



**12 Week Novice to Intermediate Training
Schedule for the San Jose Rock'n'Roll Half Marathon**

*Based on time not miles
Updated 6-24-2010*

This training program assumes that you already have a base training level, meaning that you are exercising at least 30 minutes (continuously) for a minimum of 3 days a week. Please consult with your doctor before beginning any new training program. You may choose to run, walk, or mix walking and running. The walk/run option means that you have chosen a walk/run rhythm and will be consistent in your use of this technique in your training. Ask about this technique if you have questions.

Week A	June 21 – 27, 2010	Goal - Build Strength and Endurance
Monday	REST	
Tuesday	30 - 60 minutes of core, strength, and flexibility training	
Wednesday	Track Workout or 30 minute hill workout with additional 5 – 10 minute warm-up and cool-down	
Thursday	REST	
Friday	30 minutes of running, walking, or combination at a steady pace	
Saturday	30 - 60 minutes of core, strength, and flexibility training or REST	
Sunday	60 minutes of running, walking or combination (5 min warm-up, 55 min easy)	

Total time walking or running _____

Week B	June 28 – July 4	Goal - Build Strength and Endurance
Monday	REST	
Tuesday	30 - 60 minutes of core, strength, and flexibility training	
Wednesday	Track Workout or 30 minute hill workout with additional 5 – 10 minute warm-up and cool-down	
Thursday	REST	
Friday	30 minutes of running, walking, or combination at a steady pace	
Saturday	30 - 60 minutes of core, strength, and flexibility training or REST	
Sunday	70 minutes of running, walking or combination (5 min warm-up, 65 min easy)	

Total time walking or running _____

Week C	July 5 – 11, 2010	Goal - Build Strength and Endurance
Monday	REST	
Tuesday	30 - 60 minutes of core, strength, and flexibility training	
Wednesday	Track Workout or 30 minute hill workout with additional 5 – 10 minute warm-up and cool-down	
Thursday	REST	
Friday	30 minutes of running, walking, or combination at a steady pace	
Saturday	30 - 60 minutes of core, strength, and flexibility training or REST	
Sunday	80 minutes of running, walking or combination (5 min warm-up, 1 hrs 25 min easy)	

Total time walking or running _____

Week 1 of 12	July 12 – 18, 2010	Goal - Build Strength and Endurance
Monday	REST	
Tuesday	30 - 60 minutes of core, strength, and flexibility training	
Wednesday	Track Workout or 30 minute hill workout with additional 5 – 10 minute warm-up and cool-down	
Thursday	REST	
Friday	30 minutes of running, walking, or combination at an easy pace	
Saturday	30 - 60 minutes of core, strength, and flexibility training or REST	
Sunday	90 minutes of running, walking or combination (5 min warm-up, 1 hrs 25 min easy)	

Total time walking or running _____

Compliments of the WOW Team – Join us for Training!

<http://GoWOWTeam.com>
go@gowowteam.com

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Week 2 of 12 July 19 – 25, 2010 **Goal - Build Strength and Endurance**

Monday	REST
Tuesday	30 - 60 minutes of core, strength, and flexibility training
Wednesday	Track Workout or 30 minute hill workout with additional 5 – 10 minute warm-up and cool-down
Thursday	REST
Friday	35 minutes of running, walking, or combination at an easy pace
Saturday	Cross train or rest
Sunday	100 minutes of running, walking or combination (5 min warm-up, 1 hrs 35 min easy)

Total time walking or running _____

Week 3 of 12 July 26 – August 1, 2010 **Goal - Build Strength and Endurance**

Monday	REST
Tuesday	30 - 60 minutes of core, strength, and flexibility training
Wednesday	Track Workout or 30 minute hill workout with additional 5 – 10 minute warm-up and cool-down
Thursday	REST
Friday	40 minutes of running, walking, or combination at an easy pace
Saturday	Cross Train 1 Hour or REST
Sunday	110 minutes of running, walking or combination (5 min warm-up, 1 hrs 45 min easy)

Total time walking or running _____

Week 4 of 12 August 2 – 8, 2010 **Goal - Build Strength and Endurance**

Monday	REST
Tuesday	30 - 60 minutes of core, strength, and flexibility training
Wednesday	Track Workout or 30 minute hill workout with additional 5 – 10 minute warm-up and cool-down
Thursday	REST
Friday	45 minutes of running, walking, or combination at an easy pace
Saturday	Cross Train 1 Hour or REST
Sunday	120 minutes of running, walking or combination (5 minutes warm-up, 110 minutes steady, 5 minutes easy)
Sunday	120 minutes of running, walking or combination (5 min warm-up, 1 hrs 50 min steady, 5 min easy)

Total time walking or running _____

Week 5 of 12 August 9 – 15, 2010 **Goal - Build Strength and Endurance**

Monday	REST
Tuesday	45 - 60 minutes of core, strength, and flexibility training
Wednesday	Track Workout or 30 minute hill workout with additional 5 – 10 minute warm-up and cool-down
Thursday	REST
Friday	50 minutes of running, walking, or combination at an easy pace
Saturday	45 - 60 minutes of core, strength, and flexibility training or REST
Sunday	130 minutes of running, walking or combination (5 min warm-up, 2 hrs steady, 5 min easy)

