



TRAINING TERMS

Warm-up: walking 5 minutes at an easy pace prior to every run \ walk workout to gradually increase circulation to working muscles, heart and breathing rates.

Cool-down: walking 5 minutes at an easy pace after to every run \ walk workout to gradually bring heart rate and breathing back to normal levels.

Flexibility: Stretch after every workout when the muscles are warm to maintain or improve flexibility and prevent injuries.

Heart Rate: Use a heart monitor to maintain a range between the prescribed percentages: 65-75% of estimated maximum heart rate.

I-Rate: Rate of perceived exertion. Rate your level of intensity by how you feel 1-10. When using this scale, 1 is equal to being at rest and 10 being an all-out level. Use this system to stay in the smart training range while training (i.e. 6-7).

Conversational Pace: Conversational pace should be at a slow, and comfortable-conversational pace. You should be at a pace where you can hold a conversation easily.

Easy Pace: Easy to moderate pace at 65-75% of maximum heart rate or an iRate level of 6-7. A pace you could go at for a long time easily.

Moderate Pace: Moderate pace at 70-80% of maximum heart rate or an iRate level of 7+. At this pace, you can hear your breathing, but not breathing hard.

Endurance Pace: The Endurance Pace should be at a slow pace, you should be easily able to hold a conversation. If you wear a heart rate monitor maintain a heart rate zone of 65-75% of maximum or I-Rate of 6-7.

Race Pace: Run \ walk the first half of the scheduled miles at your easy, endurance pace and then gradually increase the speed to planned race pace for the second half. This is a great way to train mentally for the race and teach your body the pace needed on race day. The key is to run AT race pace and no faster.

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Fartlek \ Speed Work: Is a workout where an athlete varies their training pace in order to increase speed and endurance. The easiest way to do a fartlek workout is with a watch. Vary the amount of time you speed up (30 seconds to 1 minute is a good start) and push yourself to your limit. Then recover (1 to 2 minutes). Continue varying your speed throughout the workout. If this is difficult for you, make your overall workout shorter, rather than cutting out the sprints. Make sure you remember to add in a warm up and cool down no matter the goal of the workout.

Pick-ups: Run the workout at an easy pace and include 3-4 short, 30-60 second "pick-ups" within the run. Pick up your pace to a challenging pace where you can hear your breathing and it feels just outside your comfort zone. This is NOT at all out gut-wrenching pace, simply one more notch up from where you were running. Your effort level should be at an I-Rate scale of 8 or heart rate of 80% of maximum.

Hill Training: There are a variety of ways to prepare for the hills on race day. Running a random hill course on the treadmill, hill repeats on one longish hill that takes you at least 30 seconds to climb, running a hilly route in your neighborhood, or even parking lot ramps (be careful). If you are new to hills, start with one hill workout per week on Mondays (or an easy run day) and 4 weeks later add a second hill workout. If you run hills frequently, run your easy run on Mondays and the long run on the weekend on a hilly course.

Cross-Training: Include activities that are not running or walking. Cycling, swimming, Pilates/yoga, strength training, elliptical trainer, spinning are great cross training modes for half marathon training. Cross-training allows you to rest your running muscles while training opposing muscle groups and reducing the risk of overtraining and injury. It helps speed recovery and reduces burnout.

Strength-Training: Strength train with machines, weights, resistance tubes/bands or classes like Pilates, toning or yoga. Include strength training exercises for your upper body, core (abdominal and trunk) and lower body twice per week. This will increase the lean muscle tissue, boost metabolism at rest and prevent the dreaded muscle loss with age. Start the Strength Training session by warming up with 10 minutes of cardio activity or strength train after walking or running. The goal is to fatigue the muscle as you reach the repetition range or until you can no longer perform the exercise with good, controlled form.

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Tempo Runs: A tempo run is a sustained, continuous run at a "comfortably hard" pace, where you push yourself beyond an easy jog but not to the point of sprinting, typically lasting for 20 minutes or more, aiming to maintain a steady effort level throughout the run; essentially, it's a way to train your body to run at a challenging yet sustainable pace for longer distances

Key points about tempo runs:

- Intensity: Considered a "moderate to high" effort level, usually around 80-90% of your maximum heart rate.
- Pace: Faster than an easy run, but slower than your race pace.
- Benefit: Improves your lactate threshold, which allows you to run faster for longer periods before fatigue sets in.
- Distinction from intervals: Unlike interval training, a tempo run is a continuous effort without rest periods between bursts of speed.

NOTES: Your long run can be done on Saturday, Sunday or during the week, adjust the schedule to what works best for you.

If you are sick, it is ok to take a day off from training. Better to heal your body than to prolong your illness.

If you are injured, go and see a specialist as soon as possible. Do not try to train through it, as you may make the injury worse and end up on the sidelines even longer.

Nothing new on race day! Practice what you are going to eat, drink and wear in advance - your body will thank you!

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