



The Half Marathon

May 2003

excerpts from the June 2002 issue of The Pacer, the Pike Creek Valley Running Club newsletter

Training for a Half Marathon

The training schedule shown here and the explanations of the workouts were taken from the **Runners' World** web site (www.runnersworld.com).

Long Repeats

For success at shorter distances, interval training featuring 200m and 400m repetitions works quite well. To race longer, you need to train longer. Running repetitions between 800 and 1600 meters will improve your endurance. Run the repetitions near your 5K and 10K race pace, respectively. Jog or walk 400–800 meters between each repeat. You may want to do your long repetitions on the road, rather than on the track.

Pace Training

Learning to pace yourself properly is even more important in the half-marathon than it is in the 5K or 10K. If you've gone out too fast, in one of those races, you sometimes can gut it out over the last mile without losing too much time. In the half, you'll have a longer time to pay for your sins. Do some of your training at race pace. Saturday is a good day for this, before your Sunday long runs.

Tempo Runs

This is a continuous run with a build-up in the middle to near half-marathon race pace. The difference between the tempo runs done while training for 5K or 10K races is that you don't run quite as fast in the middle, but you hold your speed longer. A tempo run of 45–60 minutes would begin with 10–20 minutes easy running, build to 20–30 minutes near half-marathon pace, then 5–10 minutes cooling down. The pace build-up should be gradual, not sudden, with peak speed coming about two-thirds into the workout.

“Halftime”

by Steve Fischer

Most of the members of my fitness center at work know me as one of “those runners,” although most never could have imagined my recent humble beginnings last year. Some co-workers have approached me to inquire about my Caesar Rodney Half Marathon T-shirt, and usually when I explain that it's a whole 13.1 miles, most are beside themselves that such a distance can be completed by a normal guy like me. As a new runner and a club member for less than one year, I can assure you that it is possible for any new runner not only to complete this distance, but to do so within a reasonable amount of time.

The half marathon, as many recent magazine articles have praised, is quickly becoming a favorite of novice and experienced runner alike. Newer runners like it for a few reasons, the most important one being it's a great way to “graduate” from 5K and 10K races without having to do a whole marathon as a next step. In addition, a half-marathon race is often viewed as a good practice race for a full marathon. More



Elvis was recently spotted at the Rock 'n' Roll Half Marathon in Virginia Beach.

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Sample Half-Marathon Training Schedule

WEEK	MON.	TUE.	WED. (tempo)	THU.	FRI.	SAT.	SUN.
1	rest	3mi easy	7x400	3mi easy	rest	3mi	8mi (long)
2	rest	3mi easy	2x10min	3mi easy	3mi easy	rest	5K race
3	rest	3mi easy	8x400	3mi easy	rest	4mi	9mi (long)
4	rest	3mi easy	2x10min	3mi easy	rest	5mi	10mi (long)
5	rest	3mi easy	9x400	3mi easy	3mi easy	rest	10K race
6	rest	3mi easy	20min	3mi easy	rest	5mi	11mi (long)
7	rest	3mi easy	10x400	3mi easy	rest	3mi	12mi (long)
8	rest	3mi easy	2x5min	3mi easy	rest	rest	13.1mi race



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Halftime (cont'd)

experienced runners use the half to decrease their marathon times and also like the shorter recovery time in a hectic racing schedule.

The event itself, with its increase in popularity, has shown dramatic increase in size due to the recent boom in recreational running. Indeed, most new and veteran runners alike have decided to take another look at this once less-popular race. Nowadays, events such as the Caesar Rodney Half Marathon and the Philadelphia Distance Run see thousands of new participants of varying abilities.

"Not only will you need to invest less training time while preparing for a half-marathon than a marathon, your injury risk will be lower," says a recent *Runners' World* article. A half-marathon training schedule, much like a full-marathon training schedule, is customized to a runner's ability, not a rigorous table. While longer runs are required to achieve the conditioning needed to achieve the distance, one doesn't have to dedicate an entire weekend to training, as most training schedules are only eight weeks long.

Overall, a half marathon is a wonderful goal for which you can easily train this summer, even if you take a quick trip to the beach here and there. If you haven't tried it, take it from a recently novice runner: it's definitely possible. If it's been a while since your last one, revisit it for the experience. Happy training!

www.pcvrc.com

The Pike Creek Valley Running Club, Inc. is a Delaware non-profit corporation formed in 1982 for the purpose of promoting and encouraging running in our region as a sustainable form of recreation, as well as fostering social bonds with other runners. PCVRC supports the individual in the achievement of his or her personal athletic goals as well as involvement in the spirit of team competition.

Half-Marathon Training Group

- Looking to move up from 5K to the half marathon?
- Would you like to test yourself with a longer distance event but feel you're not ready for 26.2?
- Need a group with which to train?
- Would you like to line up for the Philadelphia Distance Run in September and master the Caesar Rodney Half Marathon next March?

Pike Creek Valley Running Club is forming a half-marathon training group to meet these needs, and we encourage you to join us. We meet each Thursday at 6:00 p.m. at Delcastle Recreation Center. Expect to run 3+ miles on the running path. A member of our club will be present at the start/finish line of the running path. Further details are available on our website: www.pcvrc.com.

Contact Darlise O'Connor (302-235-0115) or Dave McCorquodale (302-998-7161) if you have a question.

Half Marathons in This Area

JUNE 22, 2003

Fairfield Road Races

FAIRFIELD, CONN.

www.fairfieldhalf.org/fldhalf

AUGUST 3, 2003

Manhattan Half Marathon

NEW YORK, N.Y.

www.nyrrc.org

AUGUST 17, 2003

Half Wit Trail Half Marathon

READING, PA.

www.active.com/event_detail.cfm?event_id=1039907

AUGUST 31, 2003*

SEPTEMBER 5, 2004

Rock 'n' Roll Half Marathon

VIRGINIA BEACH, VA.

www.rnrhalf.com

SEPTEMBER 7, 2003

Greater Scranton YMCA Half Marathon

DUNMORE, PA.

greaterscrantonymca@aol.com

SEPTEMBER 14, 2003

Blue & Gray Half Marathon

FREDERICKSBURG, VA.

http://www.active.com/event_detail.cfm?event_id=1054366

SEPTEMBER 21, 2003

Philadelphia Distance Run

PHILADELPHIA, PA.

www.philadistancerun.org

MARCH 14, 2004

Caesar Rodney Half Marathon

WILMINGTON, DEL.

www.alade.org

LATE APRIL, 2004

Triple Crown Trail Half Marathon

NEWARK, DEL.

www.udel.edu/johnmack/traildawgs

**This year's Rock 'n' Roll Half Marathon is now closed to all but TeamInTraining participants.*