



Half Marathon Training Guide

12-WEEK PROGRAM | VACATION RACES



YOUR NEXT ADVENTURE IS JUST A FEW STEPS AWAY!

WHETHER YOU'RE A SEASONED RUNNER OR JUST GETTING STARTED, A SUCCESSFUL TRIP STARTS WITH A *GOOD FOUNDATION.*

At Vacation Races, we've been hosting half marathons around the National Parks for ten years! We've been fortunate to explore incredibly beautiful landscapes, meet awesome people, and share our love for fitness and the outdoors with tens of thousands of people.

Of these thousands, we get to witness many diverse stories — the runner who is racing in all 50 states, the group of friends running in memory of a loved one, the woman who ran her first half marathon in her 60s. We hope you'll join our running family too!

Sometimes, running a half marathon can be a bit intimidating, but with consistent training and the will to finish, you'll be grinning and holding your medal in no time!

We've put together a brief training plan to help you get started on your half marathon journey.

Happy running!



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TIPS FOR SUCCESS



1 Review the terrain for your upcoming race. Is it dirt trail, paved road, a sandy desert? Try to incorporate a few training runs that mimic the type of surface that you'll be racing on. This can help you feel confident on race day.

Know if your race is flat or hilly. If it's got hills, make sure you add some hills to your training regimen. Remember to lift your knees and pump your arms to help drive you uphill. On downhills, stay light and try to avoid striking the ground with your heel (when running, the ball of your foot should be the first part to touch the ground) this can help save your knees.



3 Find foods that fuel you and make you feel good. You don't want an upset stomach on race day, so figure out which foods sit well with you beforehand.

Train in different types of weather. If your race is part of your vacation, you'll want to consider the climate in your destination. If it will be hot and sunny, be sure to practice running in that type of weather. A few rainy runs wouldn't hurt either!



5 Have an accountability system. Share your training program and workout progress with a friend — they can provide great encouragement. Better yet, invite a friend to race with you and train together!



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	MON	TUE	WED	THUR	FRI	SAT	SUN	TOTAL
WEEK 1	Rest	2 Mi	Rest	3 Mi	Rest	AR	4 Mi	9 Mi
WEEK 2	Rest	2 Mi	Rest	3 Mi	Rest	AR	5 Mi	10 Mi
WEEK 3	Rest	2 Mi	Rest	4 Mi	Rest	AR	5 Mi	11 Mi
WEEK 4	Rest	2 Mi	Rest	5 Mi	Rest	AR	6 Mi	14 Mi
WEEK 5	Rest	3 Mi	Rest	6 Mi + hills	Rest	AR	7 Mi	16 Mi
WEEK 6	Rest	2 Mi	Rest	6 Mi at HMP	Rest	Rest	6 Mi	14 Mi
WEEK 7	Rest	4 Mi	Rest	6 Mi + hills	Rest	AR	6 Mi	16 Mi
WEEK 8	Rest	2 Mi	Rest	7 Mi at HMP	Rest	AR	8 Mi	17 Mi
WEEK 9	Rest	2 Mi	Rest	7 Mi + hills	2 Mi	AR	10 Mi	21 Mi
WEEK 10	Rest	3 Mi	Rest	7 Mi at HMP	2 Mi	AR	10 Mi	22 Mi
WEEK 11	Rest	2 Mi	Rest	7 Mi at HMP	2 Mi	AR	9 Mi	20 Mi
WEEK 12	Rest	2 Mi	Rest	5 Mi at HMP	Rest	Race Weekend! Rest the day before and do active recovery the day after.		

AR = Active Recovery (20-40min walk,
bike, or other light movement)

HMP = Half Marathon Pace

+ hills = add some hills into your course!

● Easy Pace

● Fast Pace

● Long run = focus on endurance and
start with an easy pace