

BEGINNER'S GUIDE TO
half marathon
training
16 weeks

KAY
FIT



KAY FIT LLC

FIRST 2 WEEKS ARE RUN/WALKS



Running tips

I WISH I KNEW

1. You think you hate running because you're going too fast. Go SLOW. No one cares that your mile splits are averaging at 13 minutes.
2. Wear the right shoes for YOU. Every body is different and everyone's feet are different. Running shoes are not one size fits all. If you can, go to a store like Fleet Feet where they scan your feet and bring out shoes specific for YOU.
3. Think "quick feet". The movies and shows are lying, your stride does not have to be huge. The smaller the steps, the quicker your feet move. Your feet should land under you, not in front of you.
4. Your arms should swing back and forth, drive those elbows BACK. Swinging your arms side to side makes your body twist and turn. Driving your elbows back keeps your body stable and center. Which also means you should engage your core!
5. "Act like there's a \$100 bill in your butt crack and squeeze so you don't lose it" is the best thing I've ever heard (really). This keeps your hips from twisting and helps drive your legs straight, no criss-cross movements.
6. Try landing on the middle of your feet, not your toes or heels. This may take some practice/hard thinking to get used to. This helps prevent injury and putting your weight on your legs the "wrong way".
7. Runners need endurance. The slower you go, the longer you can go, which is important before focusing on speed!



Running tips I WISH I KNEW CONT.

8. **STRETCH.** You should stretch after your run and on your rest days. Stretching is good for the body and helps your muscles/recovery time.

9. **Drink electrolytes.** We lose sodium and electrolytes when we run. Having amino acids and electrolytes in our bodies help with muscle recovery, soreness, hydration and retain water better. (liquid IV, friday wellness, or LMNT are my faves.)

10. **Food is fuel.** Every body is different and you'll learn quickly how your body does and feels on runs. I personally have to eat something like peanut butter waffles with bananas, oatmeal, Honey Stinger waffles, or Greek yogurt with fruit in it before a run. If it's a long run, there's different ways to fuel, too. Not everyone does. I personally have a running water bottle with electrolytes dissolved in it and usually squeeze packs of applesauce and/or a candy. I use applesauce and candy because they're simple carbs/sugars that help fuel my body faster than a complex carb would. Some people like gels, gu's, Honey Stinger waffles, or chia seed gels.

11. **Try not to run more than 3 days in a row.**

12. **Always rest the day after your long run.**

13. **There's something called a "runner's lean".**

Basically, you want a slight lean in your shoulders/torso, that helps to propel you forward.

14. **When you're running, think of pushing off the ground with your feet. Don't think of pulling your legs up. Pushing gives you a boost!**



Core Running Workouts

There's a few different types of running workouts you should be incorporating into your weekly runs. They make a difference in your runs whether you're training for a race or not.

Easy Run: These should be roughly 80% of your total miles for the week. You want this pace to FEEL easy. Your mile splits should be roughly 2 minutes slower than your race pace or goal pace. You should be able to hold a conversation at this pace. Yes it might feel slow and it might be boring but it helps increase your endurance to run longer without fatigue. Example: If I have 21 miles scheduled for the week, 80% of that number is 16.8. So 16-17 of those miles should be slow.

Tempo Run: These runs help teach your body to run through the fatigue. A typical tempo run has a warm up (easy pace) of x amount of time or miles, followed by x amount of time or miles at your race pace or goal pace (or sometimes 20-30 secs faster than that), then a cool down (easy pace). Example: 1 mile warm up at conversation pace (let's say it's 12 minutes/mi), 2 miles at tempo pace (let's say it's 10 minutes/mi), 1 mile cool down (12 min/mi). Some people incorporate these as a separate workout and/or add a tempo mile or two in their long runs.

Long Runs: People usually run these on Sunday, but obviously it depends on your schedule. A long run is your longest run of the week. It increases endurance and helps increase your weekly mileage. It's usually called a "long, slow run", as you run it at easy pace. Maybe throw in a tempo mile or two, depending on the distance. Example: If you're training, or just running for fun, long runs range from 6-20 miles.

