

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Final Kick Events
11/14	20 min	Rest	20 min	20 min	Cross Train or Rest	3 miles	Cross Train or Rest	11/19 Kick Off
11/21	2 miles	Rest	2 miles	2 miles	Cross Train or Rest	3 miles	Cross Train or Rest	
11/28	2 miles	Rest	2 miles	2 miles	Cross Train or Rest	Surf n Santa 5k or 4 miles	Cross Train or Rest	
12/5	2 miles	Rest	3 miles	2 miles	Cross Train or Rest	4 miles	Cross Train or Rest	
12/12	2 miles	Rest	3 miles	2 miles	Cross Train or Rest	5 miles	Cross Train or Rest	Coat Run 12/17
12/19	2 miles	Rest	3 miles	2 miles	Cross Train or Rest	5 miles	Cross Train or Rest	



18 Week Training Period Begins November 14, 2011

Congratulations on your commitment to train for the upcoming 2012 Yuengling Shamrock Marathon! Be sure to attend our Coat Run/Long Run on Saturday, December 17th. See "Event Details" on the back of this training program. Follow us on the Web, Facebook and Twitter for details and upcoming clinics, training tips and events at Final Kick Sports! To join our mailing list Text "ROCKON" to 22828

This schedule is a guide it is not an absolute. Rearrange days on which you run or walk to what best fits your schedule.

The schedule shows miles, but you can run or walk for time as well if you do not have measured courses where you normally train. In other words, if you run or walk 12 minute miles and you are scheduled for 3 miles, stay out for 36 minutes. If you don't know what your pace per mile is, use 10 min/mile as the standard for runners and 15 min/mile for walkers.

Runners-you don't need to run the entire time you're training! Taking walk breaks is a great way to extend the distance you can comfortably complete. Experiment with different run/walk ratios to find the one that works best for you. For example, start with a 5-10 minute warm up walk, then run for a set time, walk for a set time, and continue that pattern throughout your run. The important thing to remember is to start taking your walk breaks early, before you reach the point of exhaustion.

The key events each week are the long runs and walks and rest days. Long runs and walks build gradually to give you the endurance you need to finish the race. Rest and easy days are critical to allow your body to recover from the training build-up. The remaining events during the week serve as your base and will help you get through the long distances more comfortably with less chance of injury.

If you are currently running or walking more than what the schedule calls for in the beginning, simply maintain what you are doing until the schedule catches up.

The schedule includes 4 days of running or walking, 2 days of rest, and 1 day of cross training. Cross training is other forms of exercise which will help improve or maintain cardiovascular fitness while giving your feet and legs a break from the pounding of running & walking. Swimming & biking are good cross training activities.

An occasional race is a good way to experience the logistics, excitement, pacing, etc of race day before the actual half. This schedule is set up to accommodate the Distance Series of races, which are specifically designed to get runners ready for the half marathon.

**JOIN US FOR
ONE OF OUR FREE
WEEKLY WORKOUTS**

All levels ALWAYS welcome!



TUE 5:30 pm: RUN Track
THUR 5:30 pm: RUN Tempo
SAT 7:30 am: Group RUN
SUN: Group BIKE Ride



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757-481-3400



Yuengling



**2012 Yuengling
Shamrock
Sportsfest**

Event Details: 12-17-11

Coat Run/Long Run (5 miles)

Start the run in your gently used coat, drop it at the mile mark donation box and receive 25% off all winter apparel at Final kick Sports! Donations will be made to local **People In Need**.



**Half
Marathon
Training Program
Weeks 1-6**