

HALF MARATHON TRAINING PLAN TO BECOME HALF MASTER

- ✓ **12 weeks of trainings**
- ✓ **Suitable for a beginner runner or a first-time half-marathoner**
- ✓ **Exercises that will help you easily become half master**



First of all, we would like to **congratulate you on your purchase of Sport2People Race Belt**. You've made a good choice and we are confident it will serve you for many races.

Race belt is a good alternative for safety pins for race numbers that ruin your favorite activewear. With race belt, you can **say goodbye to pins, scratches on your skin or damages on your T-shirt!**

Sport2People Race belt has **2 gel loops** which will help you stay fueled during your race as you can carry your favorite energy gels with you.

Before your race, simply put it around your waist, adjust race number with **2 heavy-duty belt clips and you are good to go!**

In front of you is a **12-week training plan**. But before you start with your training plan, we need to discuss warm up and cool down.

LET'S TALK ABOUT WARM-UPS

A good warm-up before a workout is critical for **preventing injury**. It dilates your blood vessels, ensuring that your muscles are well supplied with oxygen. A good warm-up will also help minimize stress on your heart.

During warm-up, your body **raises the temperature in your muscles** and overall body temperature.

Increased muscle temperature lowers muscular resistance (viscosity) which allows your **muscles to contract faster and stronger**, which is important if you want to race well.

Start off by jogging at an easy pace **for 10 to 15 minutes**.

The length of your warm-up depends on the length of your run or race. The shorter and more intense your run is, the longer and more intense your warm-up routine needs to be.

Continue with **dynamic stretching exercises** to increase your flexibility and mobilize your joints, like forward lunge, lateral lunge and standing knee-to-chest stretch.

Now it's time for **ABC drills**, for example, butt kicks, skipping, ankling etc. ABC drill can improve coordination, agility, balance, strengthen your muscles and specific joints you need for faster and stronger running.

All in all, this will help you **become a better athlete**.

Last but not least, be careful in the last few minutes before the race starts so **that your muscles don't get cold**. Keep moving around, make little jumps etc.

Note that after 45 minutes of rest, your muscle temperature will return to normal. There will be no trace of the warm-up effect.

So let's get moving, Sport2People people!

WHY COOL DOWN?

Many neglect the importance of cooling down. But the truth is - stopping suddenly can cause your heart rate and blood pressure drop rapidly and result in lightheadedness.

A good cool-down will **help your heart rate and breathing return toward resting levels gradually** and help to prepare your muscles for the next exercise session.

When to start? Do some cool down exercises **immediately after a run**, which will help prevent any injuries or unnecessary soreness.

How to cool down? Walk for about **5 minutes or until your heart rate gets below 120 beats per minute**. Then do some good old stretching on the quads, hamstrings and calves.

Hold each stretch 10 to 30 seconds. Important: stretching should be strong, but not painful. Do not forget to breathe in between.

We recommend you stretch regularly. If you are not flexible, help yourself with **Sport2People Stretching Strap**.

LET'S BEGIN!

Now that you know all the secrets how to easily become a faster runner, **let's run!**

In front of you is a **12-week training program for a half marathon**. At least once a week you'll have a rest day, a day dedicated for strength training and a day for cycling, walking etc.

After 12 weeks you will easily finish a half marathon race and become a half master!

We would love to **see your improvement**, so share your progress on our **Instagram profile @sport2people**.

Use hashtag **#sport2people** and **#enjoyS2P** to get a chance to be featured.

Rest day

Listen to your body. If you need to stretch, do yoga or pilates, or just simply do nothing at all. Just rest and prepare yourself for your next run.

Strength day

Focus on your legs and core muscles. Do exercise like **lunges, walking lunges, squats, single leg squats, calf raises, single leg calf raises, plank, side plank, bridge raises** etc.

If you want you can add some weights or try **Sport2People resistance bands** to add more resistance on your training.

Do **10 reps for 2-3 sets**.

Want to shake things up? Go on **stationary/gym bike for 30 minutes** or go for an easy swim. It is important that you add something different to your training. Not just for fun!

