

MUSHROOM CAP HALF MARATHON **RELAY** TRAINING PLAN

Hi, my name is John Goldthorp of Fix Your Run and I'm going to guide you through training for this year's Mushroom Cap Half Marathon on November 3rd! Here's just a bit more about me and **I encourage you to reach out to me personally if you have any questions or experience any issues along the way.**

You can connect with me in the following ways:

Email: John@fixyourrun.com

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Fix Your Run is a specialized fitness coaching business that not only helps runners break through frustrating plateaus and injury cycles, but also helps people build sustainable fitness for a lifetime. Recently named "Philly's Best Running Coach" by Philadelphia Magazine and featured in media such as Runners World, Philly.com and MensJournal.com, John currently works with clients at Mass F.I.T. in Center City, Philadelphia and leads weekly group speed training sessions at Philly Surge Running.

As a competitive runner, John, a certified personal trainer and running coach, realized most runners will likely encounter injury at some point in their journey. While many running coaches can develop a solid training plan, John has successfully integrated traditional run coaching with cutting edge strength and movement training. In addition to his B.S. in Kinesiology from Penn State ('00), he's currently Center City Philly's first and only Neurokinetic Therapy® Level 3 practitioner which enables him to unravel movement compensations that are often the root of many movement related problems like pain or tightness. He is a certified ACE Personal Trainer, a Functional Movement Screen Expert, a Road Runner Club of America certified running coach, and Precision Nutrition Level 1 certified.

Intention of the program

This program is intended for runners who have been cleared by their physician to train for a 13.1 mile half-marathon relay running race and who can currently, before beginning the program, run at least 1.5 miles without stopping. The goal is to get to the starting line healthy and injury-free, then have a great experience on race day. So, we will train conservatively and avoid unnecessary risks like speedwork or high-intensity training during the first 3 months as you build your base, but to be well prepared to run roughly 6.5 miles at a faster pace, we'll include some 'race pace' training in the final 6 weeks of the plan.

Brisk Walk

We'll make judicious use of brisk walking in this program as it helps boost endurance in a more gentle way, allowing us to train longer while minimizing injury risk. It's important to walk at a brisk pace, not a stroll. Think, "walk with a purpose". Stay loose and allow the arms to swing, the ribcage to rotate, the hips to move side to side. Bonus: going for a brisk walk the day after a hard session, especially the long run, will speed recovery. Try it – I bet you'll feel better afterwards!

Easy Running

Run at a relaxed, conversational pace, slowly enough that you could run with your mouth closed. You don't have to run with your mouth closed, but you should be able to (try it!). If you rated your exertion level on a scale of 1-10, where 1 is a slow walk and 10 is a maximal effort run, an easy run would be about a 4 or 5.

Breathing

When one is truly running at an easy effort level, breathing usually works out to approximately "in for 3 or 4 steps and out for 3-4 steps". At the moment, I'm in good shape, so for me it's *IN-2-3-4, OUT-2-3-4*. Focusing on that rhythm can help keep your pace in the right place and keep you relaxed and present, rather than worrying about how much farther you may have to run.

Race pace (last 6 weeks)

You can't just train easy for 4 months, then show up and expect to run fast on race day. You'll need to practice honing in on your sustainable race pace during training. We'll start this with about 6 weeks to go. These should not be "all out"; rather you should feel like it's a 7 out of 10 effort. Sustainable, controlled, but not easy. **A key feature of this race is the hilly route.** Therefore, it's crucial you incorporate hills into the prescribed runs. I recommend doing this on Wednesdays and Saturdays as those are the most race specific sessions on the schedule.

Strength – no equipment necessary

Preparing for a half marathon race requires more than just running miles. A stronger body is a more resilient body and endurance quite literally *comes from* strength. The stronger you are, the easier running is on your body. The strength sessions described in this program are designed for folks not used to strength training and the goal is to keep these sessions short, but effective. Hey, I know, runners just gonna run. Strength train anyway.

