

1/2 MARATHON PROGRAM

Training Plan (16 weeks)

A complete guide to running your first 1/2 Marathon. This plan has everything you'll need to succeed including bonus tips and tricks for race day success.

**TRAINING PLAN
+ CALENDAR**

**BONUS WEEKLY
TRAINING JOURNAL
+ 20 TIPS AND TRICKS
FOR RACE DAY**

**FREE
DOWNLOAD**





hello, my name is

Jace Morgan

and this is

All About Me

I am a husband, father, and coach, but I am also a professional athlete. I'm on a journey to discover my true potential and make a positive impact in the world by sharing my story and my journey. Running has had a profound impact on my life. It helped me overcome so many challenges, find clarity, and build strength both physically and mentally. I am so excited for you to start your journey and discover running for yourself. I have created these resources with the goal of making running and a healthy lifestyle attainable and easy to access for everyone.



Rikki



Breanna

My Girls

Fun Facts:

- I started running to escape depression. Running saved my life.
- I eat candy every single day.
- My favorite running weather is during a summer thunderstorm.
- I ran my first ever 1/2 Marathon in 1:57:28 in 2021.

What's Included

In The Plan



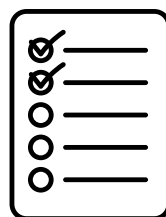
Complete Training Calendar

The training calendar includes everything you need to take the guesswork out of distances and workouts, week by week.



Weekly + Monthly Goals

Conquer your goals both in and out of your workouts. The training plan includes areas to write and organize all of your goals.



Training Planner + Checklist

The training planner and checklist has everything you'll need to keep your thoughts and your progress on track. All you have to do is follow along and put in the work.

GETTING STARTED

1/2 MARATHON PROGRAM

Training Plan (16 weeks)

Weeks 1-4: Base Mileage & Habits

This phase is all about creating a strong foundation. You're building a consistent running habit, getting your body accustomed to regular runs, and laying the groundwork for future mileage increases. The focus is on easy, conversational-paced runs to develop your aerobic endurance while avoiding injury. Think of this as "getting comfortable with being a runner."

- *Why it's important: A strong base ensures your body adapts to running stress, prevents burnout, and prepares you for longer distances down the road. Without this phase, you risk doing too much too soon.*

Weeks 5-8: Long Runs & Volume

Here, the emphasis shifts to building your long runs and weekly mileage. You'll notice mileage creeping up as your body adapts to the demands of running longer. These weeks also include recovery weeks to allow your muscles and mind to adjust to the increasing distance. The goal is to push your endurance while still keeping the effort manageable.

- *Why it's important: Endurance is key to completing a half marathon. Long runs teach your body to store and use energy efficiently while building mental toughness for race day.*

Weeks 9-12: Pacing, Consistency & Recovery

During this phase, the focus is on fine-tuning your pacing and testing your progress. You'll add slightly more challenging runs (like steady-state or slightly faster efforts during easy runs) to get used to race pacing and develop strength. These weeks also include recovery periods to prevent overtraining. Think of this phase as a dress rehearsal for race day.

- *Why it's important: Sharpening helps you practice race-specific effort and pacing while avoiding overtraining. By the end of this block, you'll feel confident in your ability to run longer and faster.*

Weeks 13-16: Peak Training & Recovery

The final phase prepares your body and mind for race day. You'll hit your longest long run during these weeks and then start tapering—reducing mileage to allow your body to recover fully before the race. During tapering, your muscles rebuild, energy stores refill, and you arrive at the start line fresh and ready to run.

