1km easy

*this should be done based on effort and the goal is to maintain the same effort throughout

Wednesday- optional cross train 30 minutes + strength work

Thursday- 5km easy run

Friday- rest day

Pro tip: Legs up the wall is recovery gold for runners. Find 5 minutes to make it happen today!

Saturday- 11km long run

Easy pace is fair game!

GOAL: Enjoy the ride! What do you notice about yourself or the world on the run that fills you with wonder today?

Sunday- rest day

Weekly reflection prompt:

What have I been doing to embrace the process? How can I up my game?

WEEK 5: INTRO workouts

22km

Monday- optional cross train 30 minutes + strength work

Tuesday- 5km hills

1km easy

3km of hill repeats (hard up and easy down continuously)

1km easy

*Hill should ideally be 80-150m long

Goal: to work on run strength and good run technique

-think of driving your foot up and pulling it down

-be sure to stand tall

Wednesday- optional cross train 30 minutes + strength work

Thursday- 5km easy

Friday- rest day

Gut check - how has your sleep hygiene been recently?

Saturday- 12km long run

You got this! As in previous weeks, aim to end strong! Stick with easy pace, but aim to get down to high aerobic in the end for a strong finish!

PRO TIP: When you start to feel fatigue setting in, focus on form for 1 minute. Repeat at the top of every km

Sunday- rest day

Weekly reflection prompt:

In training this week, what brought me joy?

WEEK 6: INTRO workouts

23km

Monday- optional cross train 30 minutes + strength work

Tuesday- 5km progression workout

Start at easy run pace

Get a little faster each km

Pro tip: make sure you start easy!

Wednesday- optional cross train 30 minutes + strength work

Thursday- optional cross train 30 minutes + strength work

Friday- rest day

Find a comfortable, quiet space and take a moment to scan your body. What areas need a little attention today?

Saturday-13km long run

Keep it easy and be sure to end strong!

PRO TIP: Think of what you plan to eat on race day (and the evening before!) and try to mimic the same thing for this run.

Sunday- rest day

Weekly reflection prompt:

Even if there were no race, I would work hard because...

WEEK 7: INTRO workout

~25km

Monday- optional cross train 30 minutes + strength work

Tuesday- 6km tempo workout

1k easy

3x 1km @ tempo pace with 200m easy in between

1.4km

Wednesday- optional cross train 30 minutes + strength work

Thursday- 5km easy run

Friday- rest day

What are you doing today to support you in pursuing your goals?

Saturday- 14km long run

Sunday- rest day

Weekly reflection prompt:

Things I have been doing outside of running itself to support my running...

WEEK 8: Building phase

~27km

Monday- optional cross train 30 minutes + strength work

Tuesday- 6km fartlek workout

1k easy

4km done as 2mins hard + 1min easy

1km easy

Wednesday- optional cross train 30 minutes + strength work

Thursday- 6km easy run

Friday- rest day

Consider the negative effect that screen time could be having on your recovery and training in general. Do you need to make any adjustments? See how you feel if you commit to that today

and for the rest of the week.

Saturday- 15km long run

All easy pace today.

Have you practiced your fueling for race day?

Think not just about the run itself, but also dinner the night before and breakfast morning of.

Sunday- rest day

Weekly reflection prompt:

Most runners are infinitely stronger than they ever give themselves credit for. In what ways are you incredibly strong, mentally and physically?

CHECK IN

You're halfway through this training plan! Congrats!

Now is the perfect time for a check in on how you're progressing.

First thing, let's reflect on how training has been going so far.

What have you been crushing?

What could use some work?

Now is a great time to remember those goals you set at the beginning of the training cycle.

Are you still excited about them? Do they still serve you?

What could you be doing to continue to close the gap between where you are today and where you need to be to achieve those goals?

Finally, let's use the box below to set some intentions for the second half of the training cycle. These intentions are meant to help focus your efforts in order to help your goals become a reality. In short, how can you continue to show up for yourself in pursuit of those goals?

Now back to training! In case you need to hear it, quick reminder to make sure you are embracing the process and having FUN with it!

YOU GOT THIS!

Actions I am going to focus...

