



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

**FREE  
VERSION**



**2022 OFFICIAL  
HALF MARATHON  
ADVANCED TRAINING PLAN**

BROUGHT TO YOU BY



5 & 6 NOV 2022 • [RUNMALIBU.COM](http://RUNMALIBU.COM)

# 2022 RUN MALIBU ADVANCED 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!

This program is designed to be a general training plan for the advanced runner. This is not your first half marathon. You're

looking to work on your speed and performance and maybe set a PR. We realize your schedule and/or training level may not accommodate every step of this training plan. Feel free to switch workouts, change days and do what you can.

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**THE KEY TO TRAINING SUCCESSFULLY IS NOT TO JUDGE YOUR SINGLE RUN. BE CONSISTENT, KEEP YOUR EYES ON THE PRIZE & TRUST THE PROCESS. THAT'S HOW YOU STAY MOTIVATED!**

**- TED MCDONALD**

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If you manage to do 80-90% of what is listed below you will be in great shape to crush 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
<b>WEEK ONE</b>	2-5 MILES RECOVERY RUN	TRACK 100M	<b>STRENGTH / YOGA</b>	FARTLEK 2-5 MILES	2-5 MILES RECOVERY RUN	4 MILES LONG RUN	<b>RECOVERY / YOGA</b>
<b>WEEK TWO</b>	3-6 MILES RECOVERY RUN	TRACK 200M		HILLS 30-45 MINS	3-5 MILES RECOVERY RUN	6 MILES LONG RUN	
<b>WEEK THREE</b>	4-7 MILES RECOVERY RUN	TRACK PYRAMID		TEMPO 4+ MILES	3-5 MILES RECOVERY RUN	8 MILES LONG RUN	
<b>WEEK FOUR</b>	2-5 MILES RECOVERY RUN	TRACK 100M		FARTLEK 5+ MILES	3-5 MILES RECOVERY RUN	5 MILES LONG RUN	
<b>WEEK FIVE</b>	3-6 MILES RECOVERY RUN	TRACK 200M		HILLS 45-60 MINS	3-5 MILES RECOVERY RUN	8 MILES LONG RUN	
<b>WEEK SIX</b>	4-7 MILES RECOVERY RUN	TRACK PYRAMID		TEMPO 5-7 MILES	3-5 MILES RECOVERY RUN	10 MILES LONG RUN	
<b>WEEK SEVEN</b>	5-7 MILES RECOVERY RUN	TRACK 100M		FARTLEK 6 MILES	2-5 MILES RECOVERY RUN	12 MILES LONG RUN	
<b>WEEK EIGHT</b>	3-5 MILES RECOVERY RUN	TRACK 200M		HILLS 45-60 MINS	3-5 MILES RECOVERY RUN	8 MILES LONG RUN	
<b>WEEK NINE</b>	4-6 MILES RECOVERY RUN	TRACK PYRAMID		TEMPO 6+ MILES	3-5 MILES RECOVERY RUN	11 MILES LONG RUN	
<b>WEEK TEN</b>	5-8 MILES RECOVERY RUN	TRACK 100M		FARTLEK 8 MILES	3-5 MILES RECOVERY RUN	13 MILES LONG RUN	
<b>WEEK ELEVEN</b>	4-6 MILES RECOVERY RUN	TRACK 200M		HILLS 45-60 MINS	2-5 MILES RECOVERY RUN	10 MILES LONG RUN	
<b>WEEK TWELVE</b>	2-5 MILES RECOVERY RUN	REST/ RECOVERY		MED TEMPO 5 MILES	3-4 MILES RECOVERY RUN	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.

## PYRAMID TRACK WORKOUT

Start with 1 mile warm up. Then 400 meter sprint followed by 2-3 mins of full recovery; 800 mins sprint followed by 2-3 mins of full recovery; 1600 mins sprint followed by 2-3 mins of full recovery; 800 mins sprint followed by 2-3 mins of full recovery; 400 mins sprint followed by 2-3 mins of full recovery. Finish your workout with a 1 mile cool down.

## 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](https://teddymcdonald.com)



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# RUN MALIBU

HALF MARATHON & 5K

PRESENTED BY **RUSNAK BMW**

# READY TO RUN MALIBU?

**RUN FOR FREE WHEN YOU REFER YOUR FRIENDS!**



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EARN AN  
ADDITIONAL  
\$20 BACK



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EARN A 100% OF  
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