

DAY	TOTAL MILES	SHORT NOTE	DESCRIPTION	REMINDER EXTRA
"1"	"2"	2 mile run	<p>Welcome to day one of the Dick Beardsley Half Marathon Beginner Training Program. We're going to kick the program off with an easy two mile run.</p> <p>If you are over the age of 35, have a family history of heart problems or it has been over 5 years since your last physical, please check with your physician before undertaking this training program.</p>	
"2"	"2"	2 mile run	<p>Since this is only your second day of training for the Dick Beardsley Half Marathon take it easy on your 2 mile run. If you need to walk, feel free to do so.</p>	
"3"	"3"	3 mile run	<p>Make it a goal today to start doing sit-ups or crunches. They will help your breathing and there will be a less likely chance of getting a side stitch. I guarantee they will help you in the half marathon! Start with 25 and work your way up to 100-150, 4-6 times/week.</p>	
"4"	"3"	3 mile run	<p>"Establishing routes will help you relax when you run. Do your three mile run on the same course as you did yesterday.</p>	
"5"	"2"	2 mile run	<p>"Today is an easy day. You will have these days frequently throughout this program. Easy days are important as they give your body a chance to recover from the increased stress of training, so don't cheat your body by sneaking in extra miles.</p>	
"6"	"3"	"3 mile easy jog"	<p>Pay attention to your pace during today's 3-mile run. You should be able to carry on a conversation during the run.</p>	
"7"	"3"	"3 mile run"	<p>Be patient in building up your miles. All of these short running days will add up, so stick with the plan and run just 3 miles today.</p>	
"8"	"2"	"2 x 1 mile intervals"	<p>Run two 1-mile intervals stopping to walk for 3 minutes in between each mile. When you're finished, do a 15-minute cool down. Run the miles at a harder, faster pace than you have been doing your other runs up to now. Doing some speed work will make the half marathon pace seem that much easier!</p>	
"9"	"3"	3 mile run	<p>Take today's 3 mile run at a very easy pace. You'll want to conserve your energy for tomorrow's hill workout.</p>	
"10"	"3"	"4 x 1 hill interval"	<p>"Today start with a 1-mile warm up run. Find a hill that has an angle of about 30-40 degrees and is about 300-600 meters high. Run up the hill for 60 seconds turn around and jog back to</p>	

			the start. Repeat this process 4 times. Once you are finished cool down with an easy one mile jog"	
"11"	"3"	3 mile run	An easy recovery 3 mile run is just what you need to loosen up your legs from yesterday's run. Don't be afraid to stop and walk a little if you need to.	
"12"	"0"	"rest"	"Today is a rest day. Take some time to think about your goals for your upcoming half marathon. Jot these down and put them into a safe keeping place - you'll want to take them out and review them frequently.	
"13"	"2"	"2 mile easy jog"	""Running on softer surfaces can help prevent injuries. For today's 2 mile run try a course in a nearby park, on a dirt trail, or a treadmill.	
"14"	"5"	"5 mile run"	"This is your first long run of the program, so find a comfortable and even pace. Pushing hard doesn't equate to a better workout. In fact, pushing too hard too soon can increase your chance of injury. Don't be afraid to stop and walk a little if you need to.	
"15"	"3"	"3 x 1 mile interval runs"	Warm up for 15 minutes and then run three 1-mile intervals taking a two-minute walking break between each mile. Run the miles at a harder, faster pace than usual. Don't forget to cool down.	
"16"	"3"	3 mile run	"Remember you are building a base of miles so don't shrug off today's recovery 3 mile run! Begin the run at a comfortable pace and stick with it."	""
"17"	"4-5"	"8 x 1 minute hard interval"	You're going to do more speed work today. Warm up for 15 minutes and then do eight 1-minute intervals at 5K pace. Jog for one minute between each interval. Don't forget to cool down - I suggest jogging or walking briskly for 15 minutes.	
"18"	"3"	3 mile run	For today's 3 mile recovery run, stick to one of your favorite paths, and don't forget to think positive thoughts.	
"19"	"0"	"rest"	"Today is a rest day. These days are important for your body to give it a chance to recover from the increased stress of training. Drinking lots of water on your days off will help your body clean out any toxins that have accumulated in your system. It sounds gross but your urine should be almost clear."	
"20"	"3"	"3 mile easy jog"	Your 3-mile run today should get your legs loosened up before tomorrow's 6-mile run. Take it easy!	
"21"	"6"	"6 mile run"	"Just an easy 6 mile run today! Remember that the miles will get easier as your body gets in	