Mixed day exercise

Dedicate a day per week to another kind of sport. Go **swimming, cycling, boxing, TRX class** etc. It should last **at least 30 minutes**. Push yourself to the sweating point.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	REST DAY	5 km / 3.1 mi	TRAINING DAY	6.5 km / 4 mi	REST DAY	MIXED DAY EXERCISE	6.5 km / 4mi
WEEK 2	REST DAY	6.5 km / 4 mi	TRAINING DAY	6.5 km / 4 mi	MIXED DAY EXERCISE	6.5 km / 4 mi	8 km / 5 mi
WEEK 3	REST DAY	8 km / 5 mi	TRAINING DAY	6.5 km / 4 mi	REST DAY	MIXED DAY EXERCISE	8 km / 5 mi
WEEK 4	REST DAY	8 km / 5 mi	TRAINING DAY	6.5 km / 4 mi	REST DAY	MIXED DAY EXERCISE	8 km / 5 mi
WEEK 5	REST DAY	8 km / 5 mi	TRAINING DAY	8 km / 5 mi	REST DAY	MIXED DAY EXERCISE	13 km / 8 mi
WEEK 6	REST DAY	8 km / 5 mi	6.5 km / 4 mi	8 km / 5 mi	REST DAY	MIXED DAY EXERCISE	15 km / 9.3 mi

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 7	REST DAY	TRAINING DAY	6.5 km / 4 mi	13 km / 8.1 mi	REST DAY	MIXED DAY EXERCISE	15 km / 9.3 mi
WEEK 8	REST DAY	13 km / 5 mi	8 km / 5 mi	8 km / 5 mi	REST DAY	MIXED DAY EXERCISE	8 km / 5 mi
WEEK 9	REST DAY	5 km / 3.1 mi	15 km / 9.3 mi	8 km / 5 mi	REST DAY	MIXED DAY EXERCISE	21 km / 13.1 mi
WEEK 10	REST DAY	5 km / 3.1 mi	8 km / 5 mi	8 km / 5 mi	REST DAY	MIXED DAY EXERCISE	15 km / 9.3 mi
WEEK 11	REST DAY	8 km / 5 mi	13 km / 5 mi	5 km / 3.1 mi	REST DAY	MIXED DAY EXERCISE	13 km / 5 mi
WEEK 12	REST DAY	8 km / 5 mi	MIXED DAY EXERCISE	REST DAY	5 km / 3.1 mi	REST DAY	RACE DAY

BECOME A HALF MASTER EASIER AND TOTALLY FOCUSED

If you usually run with your phone in your hand then you know how hard it is to totally focus on your run.

Try **Sport2People Running belt** with **two zippered pockets**, designed for runners who need their valuables at their fingertips.



The larger pocket is big enough to **fit iPhone 6, 7, 8, Plus and X, Samsung Galaxy** and other similar smartphones. You can easily store **keys, credit cards, money, gels, tissues** in the smaller one.



The material is **water and sweat resistant**; it will keep your valuables safe from getting wet or sweaty. The material is **breathable, stretchy and comfortable even in the later miles**.

You can choose between **eight colors of belts**, including best selling black, gray and red options. All of them have **three reflective darts** for extra protection during night runs and special earphone hole.

Sport2People Running belt **doesn't move, jiggle, bounce or chafe due to comfortable material**. You will easily forget it's even there.

Visit www.sport2people.com and use code **RACE20** to save **20%** on your new Running belt.

BE SEEN MORE THAN 300 FEET AWAY

Fan of evening runs? Love to wake up early before the sunlight? Great, but do you also feel uncomfortable because you know you are not completely seen?



You can **be seen more than 300 feet away - without carrying a flashlight** in your hands.

Try **Sport2People LED Running belt** which has a super bright LED light with **3 different modes** and **2 reflective darts**.



Don't worry if rain catches you as the **material is water-resistant**; your valuables will be safely stored in a **roomy and stretchy pocket**.

It is USB rechargeable (cable is included) - one charge can supply **up to 12 hours!** Size of the belt is also adjustable,

from 25 to 35 inch, strap width is 1.5 inch.

Visit www.sport2people.com and use code **RACE20** to save **20%** on your new LED Running belt.

SHOELACES THAT DON'T REQUIRE TYING

Having problems with your shoelaces? Do you constantly have to stop because they untied again?

Now you can finally run without interferences. You can even go running without tying your shoes. **Try shoelaces that don't require tying - Sport2People NoTie Shoelaces.**

They have a **strong lock button** and protective clips to prevent fraying. As they are **48' long and elastic**, they fit different shoes and feet. **One size fits all.**



Sport2People NoTie Shoelaces are made of **high-quality polyester and multiple rubber threads.**

They are quick and easy to install and use. After you insert them on your running shoes just **use the lock** and you are ready to run.

Now you can completely forget about them and focus on your run.

Visit www.sport2people.com and use code **RACE20** to save **20%** on your new NoTie Shoelaces.



SHARE YOUR PROGRESS

Track your progress and share your results with us on Instagram with **@sport2people**. We'd love to see your new personal best!

Team Sport2People