

## DAMY ½ Marathon Program with Weights

Schedule:

Mon- Short Run + Workout A  
 Tues- Workout B  
 Wed- Sprint  
 Thurs- Workout C  
 Fri- Long Run  
 Sat- Workout D  
 Sun- Rest

### Weight Training:

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Workout A - Shoulders and Abs

Warm Up - 10 Min Treadmill

<i>Set 1</i>	
Shoulder Press	12, 10, 8, 6
Upright Row	12, 10, 8, 6
DB Reverse Fly	12, 10, 8, 6
<i>Set 2</i>	
DB Front Raise	3 x 12
DB Lateral Raise	3 x 12
DB Shrugs	12, 10, 8, 6
<i>Set 3</i>	
Arnold Press	1 x 20
Snow Angels	1 x 20

Ab Pyramid

Bicycle Crunch	15 sec
Suitcases	30 sec
Reverse Curl Toe Touch	45 sec
Plank Hold	60 sec
Reverse Curl Toe Touch	45 sec
Suitcases	30 sec
Bicycle Crunch	15 sec

Workout B - Legs

Warm Up - 10 Min Treadmill

<i>Exercise</i>	<i>Reps</i>
Step Ups Holding DB	10x Each Leg
Plie Squats	10x
Deadlifts	10x
Walking Lunges	10x Each Leg
Rest	30 sec

Cool Down - 5 Min Treadmill

\*Complete this as a giant set repeating 5x. This is working your muscles to exhaustion. If your form starts to decrease it's time to stop.

Workout C - Chest, Tri's and Abs

Warm - Up - 10 Min Treadmill

<i>Set 1 (x4)</i>	<i>Reps</i>
Wide Push Ups	20x
Tricep Kick Back	12x
<i>Set 2 (x3)</i>	
Walkout Pushups	10x
Dips	15x
<i>Set 3 (x4)</i>	
Flies	12x
Skull Crushers	12x

Ab Pyramid

Bicycle Crunch	15 sec
Suitcases	30 sec
Reverse Curl Toe Touch	45 sec
Plank Hold	60 sec
Reverse Curl Toe Touch	45 sec
Suitcases	30 sec
Bicycle Crunch	15 sec

Workout D - Back and Bi's

Warm - Up - 5 Min Treadmill

<i>Set 1</i>	<i>Reps</i>
Lat Pull Down	12, 10, 8, 6
Hammer Curl	12, 10, 8, 6
<i>Set 2</i>	
Bent-Over Row	12, 10, 8, 6
21s	4 x 21
<i>Set 3</i>	
Alternating Bent-Over Row	1 Set Max Reps (10 lb DB)
Bicep Curl Burnout	1 Set MAX Reps (10 lb DB)

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## ***10 Week 1/2 Marathon Training Program from DAMY Health***

<b>Week</b>	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>	<b>Total</b>
<b>1</b>	Run 3 Km	Rest	Sprints 1-3	Rest	Run 10 Km	Rest	Rest	<b>13 Km</b>
<b>2</b>	Run 4 Km	Rest	Sprints 1-3	Rest	Run 12 Km	Rest	Rest	<b>16 Km</b>
<b>3</b>	Run 4 Km	Rest	Sprints 1-3	Rest	Run 14 Km	Rest	Rest	<b>18 Km</b>
<b>4</b>	Run 5 Km	Rest	Sprints 4-6	Rest	Run 14 Km	Rest	Rest	<b>19 Km</b>
<b>5</b>	Run 5 Km	Rest	Sprints 4-6	Rest	Walk 5 Km	Rest	Run 17 Km	<b>Practice WEEK</b>
<b>6</b>	Rest	Rest	Sprints 4-6	Rest	Run 10 Km	Rest	Rest	<b>10 Km</b>
<b>7</b>	Run 6 Km	Rest	Sprints 7-9	Rest	Run 12 Km	Rest	Rest	<b>18 Km</b>
<b>8</b>	Run 8 Km	Rest	Sprints 7-9	Rest	Run 14 Km	Rest	Rest	<b>22 Km</b>
<b>9</b>	Run 8 Km	Rest	Sprints 7-9	Rest	Run 16 Km	Rest	Rest	<b>24 Km</b>
<b>10 Race</b>	Run 10 Km	Rest	Run 4 Km	Walk 5 Km	Rest	Rest	<b><u>1/2 Marathon!</u></b>	<b>40 Km</b>

## *Sprint Training Weeks 1-3*

<b>Sprints</b>	<b>Weeks 1-3</b>
<b>Exercise</b>	<b>Reps</b>
Warm Up	5 Min Cardio
100m's	8
Rest	30 Sec after each rep
200m's	4
Rest	45 Sec after each rep
400m's	2
Rest	1 Min after reach rep
800m's	1
Cool Down	5 Min Cardio

## *Sprint Training Weeks 4-6*

<b>Sprints</b>	<b>Weeks 4-6</b>
<b>Exercise</b>	<b>Reps</b>
Warm Up	5 Min Cardio

### Pyramid

Distance	Rest
100m	30 Sec
200m	45 Sec
300m	60 Sec
400m	90 Sec
800m	120 Sec
400m	90 Sec
200m	45 Sec
100m	30 Sec

Cool Down	5 Min Cardio
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## *Sprint Training Weeks 7-9*

<b>Sprints</b>	<b>Weeks 7-9</b>
<b>Exercise</b>	<b>Reps</b>
Warm Up	5 Min Cardio
Sprint	200m
Walk	100m
Jog	100m
Repeat for 30 Min	
Cool Down	5 Min Cardio

## *Marathon Program Nutrition Notes*

We want you to stay hydrated with water during your run of course, but to avoid cramping and other problems we also want you to drink sports drinks. Make sure to bring enough gel packs with you. You want carbs that are absorbed quickly. You want to bring bananas and LARA bars as well.

I want you to find your own routine but most people find consuming the gel packs every 45 minutes works best. Many people time this with the water stations so they can wash them down. I have also heard of people consuming one 45 minutes before the race. That might be something you want to try (before the race in a practice run).

The night before I want you to have supper as usual. For the week of the race I want you to add carbs into your supper (1/2 to 1 cup – I want you to eat until you are satisfied – don't stuff yourself). Now, in saying that, I also want you to stay off the scale that week. This is because you will start to retain some water before the race (for some up to 4 pounds, but again it is just the carb induced water retention). The rest of your eating should be the same as usual.

For your morning breakfast the day of the race 2-3 hours before the race have your breakfast (oatmeal, blueberries, eggwhites, and water). Drink water up until 1 hour before the race. 45 Minutes before the race consume a banana or gel pack.

The day of the race you don't want to try anything new. In preparation you should do a pre-game day. Consume exactly what you are going to consume and see how you feel and what changes you may like to make.

Things to Bring Race day:

- Running clothes
- Running shoes
- Fruits (banana is top of choice here)
- Sports Bar/fruit bar (LARA bar and and sports bar of choice)
- Sport gels
- Sport drink
- Water

**Final Tip! - Catch the early water stops. Once you are dehydrated, you won't catch up.**

I can across this article and thought that you would enjoy reading it. Check it out:

<http://m.theglobeandmail.com/life/health/running/mind-over-marathon-how-to-keep-your-head-in-the-race/article1693239/?service=mobile>