



**DON'T DREAM IT,
TRAIN FOR IT!**

**FREE
VERSION**



**2022 OFFICIAL
HALF MARATHON
INTERMEDIATE TRAINING PLAN**

BROUGHT TO YOU BY



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2022 RUN MALIBU INTERMEDIATE HALF MARATHON TRAINING PLAN

Congratulations!! One of the hardest things to do is to commit to training for a half Marathon. Now that you've made that leap, you're in for a beautiful, at times, challenging, but rewarding journey!

Feel free to switch workouts, change days and do what you can. If you manage to do 70% of what is listed below you will be in great shape to finish the race!

This program is designed to be a general training plan for all to use as a guide. We realize your schedule and/or training level may not accommodate training everyday.

*YOU DON'T HAVE TO GO FAST, **BUT YOU HAVE TO GO!**
YOU WON'T ALWAYS FEEL MOTIVATED, BUT TRUST THAT
MOTIVATION WILL COME **WHEN YOU ARE CONSISTENT***

— TED MCDONALD

If you manage to accomplish 70% of what is listed below, you will be in great shape to finish the race!

Good luck, have fun, and always reach out with questions if you have them!



TIPS

ON EQUIPMENT AND NUTRITION

Before you begin your training, here are a couple of tips on equipment and nutrition that will come handy.

MAKE SURE YOU HAVE THE PROPER RUNNING SHOES

When shopping for running shoes, fit is by far the most important thing. The shoe should wrap comfortably around your foot. It should not pinch or feel sloppy. Based on the shape of your foot, choose a shoe that accommodates your narrow or wide foot. Leave a thumb-width in front of your big toe to accommodate foot spread and so prevent

your toes from hitting the tip on downhill runs. If you are still confused about how to choose the right footwear, we recommend visiting a specialty running store and asking for a free consultation. Many stores will actually put you on a treadmill and film your running stride so do that if you can.

Here at Run Malibu, we love Zen Running Club's plant-based and vegan approved road running shoes. Their shoe is a lightweight, cushioned and responsive shoe. It naturally molds around your foot shape providing maximum comfort.

**ZEN
RUNNING
CLUB**

15% OFF ZEN RUNNING CLUB

USE CODE RUN15 AT CHECKOUT

Vegan approved running footwear that prioritizes sustainable, plant-based materials



'FOOD IS YOUR FUEL'

The second most important thing is understanding the concept that what you put in your body will help with your training to be a better athlete. Whether you decide on Paleo, Vegan, Mediterranean, or Low Carb diet is up to you - you know yourself better than anyone so do what's right for you. What's most important is that you follow a balanced and healthy diet. Experts describe a well-balanced diet as a combination of some carbohydrates, some protein, and some healthy fats.



Hydration is also critical to sustaining your body during training and racing. Make sure you begin hydrating early on in the week before the race. As they say: 'If peeing isn't inconveniencing you, you're not drinking enough!'

At the Malibu 5K, hydration is provided by QURE water. Their water is excellent Alkaline water with a pH of 10. Drinking alkaline water decreases your acid levels and thus improves your digestion and aids your bone health; while keeping your hydration levels optimal. We also recommend trying their electrolyte formula QURE Power Endurance during your training so your body can get used to it.

WHAT YOU PUT IN YOUR BODY WILL
HELP WITH YOUR TRAINING,
& HELP YOU BECOME A **BETTER**
ATHLETE.

For longer runs of over an hour, you might also want to carry an energy replenisher. On the course, these will be provided by Huma gels. Don't wait until race day to find out if that's the best option for you.

3 ENERGY GEL SAMPLES FOR FREE

USE CODE RUNMALIBU2022* AT CHECKOUT

Hüma energy gels combine 100% all-natural ingredients and are made with real fruit.
*only pay for shipping

hüma
POWERED BY NATURE

Try them out during your training. It's important to understand how your digestive system will assimilate everything you ingest during activity. You can order 3 HUMA gel samples for free from their website.

Post-run, a healthy snack bar can assist with replenishing your body and energy levels. Wipala Snacks is our official Snack Bar Sponsor and you'll get to taste some of their delicious bars during the Expo and after your race.

Finally, get familiar with the course map and elevation chart in advance, check the weather forecast for the day and prepare yourself for the race day logistics like parking and timelines.



If you want to dig deeper, or you feel unsure about how to fully prepare for your first race you can purchase the Run Malibu - Coach in your pocket course.

In the course Ted McDonald, endurance athlete and Run Malibu coach, will guide you step-by-step starting from the basics of mindset, training, nutrition and recovery to a detailed mile-by-mile race strategy with the objective to get you to the finish line uninjured and with a smile on your face.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK ONE	2-5 MILES RECOVERY RUN	TRACK 100M	CROSS TRAINING / RECOVERY	FARTLEK 2-5 MILES	RECOVERY / YOGA	4 MILES LONG RUN	RECOVERY / YOGA
WEEK TWO		TRACK 100M		HILLS 20-30 MINS		5 MILES LONG RUN	
WEEK THREE		TRACK 100M		FARTLEK 3+ MILES		6 MILES LONG RUN	
WEEK FOUR		TRACK 200M		TEMPO 3+ MILES		4 MILES LONG RUN	
WEEK FIVE		TRACK 100M		FARTLEK 3+ MILES		6 MILES LONG RUN	
WEEK SIX		TRACK 200M		HILLS 45-60 MINS		8 MILES LONG RUN	
WEEK SEVEN		TRACK 100M		FARTLEK 6 MILES		10 MILES LONG RUN	
WEEK EIGHT		TRACK 200M		TEMPO 6+ MILES		8 MILES LONG RUN	
WEEK NINE		TRACK 100M		FARTLEK 8 MILES		10 MILES LONG RUN	
WEEK TEN		TRACK 200M		TEMPO 8 MILES		12 MILES LONG RUN	
WEEK ELEVEN		TRACK 100M		HILLS 45-60 MINS		6 MILES LONG RUN	
WEEK TWELVE		STRENGTH/ RECOVERY	RECOVERY/ YOGA	TEMPO 5 MILES		3 MILES LONG RUN	