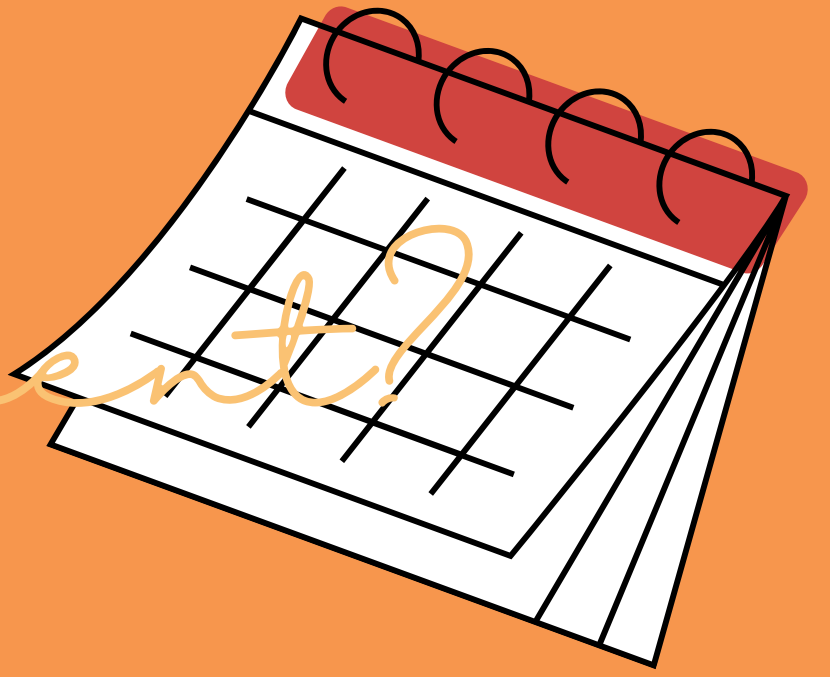


Core Running Workouts Cont.

Fartlek Run: *Fartlek* means “speed play” in Swedish. This is a form of a speed workout. It’s unstructured compared to a “normal” speed workout. This run alternates between easy, moderate, and hard paces. Example: 1 mile warm up (easy pace), 2 mins race pace, 2 mins easy pace, repeat that 10 times, 1 mile cool down (easy pace).

Speed Run: Speed workouts differ from *Fartlek* because it doesn’t alternate between paces. Both of these speed workouts help with, if you had to guess, speed! Example: 1 mile warm up (easy pace), 8x400m repeats at race pace, 1 mile cool down (easy pace). For the 8 400m repeats you would take a REST between each set. Usually for 2 minutes. This means no walking or running at an easy pace, just rest.

Commitment?



Running can be fun and be a commitment at the same time. If you're running with no goals, then it's just that, fun. But if you're running for a race and/or have goals in mind, you need to remind yourself that it's a commitment. You're putting time, energy, and money into this. The effort you do or don't put in will reflect on your race day or over time when you compare current runs to past runs.

Having a running partner helps! Or posting on social media, as silly as it may seem.



All you need to run is running shoes. There's extra stuff you can have for fun! Depending on your goals and your body, you won't need what's listed. You'll find running outfits and hacks that work for you, too. Shoutout chaffing sticks!

- Chaffing stick. Not necessary, but the girlies know what I mean. It depends on the shorts I wear, but I ALWAYS put this on. There's many different brands, I've never come across a bad one. I use Gold Bond Chaffing Stick.
- Running shorts, leggings, tops. Everyone has their own preferences. I like the idea of running in flowy running shorts, but they don't always work for me.
- Running water bottle? I keep this with me for any outdoor runs, out of fear of being thirsty, and for indoor because it's easier to drink from. I find this essential, for me, during long runs, too. I use the Nathan Running Handheld Quick Squeeze 12 oz. bottle. It has a hand strap that holds it tight to my hand, it feels like I'm barely holding it. Or get a running vest. (my new fav)
- Running socks...listen they make a difference. Running socks are a bit expensive, but I'll tell you don't opt to buy the cheaper ones, they're not worth it in this case. I use Feetures running socks. They have compression in the right spots and have a higher back for your achilles. Game changer.
- Running Belt. I have a cute little hot pink running belt from amazon. You might have to try one or two to see what you like. I've had two different ones from amazon that were perfect. The pocket space was perfect for fuel, my phone, keys, etc. and didn't move or fall down during my runs. Wear it tighter than you think!
- Not necessary but biofreeze, or any similar brand, is amazing. I put it on my calves or knees before a run and put it on any sore places after my runs. It's like a minty ice roller for your joints and muscles!
- A foam roller and/or a muscle rolling stick. Some people foam roll/roll their muscles before AND after a run. I typically do after and do so on my rest days.



congratulations!


I know that was hard but you did it! Did you know less than 1% of the WORLD runs a half or full marathon? You're officially in that 1%!

How did the race feel?



Did you have a goal time or you just wanted to finish?

I'm so proud of you! I hope this is the first of many races to come.



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