For the rest of the training cycle:

- 1.
- 2.
- 3.

WEEK 9: Building phase

29km

Monday- optional cross train 30 minutes + strength work

Tuesday- 6km hills workout

1km easy

3km of hill repeats (hard up/easy down)

at the bottom of the last hill go right in to a 1km tempo

1km easy

Goal: work hard while the legs are burning.

Wednesday- optional cross train 30 minutes + strength work

Thursday- 7km easy run

Friday- rest day

Recovery is a VERY important part of training. Sleep, nutrition, mobility work, yoga, meditation and treatment are all important parts of recovery. Is there an area where you have untapped potential?

Saturday- 16km long run

Sunday- rest day

Weekly reflection prompt:

My positive mantras when things get tough are:

WEEK 10: Building phase

32km

Monday- optional easy run 4km + strength

Tuesday- 7km tempo workout

1km easy

2x 2km @ tempo pace w/ 500m easy in between

1km easy

Wednesday- optional cross train 30 minutes + strength work

Thursday- 4km easy run

Friday- rest day

Tomorrow you have a long run workout. Get excited and be sure to be practicing race day routines so that you head into race day with all kinds of confidence!

Saturday- 17km long run

Make sure to work on fueling routine and those positive mantras.

*If you're feeling good do up to 8km at high aerobic, otherwise, all easy !

Sunday- rest day

Weekly reflection prompt:

List three things you are proud of this training cycle so far:

- 1.
- 2.
- 3.

WEEK 11: Building phase

35km

Monday- optional easy run 4km + strength

Tuesday- 7km progression workout

1km easy

5km done as progression, get a little faster each kilometer

1km easy

Wednesday- optional cross train 30 minutes + strength work

Thursday- 6km easy run

Friday- rest day

Embrace the rest day. What can you do today to set yourself up for success on the long run tomorrow?

Saturday- 18km long run

Sunday- rest day

Weekly reflection prompt:

What would you like to tell yourself as you toe the line on race day? Thinking of those encouraging words long before the nerves set in can help build confidence as those positive vibes become your truth.

WEEK 12: Down week

23km

Monday- optional cross train 30 minutes + strength work

Tuesday- 7km fartlek workout

1km easy

5km done as:

3mins @ tempo pace + 1min easy

2mins @ 10km pace + 1min easy

1min @ 5km pace + 2mins easy

1km easy

Wednesday- optional cross train 30 minutes + strength work

Thursday- 5km easy run

Friday- rest day

What are you doing today to help you reach those goals? Remember rest and recovery are VERY important parts of training

Saturday- 11km long run

Enjoy the long run! All easy pace today.

Sunday- rest day

Weekly reflection prompt:

Where have you thrived in your recent tough workouts:

1.

2.

3.

WEEK 13: Peak week

40km

Monday- optional 5km easy run + strength

Tuesday- 8km Hill + tempo workout

1km easy

4km of hill repeats (hard up/easy down)

at the bottom of the last hill go right in to a 2km @ tempo pace

1km easy

Wednesday- optional cross train 30 minutes + strength work

Thursday- 7km easy run

Friday- rest day

Enjoy the day off! We highly recommend setting aside a few moments for some gentle yoga, meditation or visualization

Saturday- 20km long run

So exciting be sure to keep it positive vibes only. Aim to keep the pace easy and consistent.

Use this as an opportunity to practice your race day routine.

Sunday- rest day

Weekly reflection prompt:

What are your areas of opportunity from your recent tough workouts?

1.

2.

3.

WEEK 14: PEAK week

43.4km

Monday- optional 5km easy run + strength

Tuesday- 9.4km interval workout

1km warm up @ easy pace

1km @ tempo pace + 800m @ 5k pace + 1km @ tempo pace + 400m @ fast pace + 1km @ tempo pace + 200m fast pace + 1km @ tempo pace

2:00 rest after each interval

1km cool down @ easy pace

Wednesday- optional cross train 30 minutes + strength work

Thursday- 8km easy run

Friday- rest day

Enjoy the day off! How has your hydration been lately? What about nutrition?