			shape.	
"22"	"3"	"3 x 1 mile interval run"	Begin today's workout with a short warm-up and then run three 1-mile intervals with a two minute walk between each mile. Run the miles at a harder, faster pace than usual. Cool down for 15-minutes.	
"23"	"3"	"3 miles easy run"	"You know you can do this - just an easy 3 mile run today. So just walk out the door, put one foot in front of the other, and the next thing you know you'll be done."	
"24"	"4-5"	"6x 1 hill interval"	"Warm-up for today's hill workout with a 1.5 mile jog. Find a hill that has an angle of about 30 to 40 degrees and is about 300 to 600 meters high. Run up the hill for 60 seconds turn around and jog back to the start. Repeat this process 6 times. Once you are finished cool down with a 1.5 mile jog"	
"25"	"3"	"3 mile easy run"	Recovering from a harder workout is key to any training program. For today's recovery run, head out for 3 miles on your favorite route.	
"26"	"0"	"rest"	"Today is a rest day. Take some time to plan out and write up what you need to bring with you to your race."	
"27"	"3"	"3 mile easy jog"	Just a short three mile run today. Keep the pace easy and enjoy!	
"28"	"4"	"4 mile run"	"Take it easy during today's 4 mile. Remember that short runs are build up runs. All these short runs add miles to your ultimate goal."	
"29"	"5-6"	"4 x 1 mile interval"	The plan today calls for another 4 x 1-mile workout with a 2-minute jog in between each mile. Run the miles at a harder, faster pace than usual. Be sure to take 15 minutes before and after to warm up and cool down.	
"30"	"3-4"	3 to 4 mile easy recovery run.	Your body is getting stronger each day. Find a comfortable pace and try to maintain it for 45 minutes.	
"31"	"4-5"	"4 x 2 minute hard interval"	"Congratulations! You are halfway through this training program! Speed workouts build up your strength. Think about this during your workout of four 2-minute intervals done at 5K pace. Add an easy one-minute jog in between each interval. Don't forget to warm up and cool down.	
"32"	"3"	"3 miles easy"	A 3 mile run at an easy pace is just what the doctor ordered to round out the week. Enjoy!	
"33"	"0"	"rest"	"Today is a rest day. Now that you're halfway through the Dick Beardsley Half Marathon training program, it's a good time to take a look at the goals you wrote down a few weeks	

			ago, and revise them if needed. Thinking of running a full marathon someday? Check out Dick Beardsley's Marathon Running Camp. Log onto www.marathonandbeyond.com	
"34"	"3"	"3 mile easy jog"	A short run of three miles is a great way to loosen up your legs before tomorrow's six-mile run.	
"35"	"6"	"6 mile run"	During today's 6-mile run, visualize yourself running on the Dick Beardsley Half Marathon course. Relax, think positively and enjoy!	
"36"	"4-5"	"3 x 1 mile interval jog"	"Today do a 15 minute warm up followed by three 1-mile intervals with a 2 minute walk between each mile. Run the miles at a harder, faster pace than usual. Cool down for at least 15 minutes.	
"37"	"3"	"3 mile easy run"	Call up a running buddy and go for a 3 mile easy recovery run.	
"38"	"4-5"	"7x 1 hill interval"	"Today start with a 1.5 mile warm up run. Find a hill that has an angle of about 30 to 40 degrees and is about 300 to 600 meter high. Run up the hill for 60 seconds turn around and jog back to the start. Repeat this process 7 times. Once you are finished cool down with a 1.5 mile jog"	
"39"	"3"	"3 mile easy recovery run"	If you put a good effort forward yesterday, you're probably a little sore, so make sure to take it easy on today's 3 mile run.	
"40"	"0"	"rest"	"Today is a rest day. Rest days are great for doing a quick set of sit-ups or crunches. You may also want to try to find an article about running that inspires you to keep training. "	
"41"	"3"	"3 mile easy jog"	Wake your legs up with a short 3-mile run today.	
"42"	"4"	"4 mile run"	"These medium length running days help keep your muscles in shape without over working them. Don't try to cheat and increase your mileage or your pace too quickly. Doing so can put you at risk of an injury. Enjoy today's light 4 mile run."	
"43"	"4-5"	"2 x 1 mile interval jog"	You might want to head to your nearest track for today's workout. Warm up and then do two 1-mile intervals with a 2-minute walk in between. Rest days are great for doing a quick set of sit-ups or crunches. Cool down by jogging 15 minutes.	
"44"	"3"	"3 mile easy recovery run"	Just an easy 3 mile run today - why not head to your favorite trail or park?	
"45"	"5"	"8x 1 hill	"Today start with a 1.5 mile warm up run.	