Total time walking or running _____

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Week 6 of 12 August 16 – 22, 2010 **Goal - Build Strength and Endurance**

Monday	REST
Tuesday	45 - 60 minutes of core, strength, and flexibility training
Wednesday	Track Workout or 30 minute hill workout with additional 5 – 10 minute warm-up and cool-down
Thursday	REST
Friday	55 minutes of running, walking, or combination at an easy pace
Saturday	Cross Train 1 Hour or REST
Sunday	140 minutes of running, walking or combination (5 min warm-up, 2 hrs 10 min steady, 5 min easy)

Total time walking or running _____

Week 7 of 12 August 23 – 29, 2010 **Goal - Build strength and endurance**

Monday	REST
Tuesday	45 - 60 minutes of core, strength, and flexibility training
Wednesday	Track Workout or 30 minute hill workout with additional 5 – 10 minute warm-up and cool-down
Thursday	REST
Friday	60 minutes of running, walking, or combination at an easy pace
Saturday	Cross Train 1 Hour or REST
Sunday	150 minutes of running, walking or combination (5 min warm-up, 2 hrs 20 min steady, 5 min easy)

Total time walking or running _____

Week 8 of 12 August 30 – September 5, 2010 **Goal - Build strength and endurance**

Monday	REST
Tuesday	45 - 60 minutes of core, strength, and flexibility training
Wednesday	Track Workout or 30 minute hill workout with additional 5 – 10 minute warm-up and cool-down
Thursday	REST
Friday	60 minutes of running, walking, or combination at a steady pace (incl. warm-up 5 – 10 minutes)
Saturday	Cross Train 1 Hour or REST
Sunday	160 minutes of running, walking or combination (5 min warm-up, 2 hrs 30 min steady, 5 min easy)

Total time walking or running _____

Week 9 of 12 September 6 – 12, 2010 **Goal - Build strength and endurance**

Monday	REST
Tuesday	45 - 60 minutes of core, strength, and flexibility training
Wednesday	Track Workout or 30 minute hill workout with additional 5 – 10 minute warm-up and cool-down
Thursday	REST
Friday	60 minutes of running, walking, or combination at a steady pace (incl. warm-up 5 – 10 minutes)
Saturday	Cross Train 1 Hour or REST
Sunday	170 minutes of running, walking or combination (5 min warm-up, 2 hrs 40 min steady, 5 min easy)

Total time walking or running _____

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Week 10 of 12 September 13 – 19, 2010

Goal – Build Strength and Endurance

Monday	REST
Tuesday	45 - 60 minutes of core, strength, and flexibility training
Wednesday	Track Workout or 30 minute hill workout with additional 5 – 10 minute warm-up and cool-down
Thursday	REST
Friday	60 minutes of running, walking, or combination at a steady pace (incl. warm-up 5 – 10 minutes)
Saturday	Cross Train 1 Hour or REST
Sunday	3 hours (180 minutes) of running, walking or combination (5 min warm-up, 2 hrs 50 min steady, 5 min easy)

Total time walking or running _____

Week 11 of 12 September 20 – 26, 2010

Goal - Taper

Monday:	REST
Tuesday	45 - 60 minutes of core, strength, and flexibility training
Wednesday	Track Workout or 30 minute hill workout with additional 5 – 10 minute warm-up and cool-down
Thursday	REST
Friday	60 minutes of running, walking, or combination at a steady pace (incl. warm-up 5 – 10 minutes)
Saturday	Cross Train 1 Hour or REST
Sunday	120 minutes of running, walking, or combination (5 min warm-up, 110 minutes steady, 5 minutes easy)

Total time walking or running _____

Week 12 of 12 September 27 – October 3, 2010

Goal - Race!

Monday	REST
Tuesday	45 - 60 minutes of core, strength, and flexibility training
Wednesday	Track Workout or 30 minute hill workout with additional 5 – 10 minute warm-up and cool-down
Thursday	REST
Friday	5 minutes easy, 20 minutes hard, 5 minutes easy
Saturday	REST
Sunday	Run or Walk or Run/Walk your Half Marathon. Go like the wind!

You Made IT!!!

*** Notes:**

If you can't run consistently (or choose not to do so) we recommend a walk 2 minutes/jog 2 minutes starting regimen. Once you feel comfortable with this pace you may increase jogging time and decrease walking time. For example, 2 minutes walk/ 6 -7 minutes jogging. If you always want to walk, then vary fast walking with slower walking to allow your body time to improve.

This training program assumes that you have checked with your doctor and are cleared to exercise at this level.

If you can join us for our weekend workouts, please go to <http://GoWOWTeam> for full details and a weekly calendar of scheduled workouts. We are also on meetup.com at <http://meetup.com/gowowteam> , facebook.com at Go WOW Team and <http://twitter.com/gowowteam>. Take a look! Thank you!

Best of luck!

Compliments of the WOW Team – Join us for Training!

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