

2018 Rainbow Half Marathon Training Programs



Novice / First Time Runner

This program focuses on the gradual buildup of mileage and is intended for runners attempting their first half marathon.

"Easy" refers to a slow, conversational pace (Low)

Running at this pace should allow for easy conversations, controlled breathing, and a consistent cadence. As we increase our intervals, the effort should feel manageable.

"Pace" refers to your anticipated race pace (Moderate)

This is the pace at which you plan to run the Rainbow Half Marathon. As we ramp up in distance, we will occasionally run our jog intervals at Race Pace, where we will begin to get accustomed to a harder effort.

Week 1	Activity
25-Jun-18	Rest
26-Jun-18	Easy Run (4 miles)
27-Jun-18	Easy Run (5 miles)
28-Jun-18	Rest
29-Jun-18	Cross Training (40 min Stationary Bike)
30-Jun-18	Easy Run (6 miles)
1-Jul-18	Rest

Week 2	Activity
2-Jul-18	Rest
3-Jul-18	Rest
4-Jul-18	Easy Run (4 miles)
5-Jul-18	Pace Run (6 miles)
6-Jul-18	Cross Training (30 min Stationary Bike)
7-Jul-18	Long Run (7 miles)
8-Jul-18	Rest

Week 3	Activity
9-Jul-18	Rest

10-Jul-18	Easy Run (5 miles)
11-Jul-18	Easy Run (6 miles)
12-Jul-18	Rest
13-Jul-18	Cross Training (35 min Stationary Bike)
14-Jul-18	Long Run (8 miles)
15-Jul-18	Rest

Week 4	Activity
16-Jul-18	Rest
17-Jul-18	Easy Run (6 miles)
18-Jul-18	Easy Run (6 miles)
19-Jul-18	Rest
20-Jul-18	Cross Training (30 min Stationary Bike)
21-Jul-18	Pace Run (6 miles)
22-Jul-18	Rest

Week 5	Activity
23-Jul-18	Rest
24-Jul-18	Easy Run (6 miles)
25-Jul-18	Easy Run (6 miles)
26-Jul-18	Rest
27-Jul-18	Cross Training (40 min Stationary Bike)
28-Jul-18	Long Run (10 miles)
29-Jul-18	Rest

Week 6	Activity
30-Jul-18	Rest
31-Jul-18	Easy Run (7 miles)
1-Aug-18	Rest
2-Aug-18	Easy Run (5 miles)
3-Aug-18	Cross Training (40 min Stationary Bike)
4-Aug-18	Easy Run (7 miles)
5-Aug-18	Rest

Week 7	Activity
6-Aug-18	Rest
7-Aug-18	Pace Run (6 miles)
8-Aug-18	Rest
9-Aug-18	Easy Run (5 miles)
10-Aug-18	Cross Training (30 min Stationary Bike)
11-Aug-18	Long Run (11 miles)
12-Aug-18	Rest

Week 8	Activity
13-Aug-18	Rest

14-Aug-18	Easy Run (5 miles)
15-Aug-18	Easy Run (5 miles)
16-Aug-18	Rest
17-Aug-18	Cross Training (20 min Stationary Bike)
18-Aug-18	Easy Run (7 miles)
19-Aug-18	Rest

Week 9	Activity
20-Aug-18	Rest
21-Aug-18	Easy Run (4 miles)
22-Aug-18	Rest
23-Aug-18	Easy Run (4 miles)
24-Aug-18	Rest
26-Aug-18	Rainbow Half Marathon (13.1 miles)