1. Only use your pain-free, controllable range of motion. This means never move into a painful space, no exceptions.
2. No breath holding. Breath holding is a strategy the body utilizes when a threat (like instability) is perceived. Try to either slow down, or reduce range of motion and see if that naturally cures your inclination to hold your breath. Otherwise, simply be aware of this as you train. If you catch yourself holding your breath, try repeating the move a little slower, noticing where you feel obligated to hold your breath. Then try again, this time breathing through that 'sticking point'.
3. Be consistent. This workout is obviously not very long and you may be inclined to skip it. That would be a mistake.

MONTH 1 – Base Phase 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7/16	10 min brisk walk, 1.5 mile run, then Strength Session	REST	5 min brisk walk, 2 mile run, then Strength Session	10 min brisk walk, then 1.5 mile relaxed run	REST	3 sets of: 8 min brisk walk, 8 min easy run. Then Strength Session	15 min brisk walk
7/23	10 min brisk walk, 1.5 mile run, then Strength Session	REST	5 min brisk walk, 2 mile run, then Strength Session	10 min brisk walk, then 1.5 mile relaxed run	REST	3 sets of: 10 min brisk walk, 10 min easy run. Then Strength Session	15 min brisk walk
7/30	10 min brisk walk, 2 mile run, then Strength Session	REST	5 min brisk walk, 2.5 mile run, then Strength Session	10 min brisk walk, then 2 mile relaxed run	REST	3 sets of: 8 min brisk walk, 12 min easy run. Then Strength Session	15 min brisk walk
8/6	10 min brisk walk, 2 mile run, then Strength Session	REST	5 min brisk walk, 3 mile run, then Strength Session	10 min brisk walk, then 2 mile relaxed run	REST	3 sets of: 5 min brisk walk, 15 min easy run. Then Strength Session	20 min brisk walk

Strength – Month 1 *Click the exercise name for a video demonstration.

Perform the following circuit 3 times, resting as needed.

Elevated Rocking – building up to 15 reps. Nose breathing, maintain curve of spine. Knees hover 1/2 inch off floor.

Single Leg Glute Bridge – 8-20 per side.

Reverse Lunge – Start with 5-7 reps and build to 10 per side. Add weights if you're stable and feel ready

Side Plank – 30 seconds per side.

MONTH 2 – Base Phase 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8/13	10 min brisk walk, 2 mile run, then Strength Session	REST	5 min brisk walk, 3 mile run, then Strength Session	10 min brisk walk, then 2 mile relaxed run	REST	4 sets of: 5 min brisk walk, 1 mile easy run. Then Strength Session	25 min brisk walk to speed recovery
8/20 Shorter Week	10 min brisk walk, 2.5 mile run, then Strength Session	REST	5 min brisk walk, 3.5 mile run, then Strength Session	10 min brisk walk, then 2 mile relaxed run	REST	10 min brisk walk. 5 Miles Easy Run Then Strength Session	30 min brisk walk to speed recovery
8/27	10 min brisk walk, 3 mile run, then Strength Session	REST	5 min brisk walk, 3 mile run, then Strength Session	10 min brisk walk, then 2.5 mile relaxed run	REST	10 min brisk walk. 5 Miles Easy Run, then 30 min brisk walk. Then Strength Session	30 min brisk walk to speed recovery
9/3	10 min brisk walk, 3 mile run, then Strength Session	REST	5 min brisk walk, 4 mile run, then Strength Session	10 min brisk walk, then 3 mile relaxed run	REST	5 sets of: 5 min brisk walk, 1 mile easy run. Then Strength Session	30 min brisk walk to speed recovery

Strength – Month 2

Perform the following circuit 5 times, resting as needed.

Elevated Rocking – building up to 15 reps. Nose breathing, maintain curve of spine. Knees hover 1/2 inch off floor.

Single Leg Glute Bridge – 8-20 per side. Slightly tuck tail to start and squeeze butt at the top.

Reverse Lunge – Start with 5-7 reps and build to 10 per side. Add weights if you're stable and feel ready

Side Plank – 30 seconds per side. No breath holding.

