

# Capital City Half and Quarter Marathon Training Schedule

Presented by OhioHealth

## Congratulations on completing The First on the First 5k!

Enclosed are training schedules for The Capital City Half and Quarter Marathons. The first month of several training options are included, the remaining 3 months are available at [CapitalCityHalfMarathon.com](http://CapitalCityHalfMarathon.com).

All programs can be based on run, walk, or run/walk combination. Go to [CapitalCityHalfMarathon.com](http://CapitalCityHalfMarathon.com) for full explanation of run/walk options. Before starting these or any training program, you should discuss with your physician and ensure that a formal running or walking program is appropriate.

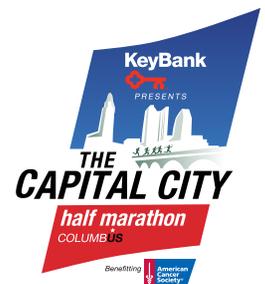
## Half Marathon Schedules

- 1. Beginner:** Runners, walkers, and run/walkers who are currently running 2 miles 3x per week or more (as of 1/4/14). Preferably athletes have been training consistently for 6-12 months or more before starting a half marathon program. This schedule can be used successfully to complete a half marathon and is not for first time half marathoners only!
- 2. Intermediate:** Runners, walkers, and run/walkers that have successfully trained for and completed 2 or more half marathons without injury. Athletes may have a goal of running a faster half marathon than previous races. Athletes should have been running/walking consistently for at least one year and should be currently running 3-4 miles 4x per week (as of 1/4/14). The intermediate training schedule will include faster paced running known as "quality runs." The quality workouts will start in February.

## Quarter Marathon Schedules

- 1. Beginner:** Runners, walkers, and run/walkers who are currently running 1-2 miles 3x per week (as of 1/4/14). Preferably athletes have been training consistently for 6 months or more before starting a quarter marathon program. This schedule can be used successfully to complete a quarter marathon and is not for first time quarter marathoners only!
- 2. Intermediate:** Runners, walkers, and run/walkers that have successfully trained for and completed a 10k race or longer without injury. Athletes may have a goal of running a faster quarter marathon than previous races. Athletes should have been running/walking consistently for at least one year and should be currently running 2-3 miles 3-4x per week (as of 1/4/14). The intermediate training schedule will include faster paced running known as "quality runs." The quality workouts will start in February.

For the next months of training schedules and to learn more about the value of group training with Marathoners in Training, go to [CapitalCityHalfMarathon.com](http://CapitalCityHalfMarathon.com).



### A FAITH-BASED, NOT-FOR-PROFIT HEALTHCARE SYSTEM

RIVERSIDE METHODIST HOSPITAL + GRANT MEDICAL CENTER + DOCTORS HOSPITAL + GRADY MEMORIAL HOSPITAL  
DUBLIN METHODIST HOSPITAL + DOCTORS HOSPITAL-NELSONVILLE + HARDIN MEMORIAL HOSPITAL + MARION GENERAL HOSPITAL  
WESTERVILLE MEDICAL CAMPUS + 20 HEALTH AND SURGERY CENTERS + URGENT CARE + PRIMARY AND SPECIALTY CARE  
WELLNESS + HOSPICE + HOME CARE + 22,000 PHYSICIANS, ASSOCIATES AND VOLUNTEERS

© OhioHealth Inc. 2013. All rights reserved. FY14-127-429. 01/14.



**OhioHealth**  
BELIEVE IN WE™