		interval"	Find a hill that has an angle of about 30 to 40 degrees and is about 300 to 600 meters high. Run up the hill for 60 seconds turn around and jog back to the start. Repeat this process 8 times. Once you are finished cool down with a 1.5 mile jog"	
"46"	"3"	"3 mile easy recovery run"	Recover from your hill workout with a relaxing 3 mile run today.	
"47"	"0"	"rest"	"Today is a rest day. Take some time to make sure you have all of the gear you'll need for your race. Make sure you keep yourself hydrated with water and electrolyte drinks!	
"48"	"3"	"3 mile easy jog"	You're doing great and race day is almost here! Have fun on today's 3-mile run.	
"49"	"3"	"3 mile run"	Since this is your second 3-mile run in a row, try a different route than you ran yesterday.	
"50"	"4-5"	"2 x 1 mile interval jog"	Warm up for 15-minutes today and then to two 1-mile intervals at a comfortable pace. Walk for two minutes between each mile. When you're finished cool down for 15-minutes.	
"51"	"3"	"3 mile easy recovery run"	Race day is almost here, so it's important to watch your pace during today's 3 mile workout. Take it slow...your legs will thank you.	
"52"	"3-4"	"3 x 2 minute hard interval"	The plan today calls for three intervals of 2-minutes each at 5K pace. Do a good warm-up! Make sure to jog for one minute between each interval and cool down for at least 15 minutes before heading home.	
"53"	"3"	"3 mile easy recovery run"	This is your last longer run before race day. Remember to think positive thoughts and take it easy.	
"54"	"0"	"rest"	"Today is a rest day. Take the time today to lay everything out that you will need on race day.	
"55"	"2"	"2 mile easy jog" Do some easy stretching after your run.	"Congratulations! You have reached the last day of the training program. Your two-mile run today should loosen up your legs and get them ready for tomorrow. Take some deep cleansing breaths to relax your nerves before going to bed."	
"56"	"13"	"race"	"This is YOUR big day! Today is the Dick Beardsley Half Marathon - the day you've worked very hard to get to. Good luck - I know you'll do fantastic! See you at the finish line!	
"57"	"0"	"rest"	"Congratulations on completing the Dick Beardsley Half Marathon! Enjoy sharing your accomplishment. Don't forget to save all the news clipping as a reminder of the special day. Way to go everyone! I'm very proud of you all!	
"58"	"2"	"2 mile	"Taking a little walk will help loosen up those	

		walk"	sore muscles. Keep hydrating as well."	
"59"	"0"	"rest"	Today is a rest day. Well did you have a fun time at your event? Are you ready to sign up for next year's Dick Beardsley Half Marathon?	
"60"	"2"	"2 mile walk"	During your 2-mile walk, reflect back on how exciting the achievement of completing a half marathon was."	
"61"	"0"	"rest"	"Today is a rest day. Kick-up your feet and relax - you deserve it!"	
"62"	"2"	"2 mile walk"	<p>"Just an easy 2 mile walk today. This concludes the Dick Beardsley Half Marathon Beginner Training Program. Congratulations and thank you for training with me! Keep up the great running! Dick Beardsley.</p> <p>If you are interested in perhaps running a full marathon sometime, check out Dick Beardsley's Marathon Running Camp. Log onto www.marathonandbeyond.com</p>	