

# run love your

**FORWARD  
MOMENTUM**  
Keep your chin  
and eyes up. It  
makes the going  
feel easier.



**RUNNING ROCK STAR**  
"Make yourself go  
out for just 1 mile,"  
Goulding says.  
"See how it goes.  
You might not want  
to stop."

## Anything could happen.

Including running 13.1 miles with a smile on your face—no crying for mercy or cursing this magazine. Singer **Ellie Goulding** did it (make her hit single your new mantra: "Anything could happen..."), and now she's sharing the day-by-day training plan that helped her breeze through the Nike Women Half Marathon last April. Halves, by the way, are the fastest-growing race distance in the country—

and 60 percent of runners are women. With this program, plus strength moves designed just for runners, you'll cross your next finish line happy and burn some 11 calories per minute in the process.

By Jessica Cassity Photographs by Arthur Belebeau  
Ellie Goulding photographs by Bella Howard

# You can run a half marathon

First: Sign up for a fall race (find one at Active.com). Now that your goal is set, try Goulding's simple training plan, designed by Nike master trainer Marie Purvis. Take it one day, one workout, at a time—no peeking ahead. You got this!

week	mon	tues	wed	thurs	fri	sat	sun
1	<b>Run</b> 2 to 3 miles at an easy pace	<b>Strength train</b> See page 90.	<b>Run</b> 2 to 3 miles at an easy pace	<b>Strength train</b>	<b>Run</b> 3 miles at an easy pace	<b>Day off!</b>	<b>Run</b> 3.5 miles at an easy pace
2	<b>Run</b> 2.5 miles at an easy pace	<b>Strength train</b>	<b>Run</b> 3 miles at an easy pace	<b>Strength train</b>	<b>Yoga</b> Aim for an hour.	<b>Run</b> 4 miles at an easy pace	<b>Day off!</b>
3	<b>Run</b> 2 miles at an easy pace	<b>Cross train</b> Spin, swim or take a cardio class.	<b>Speed intervals</b> Jog 1 mile, sprint 200 meters, walk 200 m; repeat 5 times.	<b>Strength train</b>	<b>Yoga</b>	<b>Run</b> 5 miles at an easy pace	<b>Day off!</b>
4	<b>Run</b> 3 miles at an easy pace	<b>Strength train</b>	<b>Tempo run</b> Jog 1 mile, run 1 mile at tempo pace (1 minute faster than race pace), jog 1 mile.	<b>Strength train</b>	<b>Yoga</b>	<b>Run</b> 6 miles at an easy pace	<b>Day off!</b>
5	<b>Run</b> 4 miles at an easy pace	<b>Strength train</b>	<b>Hill sprints</b> Power uphill for 30 seconds, walk down; repeat 5 times.	<b>Cross train</b>	<b>Yoga</b>	<b>Run</b> 7 miles at an easy pace	<b>Day off!</b>
6	<b>Run</b> 3.5 miles at an easy pace	<b>Strength train</b>	<b>Tempo run</b> Jog 1 mile, run 2 miles at tempo pace, jog 1 mile.	<b>Yoga</b>	<b>Speed intervals</b> Jog 1 mile, sprint 100 m, walk 100 m; repeat 8 times.	<b>Run</b> 8 miles at an easy pace	<b>Day off!</b>
7	<b>Run</b> 4 miles at an easy pace	<b>Strength train</b>	<b>Speed intervals</b> Jog 1 mile, sprint 200 m, walk 200 m; repeat 5 times. Sprint 100 m, walk 100 m; repeat 5 times.	<b>Strength train</b>	<b>Yoga</b>	<b>Run</b> 9 miles at an easy pace	<b>Day off!</b>
8	<b>Strength train</b>	<b>Run</b> 3 miles at an easy pace	<b>Hill sprints</b> Power uphill for 30 seconds, walk down; repeat 6 times.	<b>Strength train</b>	<b>Yoga</b>	<b>Run</b> 11 miles at an easy pace	<b>Day off!</b>
9	<b>Run</b> 5 miles at an easy pace	<b>Cross train</b>	<b>Tempo run</b> Jog 1 mile, run 3 miles at tempo pace, jog 1 mile.	<b>Strength train</b>	<b>Yoga</b>	<b>Run</b> 13.5 miles at an easy pace	<b>Day off!</b>
10	<b>Run</b> 5 miles at an easy pace	<b>Strength train</b>	<b>Speed intervals</b> Jog 1 mile, sprint 400 m, walk 400 m; repeat 5 times.	<b>Strength train</b>	<b>Yoga</b>	<b>Run</b> 11 miles at an easy pace	<b>Day off!</b>
11	<b>Run</b> 6 miles at an easy pace	<b>Cross train</b>	<b>Yoga</b>	<b>Tempo run</b> Jog 1 mile, run 4 miles at tempo pace, jog 1 mile.	<b>Yoga</b>	<b>Run</b> 9 miles at an easy pace	<b>Day off!</b>
12	<b>Run</b> 5 miles at an easy pace	<b>Run</b> 4 miles at an easy pace	<b>Yoga</b>	<b>Day off!</b>	<b>Day off!</b>	<b>Run</b> 2 miles at an easy shake-out jog	<b>race day!</b>