PRINT THIS PAGE OR KEEP IT HANDY TO STAY UP TO DATE WITH YOUR TRAINING SCHEDULE.

THE DIFFERENT WORKOUTS



TRACK WORKOUT

Start with 1 mile warm up, 100/200 meter sprint, 100/200 meter jog for 1 to 2 miles and 1 mile cool down. Start with 4 times around the track or 8 x 100m sprints / 4 x 200m sprints and progress to 8 times around a track. Also, try to make your final two sprints as fast or faster than the average of your first two sprints.



FARTLEK

Fartlek is literally, playing around with speeds. Essentially, it's a form of unstructured speedwork. It involves a continuous run in which periods of faster running are mixed with periods of easy- or moderately-paced running (not complete rest, as with interval training). Fartlek training stresses both the aerobic and anaerobic energy pathways. That's why it's one of the best ways to help you improve running endurance and speed at the same time.

It can be as simple as running for 3-6 minutes and then jogging for a minute. You could even decide to use this technique for your long runs and for the actual race. Science has shown that your body recovers a little bit during those jogs and this technique could make you faster overall.



LONG RUN

The long run improves your endurance and gives you the closest experience to what it's going to be like during your race. There's nothing more important to test yourself and see how your body feels in the later miles of your long runs. During these workouts it's going to be more about completing the distance, rather than about the speed. It's ok to go slower, but do your best to complete the distance.



HILL RUN

Find some hills or stairs and get yourself a good climbing workout. In trail running we rarely assign distance. Our workouts are all based on time. So get outside and go for 30 minutes or 45 or 60. Enjoy the outdoors and go off the beaten trail. There is nothing like training on trails, it will help you conquer the climbs during your half marathon, because there are some climbs!



TEMPO RUN

This will be one of your toughest workouts. The purpose of a tempo workout is to run at a sustained effort to build 'speed endurance' – that is, the ability to hold a challenging pace over a longer period of time. Warm up for the first mile and then choose a pace that's faster than "moderate" but not exactly "hard" and that you can maintain for the rest of the run. For instance, if you're looking to run a 9-minute mile during your race, start with 12-13 minutes for the first mile, and then try to maintain a 10-minute per mile pace during the entire training workout.



RECOVERY RUN

The recovery run is about getting your legs moving soon after a harder workout, but without pushing yourself. This will improve your circulation and endurance. Think about this as an active recovery. An easy jog is perfect for this

ABOUT COACH TED

Ted McDonald is an endurance athlete, yoga teacher, and wellness coach. He brings the benefits of yoga and mindfulness to athletes everywhere. A former Elite Adventure Racer and a Lacrosse player at UCLA, he has been an athlete his entire life. He's run countless marathons, triathlons, trail races, ultra marathons, and completed an IronMan.



He is the founder of TeamWRx.us, Adventure Yoga Retreats, and owns 5 Point Yoga, the premiere yoga and fitness studio in Malibu, California.

GET THE PREMIUM RUN MALIBU TRAINING COURSE



13 VIDEOS - 5 MODULES

Mindset, Nutrition, Training, Recovery and Mile-By-Mile Race Strategy.



HEALTHY RECIPES

5x downloadable healthy recipes to fuel your run.



GUIDED WORKOUTS

Warm-Up, Cool Down and Yin Yoga For Runners.



PARTNERS' OFFERS

Unlock exclusive discounts and offers from Run Malibu's Partners.



1 Q&A ZOOM SESSIONS

Discuss Race Strategy with trainer Ted McDonald.

Dig deeper and fully prepare for your first race you can purchase the **Run Malibu - Coach in your pocket course**. Ted will guide you step-by-step starting from the basics of mindset, training, nutrition and recovery to a detailed mile-by-mile race strategy with the objective to get you to the finish line uninjured and with a smile on your face.



BUY NOW

\$59

[RUNMALIBU.COM](https://runmalibu.com)

If you're looking for personalized coaching you can reach him directly.



teddymcdonald.com



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EVENT RENTALS

BOYS & GIRLS CLUB
OF MALIBU

Girls on the Run
los angeles county

RUN MALIBU

HALF MARATHON & 5K

PRESENTED BY **RUSNAK BMW**

READY TO RUN MALIBU?

RUN FOR FREE WHEN YOU REFER YOUR FRIENDS!



REFER **5** FRIENDS

EARN \$20
BACK



REFER **10** FRIENDS

EARN AN
ADDITIONAL
\$20 BACK



REFER **15** FRIENDS

EARN A 100% OF
YOUR REGISTRATION
FEE BACK



REFER **20** FRIENDS

RUN IN A NEW
PAIR OF ZEN RUNNING
CLUB SHOES

FIND OUT MORE:
WWW.RUNMALIBU.COM/REFERRALPROGRAM