



Half-Marathon Coaching Program

Summer/Fall 2015

Program Summary: This is an 18 week coaching program for runners who are consistently training and are looking to participate in a Half-Marathon or longer

distance race for the fall of 2015. The coaches will help you prepare for this challenge with appropriate workouts that focus on building the necessary conditioning and strength to run this distance. We will also provide instruction and advice on stretching and injury prevention. Enjoy training in the spirited camaraderie of runners who have similar ability and experience and share the same running goal. The program will be led by **experienced running coaches**, John MacGillivray and Elaine Hartung, both **certified as coaches** by USA Track & Field and American Sport Education Program and **certified as Personal Fitness Trainers** by AAAI-ISMA. See additional details about this training program on page 2 of this flyer.

Program Pre-requisite: Program participants should be consistently running at least 10 miles per week on average, able to do training runs of at least 5 miles.

Where and When: The training program begins in late June (for those targeting Sept races). For those targeting a race in late October or November, you can begin as late as August 1. See details on page 2 of this flyer.

What You Receive: Program includes 18-week training strategy, bi-weekly group long runs, bi-weekly hill or speed workouts and recommended weekly workouts to do on your own or with your classmates, training advice and weekly e-mail updates with tips to properly prepare you for the your race. **Healthy snacks** will be served after each training session.

Fee (for Half Marathon coaching):

- \$149, if registered by 7/1/15;
- \$169, if registered after 7/1/15, as long space is available. Runners who are new to our training programs must e-mail us before sending your registration. **Class size is strictly limited.**

“When you get to the starting line of a marathon, 30% of the runners have over-trained, 50% have under-trained, and 20% are ready to race. You want to be in that 20%.” - Origin unknown. This advice has been repeated by many distance running coaches over the years.

Questions: e-mail JMacRunning@Yahoo.com
Website: www.JMacRunning.com

Registration Form for Half Marathon
Coaching for Summer-Fall 2015 Season -
Please Print Clearly

_____ Last Name _____ First Name

----- Street ----- City

----- State ----- Zip ----- Birthday (mm/dd/yy)

----- Home Phone -----

----- e-mail (necessary for weekly updates) -----

----- Weekly running mileage ----- Longest run since 5/1/15

Target Race: ----- Date:-----

Training level: Basic Intermediate/Advanced

Please read and sign: I know that running can be a potentially hazardous activity. I also confirm that I am physically fit and qualified to participate in this program. I agree to abide by any decision relative to my participation in this program. I assume all risks associated with running/walking, but not limited to falls, contact with other individuals, the effects of the weather, including cold, wind, snow and ice, the condition of the road/path and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing the facts, and in consideration of your acceptance of my application for this program, I for myself and anyone entitled to act on my behalf, waive and release JMac Running LLC, its employees, agents, staff and sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this program. I fully understand that there are no refunds for this program. I attest that I am at least 18 years of age.

----- Signature(Participants must be at least age 18) ----- Date

HalfMarathon 6/15

**Make Checks payable and Mail to: JMacRunning,
P O Box 83, Holmdel, NJ 07733**

Overview of the Half Marathon Coaching Program – Summer 2015 (Sixteenth Edition of our Program)

Preparing for a half marathon, or other long distance race, requires more focus and commitment and a more precise coaching strategy than a normal fitness running regimen. By getting the right coaching and then training with people who have a similar goal, the synergy will help you more easily develop the focus and commitment needed for this endeavor which will make it more enjoyable and more likely that you succeed.

Our summer/fall coaching program is targeted for those who plan to run any Half Marathon in the fall (Sept-Nov) or the LBI 18 Miler (on Oct 11). We have two levels of training: one for first time Half Marathon runners and the other for those who have successfully completed at least one Half Marathon and are looking to step up their training and improve their performance.

We will also coach those who are training for a full marathon – 26.2 miles this fall. The full marathon coaching is intended for those who have completed at least one Half Marathon or longer race – see more details below.

Prerequisite for the training program: For our half marathon training program, a runner should be consistently doing at least 10 miles of total running per week leading into the training program, with one run of at least 5 miles in the past 2 months. If you are at that level or above, then you should be properly prepared to start the program.

First time half marathon training: Our basic coaching plan will be focused on first time half marathon runners, so it will be conservative with total mileage and long runs. Our objective is to get you to the starting line properly conditioned to complete the 13.1 mile distance, without being over-trained and risking injury.

Intermediate/Advanced level half marathon training: We will offer higher level coaching for those who have successfully completed at least one Half Marathon and are looking to step up their training and improve their past performance. This will involve slightly more mileage on a weekly basis and some other higher level training.

Full marathon training: Our full marathon coaching is intended for those who have previously completed at least one Half Marathon or longer race. For full marathon training, we will provide a higher mileage training plan and other critical advice and support to properly prepare you for your endeavor. **Please contact us if you want to pursue a full marathon** this fall or winter. There are a few additional components for this training.

Format of our coaching program:

- Long run Workouts once every 2 weeks (see schedule below)
- Speed or hill training workouts once every 2 weeks (on weeks when there is no long run workout)
- Weekly training advice for the full 18 week training period
- Injury Prevention and Management Techniques
- Guidance on smart nutrition, proper rest and recovery and other topics to help you succeed with the training and success in your Half Marathon or Marathon
- Coaches available to answer your individual questions at workouts and via e-mail and phone

Long Run Workouts - You will have the option of doing the long run workouts either Saturday mornings at 7 AM at one of the shaded parks **or** Thursday evenings on the Boardwalk starting at 6 PM to take advantage of the late afternoon, cooling ocean breeze. **Saturday workouts** kickoff on 6/27 and then continue every 2 weeks 7/11, 7/25, 8/8, 8/22 and 9/5. **Thursday workouts** kickoff on 6/25, and then continue every 2 weeks 7/9, 7/23, 8/6, 8/20 and 9/3. The long run workouts in the fall will all be on Saturdays 9/19, 10/3 and 10/17 at 8:00 AM. You will only do one long run workout during each 2 week training period.

If you have friends or family members who might be interested in this program but have never trained with us, please have them e-mail us. Instruct them to give a brief description of their running experience and current training regimen. If we have room, we welcome the opportunity for them to train with us.

If you have any questions, please e-mail us at JMacRunning@Yahoo.com. We look forward to coaching you.

Half Marathon Races: There are numerous Half Marathons to run in the fall including these:

- Philadelphia Rock 'N' Roll Half (moved to Oct due to the Pope's visit), Sat, October 31
- Shore Athletic Club's Half Marathon (at Sandy Hook), Sunday, October 4
- Princeton Half Marathon, Sunday, October 4
- Trenton Half Marathon, Saturday, November 7
- Philadelphia Half Marathon and Marathon, Sunday, November 22