- *Why it's important: Tapering is critical to avoid feeling fatigued on race day. This phase combines all your hard work with strategic rest so you can peak when it matters most.*

TRAINING

CALENDAR

1/2 MARATHON PROGRAM

Training Plan (16 weeks)

Week 1	2 Miles Easy	Rest	Walk 30 Minutes	2 Miles Easy	Rest	3 Miles Easy	3 Miles Easy
Week 2	Rest	2 Miles Easy	Walk 30 Minutes	2 Miles Easy	Rest	4 Miles Easy	3 Miles Easy
Week 3	Rest	2.5 Miles Easy	Walk 30 Minutes	2.5 Miles Easy	Rest	4.5 Miles Easy	3.5 Miles Easy
Week 4	Rest	2 Miles Easy	Walk 30 Minutes	2 Miles Easy	Rest	3.5 Miles Easy	2.5 Miles Easy
Week 5	Rest	1 Mile Easy 1 Miles Fast 1 Mile Easy	Walk 40 Minutes	1 Mile Easy .5 Mile Fast 1 Mile Easy	Rest	Long Run 5 Miles	Recovery Run 3.5 Miles easy
Week 6	Rest	1 Mile Easy 1 Miles Fast 1 Mile Easy	2 Miles Easy	1 Mile Easy 1 Miles Fast 1 Mile Easy	Rest	Long Run 5.5 Miles	Recovery Run 3.5 Miles easy
Week 7	Rest	1 Mile Easy 1.5 Miles Fast 1 Mile Easy	2 Miles easy	1 Mile Easy 1 Miles Fast 1 Mile Easy	Rest	Long Run 6 Miles	Recovery Run 3.5 Miles easy
Week 8	Rest	2.5 Miles Easy	Walk 45 Minutes	3 Miles Easy	Rest	4.5 Miles Easy	3.5 Miles Easy

TRAINING

CALENDAR

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Week 9	Rest	4 Miles Easy	1 Mile Easy 1 Mile Fast 1 Mile Easy	3.5 Miles Easy	Rest	Long Run 7 Miles	Recovery Run 3 Miles Easy
Week 10	Rest	4.5 Miles Easy	1 Mile Easy 1.5 Miles Fast 1 Mile Easy	2 Miles Easy	Rest	Long Run 4 Miles	Recovery Run 3 Miles Easy
Week 11	Rest	3.5 Miles Easy	1 Mile Easy 2 Miles Fast 1 Mile Easy	4 Miles Easy	Rest	Long Run 9 Miles	Recovery Run 3.5 Miles Easy
Week 12	Rest	Walk 60 Minutes	4 Miles Easy	2 Miles Easy	Rest	Long Run 6 Miles	Recovery Run 2.5 Miles Easy
Week 13	Rest	1 Mile Easy 3 Miles Fast 1 Mile Easy	Walk 40 Minutes	2 Miles Easy .5 Mile Fast 2 Miles Easy	Rest	Long Run 10 Miles	Recovery Run 3 Miles easy
Week 14	Rest	2 Miles Easy 2 Miles Fast 2 Miles Easy	2 Miles Easy	2 Miles Easy 1 Mile Fast 2 Miles Easy	Rest	Long Run 11 Miles	Recovery Run 4 Miles easy
Week 15	Rest	1.5 Miles Easy 3 Miles Fast 1.5 Miles Easy	2 Miles easy	1 Mile Easy 3 Miles Fast 1 Mile Easy	Rest	Long Run 12 Miles	Recovery Run 3 Miles easy
Week 16	Rest	3 Miles Easy	2.5 Miles Easy	2 Miles Easy	Rest	Rest	Race Day 1/2 Marathon

TRAINING JOURNAL

WEEK 1

Things that I am looking forward to during this journey:

My "WHY" for this journey is:

Running Reflections:

The thing I am most scared of during training the next 16 weeks is:

3 Things I am proud of myself for before this journey are:

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-
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TRAINING JOURNAL

WEEK 12

Things that I am grateful for during this journey:

My new goals after accomplishing the 1/2 Marathon are:

The most memorable "runners high" moment for me was:

The hardest week of training for me was:

3 Things that changed about me during my 1/2 Marathon training are:

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CONGRATS

YOU DID IT!

