

Half Marathon Training: Your Path to 13.1 Miles



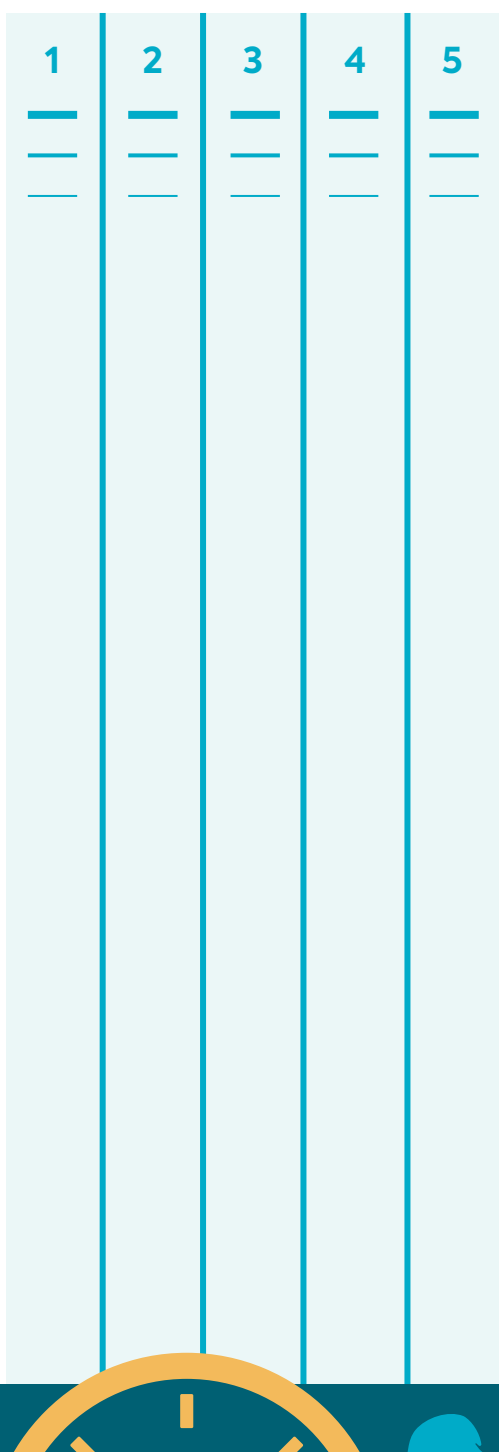
Whether you're an athlete or lacing up for your first long-distance event, this guide will equip you with a training schedule to optimize your training, enhance your performance, and cross the finish line.

WEEK Follow this weekly guide to stay on track during your training

| WEEK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------|------------------|---------|-----------|----------|--------|----------|--------|
| 1 | Rest and recover | 3 MI | 3 MI | 3 MI | 3 MI | 4 MI | |
| 2 | Rest and recover | 3 MI | 4 MI | 3 MI | 3 MI | 4 MI | |
| 3 | Rest and recover | 3 MI | 4 MI | 3 MI | 3 MI | 5 MI | |
| 4 | Rest and recover | 3 MI | 5 MI | 3 MI | 4 MI | 6 MI | |
| 5 | Rest and recover | 4 MI | 5 MI | 4 MI | 3 MI | 7 MI | |
| 6 | Rest and recover | 4 MI | 4 MI | 4 MI | 4 MI | 8 MI | |
| 7 | Rest and recover | 4 MI | 6 MI | 4 MI | 4 MI | 9 MI | |
| 8 | Rest and recover | 4 MI | 6 MI | 4 MI | 4 MI | 10 MI | |
| 9 | Rest and recover | 4 MI | 6 MI | 4 MI | 3 MI | 11 MI | |
| 10 | Rest and recover | 4 MI | 5 MI | 4 MI | 4 MI | 12 MI | |
| 11 | Rest and recover | 4 MI | 5 MI | 4 MI | 3 MI | 6 MI | |
| 12 | Rest and recover | 3 MI | 5 MI | 3 MI | 2 MI | 13.1 MI | |

