Hattiesburg Half Training Plan Guide

Introduction:

Hello everyone! My name is Josh Moore, and I decided to put together a little training plan for those of you who are hoping to PR at the Hattiesburg Half. It is important that you read this prior to starting the training plan. It will hopefully answer questions that many of you may have. First, a little bit about my running career: I started running at William Carey University where I became a decent 800 meter runner. While there I experimented with different races like the 400 meter, 4X400 meter relay, 400 meter hurdles, 1500 meter, 5k, and even throwing discus. The last thing I had to try was Cross Country, an 8k. I decided to give it a go, and ended up having a blast running longer distances. Once I graduated I did my best to keep with distance training, but was on my own. I found out a local running group, the Pinebelt Pacers, had a great running community. I began going to their weekly runs, and found a group of guys that wanted to push the boundaries even further. This led me to run a 50 mile race, multiple marathons (including Boston) and attempting an Ironman. I now coach Cross Country and Track at Oak Grove High School. Running is a huge part of my life, and helping people learn how to do things I know how to do is probably the biggest. With that said, I hope this training plan as well as weekly meet ups help each and every one of you get better than before.

About the plan:

The plan is a 16 week plan that goes through 4 different cycles, the first cycle is base training (easy miles that build adequate cardio to train later on), the second cycle is VO2 max (training your lungs and body to be able to take in and process as much oxygen as possible), the third cycle is tapering (a reduction in mileage and intensity that will prepare you for race day). Throughout the plan there are a few different terms that should be explored:

Easy This indicates the run should be relaxed. You should be able to have a conversation during this run. It is VERY IMPORTANT that you take easy days easy and hard days hard.

Fartlek This indicates the run will have period of times that are "on" and "off." The on are usually at a pace that is faster than race pace. The off are periods of recovery that slow down below race pace but you are still running during. It is important to know your on and off pace before beginning the workouts.

Steady State This indicates the run will be faster than an **Easy** pace but slower than **Tempo**. It shouldn't be laborious the entire time, but there should be moments where you are increasingly uncomfortable.

Tempo This indicates the run should be near your half marathon race pace. Sometimes it will be faster, sometimes slower. These will help build confidence in running at your predicted race pace.

Recovery This indicates the run should be obnoxiously slow. Seriously it is hard to run this slow sometimes, but a recovery run is just as important as a tempo! Don't rush through these. allow your body to recover.

Negative Splits This indicates the run will start slow and end fast. The average of all the miles should equal the average of the day (a few seconds off is totally fine). For instance, if I had 6 miles at 6:00 pace and I needed to run negative splits, I might have mile splits like this: 6:10, 6:05, 6:00, 6:00, 5:55, 5:50. the idea is to always be getting faster and never slower. It would be better to have a first mile that is too slow than a last mile that is too slow.

WU This means Warm Up. Warm ups are usually somewhere between Recovery and Easy pace.

Plyometrics This is a type of dynamic warm up. It emphasizes making your muscles more elastic rather than longer. They also help reinforce good running form. Plyometrics are as follows (A video will be shared demonstrating all the movements): high knees, butt kicks, A-skips, B-skips, C-skips, shuffles, carioca, scoops, reach and pulls, knee to chest, shin to chest.

Standing Recovery This means you will stand still to recover.

Active Recovery This means you will slowly, slowly run to recover.

How it works:

So the way the plan works is you enter a time in the "Hours" "Minutes" and "Seconds" box that correlates with the time you hope to and predict to hit. I am not able to tell each of you what your time should be or what it can be, but there are plenty of calculators online that can help you gauge around where you are at based off other race distances and times. I suggest once you enter your predicted time you print the page that you can reference each week. As you will see, there are only 5 days per week of training. Take the other 2 days to cross train (cycle, swim, weights) or to just relax. You can insert these anywhere you want, but I would suggest after Day 1 and after Day 3. The first 4-6 weeks are fairly boring because they emphasize building a base. Don't rush this time period, it is important to let your body build and adapt to the training.

What to expect:

Some days are going to be rough. Push through those. Some days are going to be easy. Enjoy those, you aren't going to get better by pushing the recovery days, I promise. Stay true to the paces and put in the time and you will get better. Do not push through an injury, consult a medical professional if you suspect any sort of injury.

Also, expect meeting up for training days once Week 5 starts. I will host training days once per

week for weeks 5 and 6. Then twice per week for weeks 7-14! Each session will be $15 per person. Weeks 5 and 6 are free, so you can get an idea of what it will be like. If you do not come until later, the first session will be free for the same reason. I will also be organizing "long" runs on the weekends starting Week 7 on the Longleaf Trace. There is a Facebook group called [Hattiesburg Half Training Group](#) that you can join to be updated on the meet ups so you can connect with other runners. The meet ups will likely be at Thames track during the evening (possibly 6pm). I will keep you updated. As for right now, get those base miles in!

Feel free to contact me through the Facebook page [Running with Josh](#) or my email moorejoshua007@gmail.com.

Thank you,
Josh Moore