Saturday- 21km long run

LONGEST long run... YOU. GOT. THIS.

Think of this as your dress rehearsal for race day.

DO NOT race this! Keep the pace easy BUT if you are feeling good in the last 5km you can pick up the pace.

GOAL = end strong + positive

Sunday- rest day

Weekly reflection prompt:

Imagine a good friend or training partner giving you a pep talk before your race. What would they say?

WEEK 15: TAPER

24.2km

Monday- optional cross train 30 minutes + strength work

Tuesday- 6km interval workout

1km easy

1 mile @ tempo pace

1200m @ 10km pace

800m @ 10km pace

400m @ 5km pace

200m @ FAST pace

2:00 rest between each interval

1km easy

Wednesday- optional cross train 30 minutes + strength work

Thursday- 6km easy run

Friday- rest day

What have been three big recovery wins for you over your time as a runner? How can you put those things into practice today?

Saturday- 12km long run

Enjoy the run! IF feeling good do a few pick ups in the second half: 10x 20s hard + 20s easy. Otherwise, all easy pace today.

Work on good running form picking feet up and standing tall

Sunday- rest day

Weekly reflection prompt:

What have you been doing to set yourself up for success on long runs that you can implement on race day?

RACE PLAN:

Time to start planning the big day!

"Failing to prepare is preparing to fail"

-John Wooden

With race day right around the corner, it's time to start thinking through the details. Remember that you want to control what you can and be ready to respond to anything else that may come your way. This is the best way to set yourself up for success and to be able to put all that hard work into action!

Guess what?! It WILL get tough on race day! Often times runners assume that since the training is done, the race will be easy. If race day is easy, you are doing yourself and your training an absolute injustice! The reason we train hard is so that we can fight through the tough parts come race day.

Start thinking now about how you will respond when that voice pipes up to tell you that you aren't strong enough on race day. It can be as simple as 'You got this':

- 1.

- 2.

- 3.

If you haven't already, we recommend planning race day out as much as feels helpful to you and doing so well in advance. A few things to consider:

When/where do you have to pick up your bib?

What does the weather look like? Reminder, do not obsess over this as you cannot control it. We simply want you to consider how you will respond to whatever Mother Nature throws your way.

What are you going to wear?

What does your race day morning look like?

What is your pre race meal?

How are you getting to the race?

WEEK 16: TAPER

36km

Monday- REST DAY + light activations

Tuesday- 6km interval workout

1k warm up @ easy pace

1k @ tempo pace

4x 400m 'light & quick'

1k @ tempo pace

w/ 60s rest between everything

1k cool down @ easy pace

Wednesday- optional cross train 30 minutes + strength work

OR can take today off in order to rest up for the big day!

Thursday- 5km easy + strides

10x 20s stride + 20s easy

Reflect on all of your hard work, visualize race day and positive vibes only!

Friday- rest day

Enjoy the day off! If possible, try to get all last minute details taken care of today, including picking up your race kit.

Saturday- Shakeout

3-5k @ easy pace

6x 20s strides

Go through run drills and active mobility, then REST UP!!!

Sunday- RACE DAY

TODAY IS THE DAY! You got this!

Remember to think of this as a celebration of all of your hard work. You are strong. You are ready. Got get it!

Weekly reflection prompt:

"I have been fair in evaluating my performance". In what ways is that true or not true for you?

CONGRATS!!!

We are so proud of you and you should be too!

Be sure to take some time to reflect both on your race and your training cycle as a whole.

Whether you had the race of your life, or you walked away dreaming of more, remember that each step we take is fuel for the next. By reflecting on your racing and training, you'll be better able to find your personal sweet spot, building greater confidence in your ability to succeed with each new opportunity.

Finally, as always, don't forget to consider the process. While race day is important, this journey is not defined by the outcome of that single outing. Think big picture, zoom in on details, and be honest with yourself along the way.

A few prompts to get you started:

Where was I tremendous?

Where do I have the opportunity to grow?

Am I evaluating my performance fairly?

What can I learn from this experience?

What wins did I have throughout this process?

How was I able to turn setbacks into opportunities? How could I do so better in future?

What am I excited about right now?