MONTH 3 – Race Ready Phase 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9/10	10 min brisk walk, 3 mile run, then Strength Session	REST	5 min brisk walk, 4 mile run, then Strength Session	10 min brisk walk, then 2 mile relaxed run	REST	10 min brisk walk, 6 Mile Easy Run Then Strength Session	30 min brisk walk to speed recovery
9/17 recovery week	10 min brisk walk, 3 mile run, then Strength Session	REST	5 min brisk walk, 3 mile run, then Strength Session	10 min brisk walk, then 2 mile relaxed run	REST	3 sets of: 10 min brisk walk, 20 min easy run. Then Strength Session	30 min brisk walk to speed recovery
9/24	10 min brisk walk, 3 mile run, then Strength Session	REST	2 miles easy 3x [½ mile @ goal race pace w/ 2 min jog]. 1 mile cool down Strength Session	10 min brisk walk, then 2.5 mile relaxed run	REST	4 Sets of: 5 min Brisk Walk, 2 mile Easy Run. Strength Session	30 min brisk walk to speed recovery
10/1	10 min brisk walk, 2 mile run, then Strength Session	REST	2 miles easy 3x [¾ mile @ goal race pace w/ 2 min jog]. 1 mile cool down Strength Session	10 min brisk walk, then 3 mile relaxed run	REST	5 min Brisk Walk, 8 mile Easy Run. Strength Session.	30 min brisk walk to speed recovery

On Wednesdays and Saturdays: Choose a route that features rolling hills so that you'll be prepared for the course.

Strength – Month 3: Perform the following circuit 3 times, resting as needed.

Leopard Crawl with water bottle – 30-45 seconds. Stay tall, no breath holding, “move like a cat”

Lateral Step Down - 8-10 reps per side. Feel weighted leg side hip muscles loading up as you descend, with weight distributed through your whole foot. Then, strongly push the foot into the ground to stand up as tall as possible.

Side Plank on elbow with top leg raises – Start with 5 and build to 10 reps per side. Think “long and strong” with the legs. Tuck tail very slightly / don't let but stick out

Forward Lunge 8-12/side – Push through WHOLE foot to return to starting position. Think, “push the floor away”.

MONTH 4 – Race Ready Phase 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10/8	10 min brisk walk, 3 mile run, then Strength Session	REST	2 miles easy 3x [1 mile @ goal race pace w/ 2 min jog recovery] 1 mile cool down Strength Session	10 min brisk walk, 3 mile relaxed run	REST	5 min Brisk Walk, 8 mile Easy Run. Strength Session.	30 min brisk walk to speed recovery
10/15	10 min brisk walk, 3 mile run, then Strength Session	REST	2 miles easy 4x [1 mile @ goal race pace w/ 2 min jog recovery] 1 mile cool down Strength Session	10 min brisk walk, 3 mile relaxed run	REST	5 min Brisk Walk, 9 mile Easy Run. Strength Session.	30 min brisk walk to speed recovery
10/22	10 min brisk walk, 3 mile run, then Strength Session	REST	2 miles easy 2x [2 miles @ goal race pace w/ 2 min jog recovery] 1 mile cool down Strength Session	10 min brisk walk, 3 mile relaxed run	REST	5 min Brisk Walk, 5 mile Easy Run. Strength Session.	30 min brisk walk to speed recovery
10/29	10 min brisk walk, 2 miles easy, 1 mile @ goal pace. Strength Session	REST	5 min brisk walk, 3 mile easy run. Optional strength	REST	1.5 mile relaxed run	RACE DAY! Keep effort moderate through mile 4 Goal is to finish strong, so run with that in mind!	30 min brisk walk to speed recovery

On Wednesdays and Saturdays: Choose a route that features rolling hills so that you'll be prepared for the course.

Strength – Month 4:

Perform the following circuit 2 times, resting as needed. We've built significant strength over the first 3 months, now we'll look to maintain it while our mileage peaks and we taper for the race.

Spiderman Crawl – 60+ seconds. Head up, no breath holding, “move like a cat”.

Hover Squat - 6-8 reps per side. Sit back into hips, but feel weight throughout whole foot. On the way up, think, “push the ground

away!" Try to go slightly lower than last month.

Side Plank with top leg raises – Build to 10 reps per side. Think "long and strong" legs. Try positioning yourself on your hand instead of your elbow if you feel ready.

Walking Lunge with overhead reach – up to 12/side. Push through WHOLE foot to return to starting position.