

Intermediate Half Marathon Training Program

The Intermediate Half Marathon Program is best suited for those who have been running at least 4-5 times per week for 50-90 minutes and riding the ElliptiGO 1-3x per week for 45-60 minutes for at least six months. If you are running less consider the Beginning Half Marathon Program.

DAY MODE INTENSITY I-RATE SYSTEM HEART RATE	Monday Run	Tuesday ElliptiGO + ST	Wednesday Run-Speed	Thursday ElliptiGO + ST/Rest	Friday Run/ElliptiGO	Saturday Endurance Run	Sunday Rest/ElliptiGO
	Easy Effort 6-7 65-70%	Moderate 7+ 70-75%	Challenging 8-9 80-90%	Easy 6-7 65-70%	Easy Effort 6-7 65-70%	Conversational/Race Pace 6-8 65-80%	Moderate 7-8 70-80%
WEEK 1	50 minutes 4x Striders	45 minutes ElliptiGO 15-20min Strength Training	50 minutes Easy Pace	45 minutes ElliptiGO 15-20min Strength Training	Run: 40 minutes	7 miles	Rest
WEEK 2	50 minutes 4x Striders	45 minutes ElliptiGO 15-20min Strength Training	50 minutes Easy Pace	45 minutes ElliptiGO 15-20min Strength Training	Run: 40 minutes	8 miles	Rest
WEEK 3	50 minutes 4x Striders	45 minutes ElliptiGO 15-20min Strength Training	60 minutes Easy Pace	45 minutes ElliptiGO 15-20min Strength Training	Run: 40 minutes	9 miles	Rest
WEEK 4	50 minutes 4x Striders	50 minutes ElliptiGO 15-20min Strength Training	50 minutes Easy Pace <i>Pickups</i>	Rest	40 minutes ElliptiGO	7 miles [Race Pace Run]	50 minutes ElliptiGO Hilly Terrain Moderate Effort
WEEK 5	45 minutes 4x Striders	50 minutes ElliptiGO 15-20min Strength Training	60 minutes Easy Pace <i>Pickups</i>	45 minutes ElliptiGO 15-20min Strength Training	Run: 40 minutes	10 miles	Rest
WEEK 6	60 minutes 4x Striders	50 minutes ElliptiGO 15-20min Strength Training	60 minutes Easy Pace <i>Pickups</i>	45 minutes ElliptiGO 15-20min Strength Training	Run: 40 minutes	11 miles	Rest
WEEK 7	60 minutes 4x Striders	50 minutes ElliptiGO 15-20min Strength Training	<i>Tempo A</i>	Rest	40 minutes ElliptiGO	7 miles [Race Pace Run]	60 minutes ElliptiGO Hilly Terrain Moderate Effort
WEEK 8	45 minutes 4x Striders	60 minutes ElliptiGO 15-20min Strength Training	<i>Tempo A</i>	45 minutes ElliptiGO 15-20min Strength Training	Run: 40 minutes	12 miles	Rest
WEEK 9	60 minutes 4x Striders	60 minutes ElliptiGO 15-20min Strength Training	<i>Tempo B</i>	45 minutes ElliptiGO 15-20min Strength Training	Run: 40 minutes	13 miles	Rest

WEEK 10	60 minutes 4x Striders	60 minutes ElliptiGO 15-20min Strength Training	<i>Tempo B</i>	Rest	40 minutes ElliptiGO	8 miles [Race Pace Run]	70 minutes ElliptiGO Hilly Terrain Moderate Effort
WEEK 11	45 minutes 4x Striders	60 minutes ElliptiGO 15-20min Strength Training	<i>Tempo C</i>	45 minutes ElliptiGO 15-20min Strength Training	Run: 40 minutes	14 miles	Rest
WEEK 12	50 minutes 4x Striders	50 minutes ElliptiGO 15-20min Strength Training	<i>Tempo C</i>	Rest	40 minutes ElliptiGO	8 miles	40 minutes ElliptiGO Hilly Terrain Moderate Effort
WEEK 13	40 minutes 4x Striders	30 minutes ElliptiGO 15-20min Strength Training	<i>Tempo C</i>	Rest	40 minutes ElliptiGO	6 miles	Rest
WEEK 14	40 minutes 4x Striders	30 minutes ElliptiGO	30 minutes <i>Pickups</i>	Rest	Rest	15-20 minutes 4x Striders	Race Day!

Recovery Week 1	Rest	ElliptiGO 20 minutes	Rest	ElliptiGO 20-30 minutes	Rest	ElliptiGO 30 minutes	Run: 30 minutes
Recovery Week 2	Rest	ElliptiGO 30 minutes	Run: 30 minutes	ElliptiGO 30 minutes	Rest	4-5 miles	Rest
Recovery Week 3	ElliptiGO 40 minutes	Run: 40 minutes	Rest	ElliptiGO 40 minutes	Rest	6 miles	ElliptiGO 40 minutes
Recovery Week 4	Rest	Run: 45 minutes	ElliptiGO 40 minutes	Run: 45 minutes	ElliptiGO 40 minutes	7 miles	Rest

Warm-up: 5 minutes in addition to the schedule workout times above at an easy pace prior to every workout to gradually increase circulation to working muscles, heart and breathing rates.

Cool-down: 5 minutes in addition to the schedule workout times above at an easy pace after to every workout to gradually bring heart rate and breathing back to normal levels.

Flexibility: Stretch after every workout when the muscles are warm to maintain or improve flexibility and prevent injuries.

a fast but controlled pace is reached, focusing on form and quick foot strike. Follow with one minute of easy walking. Repeat 4 times.

Heart Rate: If you have a heart rate monitor, maintain a range between the prescribed percentages (eg., 65-75% of estimated maximum heart rate).

i-Rate Scale: A simple way to rate your effort level by your perception or perceived exertion. Rate your level of intensity by how you feel, 1-10. 1 being at rest, 6-7 able to talk, 8 you can hear your breathing, 9 you can hold for a few minutes and 10- being an all out level. Use this system to stay in the smart training range listed on the training program (i.e. 6-7)

ElliptiGO: Riding the ElliptiGO is an effective cross training mode for half marathon training as it mimics the running motion with very low impact on the body thereby reducing the risk of injury and allowing for greater boost in training frequency, duration and intensity. The ElliptiGO gliding motion and gearing activate slightly different muscle movements versus running including the gluteals, inner thighs (adductors), quads and core - which effectively strengthens and balances the muscles, tendons and joints. It can also aid in efficient recovery and reduce burnout. The ElliptiGO is woven into this training plan as cross-training during the week and in combination with the cutback long runs to build endurance. Start and finish every ElliptiGO workout with 5 minutes of very easy paced riding and train at the prescribed effort level (eg., 7 on the iRate Scale or 70-75% heart rate).

Race Pace Run: Run first 3 miles of the run at an easy, conversational pace and the remaining miles at planned half marathon pace (race pace). This is a great way to train mentally for the race and teach your body the pace needed on race day. The key is to run at race pace and no faster.