I am so proud of you

Keep Going...

Thank you for trusting me and embarking on this Couch to 5k journey. Completing this program is no small feat, and I'm beyond proud of you for taking that first step, sticking with it, and pushing yourself through every challenge along the way. You've just proven to yourself that you're capable of so much more than you imagined, and that's an incredible achievement.

Now that you've conquered the 1/2 Marathon, why stop here? If you're ready for your next adventure, I invite you to join me in my next program, "Mastering The Marathon". Or, if you have other running or fitness goals you'd like to tackle, let's work together through one-on-one coaching. I'd love to help you continue this journey and explore just how far you can go.

If this program has inspired you or helped you in any way, please share your story with others. Tell your friends, post about your journey, and help spread the word about these free resources so more people can take that first step toward their goals, just like you did.

As you move forward, remember this: you are stronger than you know, and every step you take is proof of your growth. Keep challenging yourself, keep believing in your potential, and keep striving for more. You've already come so far—imagine where you could be next.

I'm so proud of you. Now, let's keep the momentum alive and start on your next goal!

Proud of you.

Jace

1/2 MARATHON PROGRAM

Race Day Tips & Tricks

Start Slow and Steady

Resist the urge to go out too fast. Stick to your training pace during the first few miles—your body will thank you later.

Practice Your Nutrition

Use the same gels, chews, or hydration strategies you practiced during training. Don't try anything new on race day.

Lay Out Your Gear the Night Before

Set out your clothes, shoes, bib, and anything else you'll need. It eliminates morning stress.

Arrive Early

Give yourself plenty of time to park, find the start line, use the bathroom, and soak in the atmosphere. It helps calm nerves.

Dress for the Weather

Wear moisture-wicking layers and dress as if it's 10-15°F warmer than the actual temperature (you'll warm up once you start running).

Break the Race into Segments

Mentally divide the race into smaller chunks—e.g., focus on getting through the first 5K, then the halfway mark, and so on.

Run Your Own Race

Don't get caught up in the pace of others. Stick to what you trained for and trust your plan.

Smile and Enjoy It

High-five spectators, take in the scenery, and embrace the experience. A positive mindset makes a big difference.

Hydrate Early and Often

Don't wait until you're thirsty to drink. Take small sips of water or electrolyte drinks at the aid stations.

Visualize the Finish Line

Picture yourself crossing the line strong and smiling. Use this visualization to push through tough moments during the race.

1/2 MARATHON PROGRAM

Most Common Questions

What should I eat before the race?

Stick with a familiar meal, usually 2-3 hours before the race. Focus on carbs with a little protein, like oatmeal with banana or toast with peanut butter.

How do I deal with pre-race nerves?

Focus on what you can control: gear, pacing, and nutrition. Deep breathing and positive self-talk also help.

What pace should I run?

Stick to your long-run training pace or a comfortable effort where you can still talk. Save energy for the last few miles.

Should I carry my own water?

It depends on personal preference. If you trained with a hydration belt or bottle, bring it. Otherwise, use the aid stations.

What do I do if I feel like quitting during the race?

Break the distance into smaller milestones and focus on reaching the next mile. Use mantras like, "One step at a time."

What if I have to use the bathroom?

There are porta-potties along the course. If you need to stop, take a quick break and get back into your rhythm.

How should I warm up?

For longer races like a half marathon, your first mile can serve as a warm-up. Stretch lightly and do dynamic movements before starting.

What if I get a cramp?

Slow down, breathe deeply, and gently massage the cramp. Staying hydrated can also prevent cramps.

Can I listen to music?

Check the race rules. If it's allowed, use one earbud or keep the volume low to stay aware of your surroundings.

What should I do after the race?

Walk around to cool down, drink water or a recovery drink, and eat something with carbs and protein within 30 minutes to aid recovery.

Training Log (16 Weeks)

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