Hershey Half Marathon

13.1 mile Training for Runners and Walkers

Blueprints for Wellness

August 2012

PENNSTATE HERSHEY
Milton S. Hershey Medical Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 25 min easy	2 20-30 min XT	3 30 min easy	4 3 miles conversational
5 REST	6 30 min moderate	7 25-30 min XT	8 35 min easy	9 25-30 min XT	10 30 min easy	11 5 miles conversational
12 REST	13 35 min moderate	14 25-30 min XT	15 40 min easy	16 25-30 min XT	17 REST	18 6 miles conversational
19 REST	20 35 min moderate	21 30-40 min XT	22 40 min easy	23 30-40 min XT	24 30 min easy	25 7 miles conversational
26 REST	27 40 min moderate	28 30-40 min XT	29 45 min easy	30 30-40 min XT	31 30 min easy	

Hershey Half Marathon

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SEPTEMBER 2012

Blueprints for Wellness

PENNSTATE HERSHEY
Milton S. Hershey Medical Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 8 miles conversational
2 REST	3 40 min moderate	4 30-40 min XT	5 50 min easy	6 30-40 min XT	7 REST	8 7 miles conversational
9 REST	10 45 min moderate	11 30-40 min XT	12 50 min easy	13 30-40 min XT	14 30 min easy	15 9 miles conversational
16 REST	17 45 min moderate	18 30-40 min XT	19 50 min easy	20 30-40 min XT	21 30 min easy	22 10 miles conversational
23 REST	24 45 min moderate	25 30-40 min XT	26 50 min easy	27 30-40 min XT	38 30 min easy	29 8 miles conver. 30 REST

Hershey Half Marathon

13.1 mile Training for Runners and Walkers

OCTOBER 2012

Blueprints for Wellness

PENNSTATE HERSHEY Milton S. Hershey Medical Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 45 min moderate	2 30-40 min XT	3 45 min easy	4 30-40 min XT	5 30 min easy	6 7 miles conversational
7 REST	8 40 min moderate	9 30-40 min XT	10 45 min easy	11 30-40 min XT	12 REST	13 6 miles conversational
14 REST	15 40 min moderate	16 REST	17 30 min easy	18 30-40 min XT	19 15-20 min easy or REST	20 REST
21 **HERSHEY HALF MARATHON!**	22	23	24	25	26	27
28	29	30	31			

About the Program:

- The schedule is flexible – Adjust your activity to the days of the week to make the schedule work for you. Be sure that a rest day follows the weekly long run to allow your body time to recuperate.
- Listen to your body. Take a rest day if needed.
- You might find it helpful to write notes each day regarding your mileage, where you went, how you felt, etc.

Key:

- **Conversational pace** – 60-70% of maximum heart rate (max HR); at this pace you should be able to speak in short phrases
- **Easy pace** – 70-75% of MHR; at this pace you should be able to speak a little
- **Moderate pace--** 75-80% of MHR; at this pace talking should be difficult, but not impossible
- **XT (Cross training)** – Cross-training is an activity other than your race event (i.e. running or walking). It might include strength training such as weight lifting, Pilates, or yoga. Cardio cross-training can include an activity such as cycling, swimming, or elliptical training. If your body needs a rest, you can use the XT day as a rest day.

- **Warmup** – Walk five minutes at an easy pace before every run
- **Cooldown** – Walk five minutes at an easy pace and stretch after every run

Disclaimer:

This program is a suggestion to follow for training. It has not been endorsed by a physician. Always check with your physician before beginning any physical exercise. The Penn State Hershey Medical Center is not liable or responsible for any injuries incurred by participants who choose to follow this training program.

Blueprints for Wellness
Penn State Milton S. Hershey Medical Center
Employee Wellness Program
Department of Human Resources, A590
600 Centerview Drive, Suite 5200
P.O. Box 850
Hershey, PA 17033-0850

Phone: 717.531.0003 Ext. 289355
E-mail: wellness@hmc.psu.edu