

## Half Marathon Training Program - Terminology Definitions

**Tempo** - run at a pace that is about 15-30 sec per mile slower than your 5k race pace. Begin the run with a half mile warm up and end run with a half mile cool down. When the training program lists 3 miles-tempo, this means you should do a half mile warm up followed by 2 miles at tempo pace and then cool down for a half mile for a total run mileage of 3 miles.

**Long Slow Distance (LSD)** - run at a pace that is at least 1 min per mile slower than your 5k race pace. When the training program lists 4 miles-LSD, this means that you should do a half mile warm up followed by 3 miles at LSD pace and then cool down for a half mile for a total of 4 miles.

**Pyramid** - this is a fun and challenging track interval workout that progressively increases and then decreases the distance of the intervals during the workout. Run the intervals at a pace that is about your 5k race pace-15 sec per mile faster than your 5k race pace. When the training program lists 2.75 miles-pyramid, this means you should do a half mile warm up followed by: quarter mile very fast run, quarter mile recovery jog, half mile very fast run, quarter mile recovery jog, quarter mile very fast run, quarter mile recovery jog; and then cool down for a half mile for a total of 2.75 miles.

**Track** - run at 5k race pace. This is a challenging track workout consisting of 1 mile long intervals with half mile recovery jogs in between. When the training program lists 4 miles-track, this means that you should do a half mile warm up followed by 1 mile fast, half mile recovery jog, 1 mile fast, half mile recovery jog, and then cool down for a half mile for a total of 4 miles.

**Easy** - run at a pace that is 1 to 2 min per mile slower than your 5k pace. You'll see easy runs appear during recovery weeks.

**Off/XT** - take the day off to recover or do a non-impact or low-impact cardio activity (ex. cycling, swimming, cross country skiing) other than running.

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