- MONDAY Rest and recover
- FRIDAY Rest and recover
- TUESDAY
- SATURDAY
- WEDNESDAY
- SUNDAY
- THURSDAY

7 of the Most Common Running Injuries & How You Can Avoid Them



- 1 RUNNER'S KNEE**
 Inflammation of cartilage on the backside of the kneecap.
 How to Avoid: Strengthen your quadriceps muscles. Shorten the length of your stride and slightly bend your knee when landing.
- 2 ACHILLES TENDINITIS**
 Due to overuse and stress, the Achilles tendon tightens, causing inflammation and pain.
 How to Avoid: Do regular heel drops, strengthening your calf muscles. Start stretching your calves every day.
- 3 HAMSTRING COMPLICATIONS**
 When the hamstrings become tight or weakened more than the quadriceps muscles.
 How to Avoid: Stretch and exercise to strengthen your hamstrings.
- 4 PLANTAR FASCIITIS**
 Small tears or inflammation in the connective tissues that run from your heel to your toes.
 How to Avoid: Wear shoes with good arch support that fit your feet. Stretch calves & feet regularly to alleviate tension.
- 5 SHIN SPLINTS**
 Small tears in the muscles surrounding the tibia (shin bone).
 How to Avoid: Targeted exercises to strengthen your calf muscle. Avoid sudden jumps in incline (flat to hills) and alternate between 2 sets of running shoes to vary stress.
- 6 ILIOTIBIAL BAND SYNDROME (ITBS)**
 The IT band—which runs along the outside of your thigh up to your knee—becomes tight or inflamed.
 How to Avoid: Stretch the hip abductors and strengthen your muscles – replace shoes if they wear unevenly on the outside of the sole.
- 7 STRESS FRACTURES**
 Hairline cracks that develop in weight-bearing bones – an overuse injury caused by increased stress on the bone.
 How to Avoid: Increase bone density with consistent weight training – Eating calories and nutrients to facilitate bone growth. Change your routine regularly and add weight-training exercises.



The average runner suffers 1 running injury for every 100 hours spent running

As many as 75% of all runners will experience an injury in any year.

Runners with previous injuries are 2X more likely to sustain a new injury than runners without prior injuries.



46% of runners sustain new running injuries each year

27% of these injuries occur to the knee

25% occurring in the Achilles tendon or calf area

When to Treat at Home vs. See a Doctor

Minor injuries can be treated at home. However, for more serious injuries, runners should consult with a lower extremity or orthopedic specialist as soon as possible.

Injuries You Can Treat At Home:

- Shin Splints
- Sore Muscles
- Sore Joints
- Minor Sprains

When To See a Doctor:

- Severe pain, numbness, or swelling
- Point tenderness over the injured area
- Inability to put weight on an affected area
- Joint instability or abnormalities

- R**est to avoid further injury
- I**ce for short-term pain relief
- C**ompression to reduce swelling and pain
- E**levation to alleviate swelling

When treating injuries at home, follow the **RICE** healing method for a faster recovery!



Preventing Injuries: The Runner's Warm-Up & Cool Down Checklist



Leg Swings
(20 times for each leg)

PRE-RUN:



Walking Lunges
(10 per leg)

POST-RUN:



Standing quad stretch



Kneeling hip flexor and hamstring stretch



Calf raises

Half Marathon Nutrition Tips:



BEFORE YOUR RUN
Eat around 100 calories of mostly carbs and drink between 8-12 ounces of water.



DURING YOUR RUN
Drink 6 to 8 ounces of water every 15 minutes.



AFTER YOUR RUN
Eat within 30 minutes after your workout. Drink 8-12 ounces of chocolate milk or another liquid that combines mostly carbs with some protein.



THROUGHOUT YOUR TRAINING
Eat a regular diet with 60% carbs, 20% lean proteins, and 20% healthy fats.



COASTAL ORTHOPEDICS

Visit us at Coastal Orthopedics to schedule a consultation with an orthopaedic specialist.

Call Us: (941) 792-1404 CoastalOrthopedics.com

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