



TAKE IT TO THE NEXT LEVEL

Training Program for a Half Marathon

Your commitment to improving your health and fitness is awesome, and now you're ready to take things to a whole new level with a half marathon. To help you get ready for this 13.1 mile race, we've developed a weekly training program that includes cardio endurance, strength training and stretching.

What you need to get started:

- ▶ A good pair of walking/running shoes.
- ▶ Water to help keep you hydrated during your workout.
- ▶ Exercise booklet and videos. You can download both from [Cigna.com/Achilles](https://www.cigna.com/Achilles). Click on "Exclusively for Cigna Disability Customers."

Cardio - Get your feet moving and your heart pumping

Throughout the program, run as close as possible to the distances on the training schedule. Walk/jog during your runs if you need to. Make sure you can easily carry on a conversation while exercising. If you can't talk, you're working too hard. If you can easily talk, you're not working hard enough.

One day each week, you will choose a cross-training exercise for your cardio workout. Cross-training is a way to increase strength and stamina. Examples of cross-training are swimming and biking. Avoid high-intensity sports during your training, especially those that involve quick stops and starts and lateral (sideways) movements, such as basketball and tennis. These sports may increase your risk of injury.

Strength - Things are really shaping up

Strength training helps keep the body in shape to avoid injuries that can occur from running. Complete exercises 1-12, in the exercise booklet, with minimal rest in between each exercise (15-30 seconds). This is known as performing a circuit. Take a short water break and then repeat from the beginning.

On day A - Perform two circuits

- ▶ When presented with a choice of levels, choose a level of moderate intensity. If the exercise suggests reps, perform the lowest number of repetitions and work your way up throughout the program.
- ▶ For timed exercises (single leg balance and planks), choose the most challenging level.

On day B - Perform three circuits

- ▶ Choose your most challenging level and perform the highest number of suggested repetitions.

Warm up and stretch - Prepare to move, prevent the pain

Stretching is most important, as inflexibility limits your normal range of motion. The dynamic warm-up in the exercise booklet can be done every day to loosen up your muscles before you walk or run. A longer workout, as demonstrated in the stretching video, can be done once a week.

Tips - Helping you along, keeping you strong

- ▶ You can expect a little soreness after each run and workout, especially in the beginning. If you are extremely sore, pull back on the intensity. If an exercise hurts, decrease the level of difficulty. If your pain goes beyond soreness, stop exercising and talk with your doctor.
- ▶ If you miss a day of exercise or just need to rest, don't get discouraged. Just pick up where you left off. If your time off is extended, go back in the training schedule and redo the last week you previously completed.

Together, all the way.®



YOUR TRAINING PROGRAM FOR A HALF MARATHON

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	Strength Day A	Run 3 miles	Run 2 miles or Cross-train	Run 3 miles Strength Day B	Rest	Cross-train 30 min	Run 4 miles
2	Strength Day A	Run 3 miles	Run 2 miles or Cross-train	Run 3 miles Strength Day B	Rest	Cross-train 30 min	Run 4 miles
3	Strength Day A	Run 3.5 miles	Run 2 miles or Cross-train	Run 3.5 miles Strength Day B	Rest	Cross-train 40 min	Run 5 miles
4	Strength Day A	Run 3.5 miles	Run 2 miles or Cross-train	Run 3.5 miles Strength Day B	Rest	Cross-train 40 min	Run 5 miles
5	Strength Day A	Run 4 miles	Run 2 miles or Cross-train	Run 4 miles Strength Day B	Rest	Cross-train 40 min	Run 6 miles
6	Strength Day A	Run 4 miles	Run 2 miles or Cross-train	Run 4 miles Strength Day B	Rest or Easy Run	Rest	5k Race
7	Strength Day A	Run 4.5 miles	Run 3 miles or Cross-train	Run 4.5 miles Strength Day B	Rest	Cross-train 50 min	Run 7 miles
8	Strength Day A	Run 4.5 miles	Run 3 miles or Cross-train	Run 4.5 miles Strength Day B	Rest	Cross-train 50 min	Run 8 miles
9	Strength Day A	Run 5 miles	Run 3 miles or Cross-train	Run 5 miles Strength Day B	Rest or Easy Run	Rest	10k Race
10	Strength Day A	Run 5 miles	Run 3 miles or Cross-train	Run 5 miles Strength Day B	Rest	Cross-train 60 min	Run 9 miles
11	Strength Day A	Run 5 miles	Run 3 miles or Cross-train	Run 5 miles Strength Day B	Rest	Cross-train 60 min	Run 10 miles
12	Strength Day A	Run 4 miles	Run 3 miles or Cross-train	Run 2 miles	Rest	Rest	Half Marathon



If you experience pain at any time during your workout, stop exercising and consult your doctor.



This is for informational purposes only and should not be construed as medical advice or services. You should consult your doctor for medical advice or services, including seeking advice prior to undertaking a new exercise or fitness program. Advance consultation with your doctor is particularly important if you are under eighteen (18) years old, pregnant, or have health problems. Never disregard professional medical advice or delay in seeking it because of something you have read in this brochure. Cigna assumes no responsibility for any circumstances arising out of the use, misuse, interpretation or application of any information supplied in this brochure.

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