



# **EASY Seasoned Senior Runner Half Marathon Training Plan**

Running is a “lifetime” sport. There is no age limit.

Did you know:

- 50% of marathoners are over 40 years old!
- The average age for a Boston Marathoner is 40 years for a female and 45 years for a male.
- The fastest growing age group in running is 90-99 years - a 40% increase from 10 years ago!
- It takes only 17 days to develop a new habit.

If you are finding that you're dealing with the natural aging process and you are looking for fresh guidance and encouragement, this training plan is for you! Whether you have been running for decades, or you have rekindled the desire to lace up your old running shoes and get back outside on the road (newbies to running check out our 5K training plan), remember that distance running is an effective way to exercise and support your overall health. Not only will running improve your physical health, it fortifies your emotional and mental health as well. How do runners successfully enjoy their sport? Let's consider some hints and suggestions shared by...yup, you got it...Seasoned Senior Runners!

The key to success is consistency! This can be accomplished in a few short hours per week. Keep your life simple by developing good stretching, strength and self care habits. Reset your goals by reducing the number of days you run to improve your recovery rate. Cross train with low impact sports such as biking, hiking, swimming or walking. Try massage, chiropractic or acupuncture care to increase your flexibility. This plan includes stretching on your three running days as well as stretching on your two rest days (R&S). Stretching is also included with your two strength and/or low impact cross training days (SS &/or LIXT). Overall, be consistent and your body will thank you for it. When running, be aware of your strides and make an effort to vary them. Try “Light and Easy” strides when you fatigue or tighten up. Relax your arms with your hands at your hip level, this will open up your diaphragm, then focus on raising your legs to knee level with each stride. This will engage your quads/hamstrings while giving your knees/calves a rest. Hit the dirt roads and trails to reduce impact while running whenever possible. It is important to warm up and start out your runs with an “easy does it mile”. Running as a senior isn't much different than your younger decades. You need to be more consistent, truly stretch, strengthen and take care of yourself. Kudos to you for still getting out and for your mental fortitude. Remember - take it easy - enjoy - endure - excel!

## Putting these Hints and Suggestions into Motion

- STRETCH: Extremely important - do it daily.  
Find yourself a routine and do it consistently. It will surprise you how much a quick 10 minute interlude or a minute at a time throughout the day will impact you and bring balance to your life. Stretch before you run and stretch after you run. Yoga for runners is an excellent way to start and finish a run. Invest in a roller, roll your whole body - don't forget your neck and your feet!
- STRENGTH: Find yourself a total body routine to toughen up not only your running muscles, but your abs and, very importantly, your upper body. This can be done with or without weights. Strong quads equal stronger knees. Strong abs and shoulder blades equal a stronger core. Power up daily by lifting grocery or garbage bags, shoveling snow or pushing laundry from basket to closet. Develop strength at your own rate - listen to your body.
- SELF CARE: Be sure you hydrate throughout the day, evaluate your eating habits and nutrition. Be mindful of your sleep - enjoy yourself.

## On Your Three Run Days:

- Do a speed day. At your comfort increase and decrease your pace throughout a short distance - "Your Easy" Speed Run.
- Enjoy the day run. At your comfort and pace you run a medium distance - "Your Easy" Fun Run.
- Add a Long run day. At your comfort and pace you run a longer distance - "Your Easy" Long Run.
- Check out Sample Training Schedule for a Half Marathon below.. Try adapting this 12 week plan to meet the number of miles per your short, medium and long runs and the type of race (5K/10K/1/2M) that suits you best.

Please be advised, this plan was not created by medical or sports professionals. The plan was made by runners using personal experience. We always suggest you listen to the advice of your physicians

Happy Running!



# EASY Seasoned Senior Runner Half Marathon Training Plan



	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Week 1</b>	Rest & Stretch	2 miles	SS &/or LIXT	4 miles	SS &/or LIXT	Rest & Stretch	6 miles
<b>Week 2</b>	Rest & Stretch	2 miles	SS &/or LIXT	3 miles	SS &/or LIXT	Rest & Stretch	8 miles
<b>Week 3</b>	Rest & Stretch	3 miles	SS &/or LIXT	5 miles	SS &/or LIXT	Rest & Stretch	7 miles
<b>Week 4</b>	Rest & Stretch	3 miles	SS &/or LIXT	4 miles	SS &/or LIXT	Rest & Stretch	9 miles
<b>Week 5</b>	Rest & Stretch	4 miles	SS &/or LIXT	4 miles	SS &/or LIXT	Rest & Stretch	10 miles
<b>Week 6</b>	Rest & Stretch	3 miles	SS &/or LIXT	5 miles	SS &/or LIXT	Rest & Stretch	8 miles
<b>Week 7</b>	Rest & Stretch	3 miles	SS &/or LIXT	5 miles	SS &/or LIXT	Rest & Stretch	12 miles
<b>Week 8</b>	Rest & Stretch	3 miles	SS &/or LIXT	6 miles	SS &/or LIXT	Rest & Stretch	9 miles
<b>Week 9</b>	Rest & Stretch	4 miles	SS &/or LIXT	6 miles	SS &/or LIXT	Rest & Stretch	7 miles
<b>Week 10</b>	Rest & Stretch	3 miles	SS &/or LIXT	5 miles	SS &/or LIXT	Rest & Stretch	11 miles
<b>Week 11</b>	Rest & Stretch	2 miles	SS &/or LIXT	6 miles	SS &/or LIXT	Rest & Stretch	8 miles
<b>Week 12</b>	Rest & Stretch	3 miles	SS &/or LIXT	2 miles	SS &/or LIXT	Rest & Stretch	<b>Race Day</b>

\*SS = Strength & Stretch LIXT = Low Impact Cross Training