"TO GET UP A HARD HILL, I THINK OF PEOPLE I LOVE."



"PACE YOURSELF AS MUCH AS POSSIBLE UNTIL THE END—THEN KILL IT!"

**SELF** RATHER START WITH A 5K OR 10K? We've got training plans at [Self.com/fitness](http://Self.com/fitness).

"Nerves, like the kind you feel on race day, transform into positive energy. Those jitters will push you."

Goulding, shot here in London



## GOULDING'S BEST PUMP-UP JAMS

- 1** 3055, Ólafur Arnalds  
"This classical piece builds up so much, by the end you feel as though you're invincible."
- 2** SO SUBMISSIVE, Citizen  
"Perfect for a treadmill session. It has a great beat to keep things interesting."
- 3** LOSE CONTROL, Missy Elliot  
"Listening to this makes me feel like I have all kinds of swag, and my energy comes back instantly."

STYLING: HOLLY REBECCA; HAIR: LIZ TAW; MAKEUP: LUCY WEARING. SEE GET-IT GUIDE.

# Toners that make every step

## 5 FAST FIRMERS

**Your trainer** Jim Kielbaso, director of Total Performance Training Center in Wixom, Michigan, designed these research-proven moves for runners, but they'll make non-pavement pounders look just as sculpted. **You'll need** A pair of 8- to 10-pound weights, plus a plyo box or bench. **Try it** Do three sets of 12 reps of each exercise twice a week (or where it says "Strength train" on your half marathon training calendar).



**1 Hammie hip thrust**  
Rest upper back on side of a box or bench, feet on floor, knees bent. Holding one weight at waist, raise right foot off floor to start (as shown). Lift hips as high as you can. Slowly lower back to start; repeat on opposite side for 1 rep.  
**Works hamstrings, butt, thighs, hips**



**2 Dumbbell row**  
Stand with feet hip-width apart, a weight in each hand; bend forward at waist, driving hips back. Draw weights to chest (as shown). Lower; repeat.  
**Works back, butt, legs**



**3 Curl + press**  
Stand with feet hip-width apart, a weight in each hand at sides, palms facing thighs. Curl weights to shoulders; press overhead (as shown). Return to start; repeat.  
**Works biceps, shoulders**



**4 Weighted half squat**  
Stand with feet hip-width apart, a weight in each hand. Do a semisquat so thighs are at a 45-degree angle to floor (as shown); hold for 3 counts. Return to start; repeat.  
**Works legs, butt**



**5 Crisscross reach**  
Lie faceup on floor, legs extended, arms at sides. Crunch up, raising left leg and reaching right hand toward toes (as shown). Return to start; repeat on opposite side for 1 rep.  
**Works abs, obliques**

Photographs by Larsen & Talbert

# feel easier

Those gazellelike creatures who effortlessly zip through the park have a secret: strength training. Build lean muscle with these lab-tested moves to power your run.

## Hard core

Tight abs improve posture. Why you care: An upright stance will help you easily pick up speed. Runners who did ab work for six weeks ran more efficiently, shaving 42 seconds off 5K times, a Barry University study reports.

## Strong hamstrings

What makes running really tough? Getting hurt. Shore up the muscles in the backs of your legs and you may prevent injury, studies suggest.

## Sculpted upper body

Yes, a buff back and arms are hot. Combined with a lower-body routine, they can also help you quicken your pace by 4 percent, research shows.

## Toned thighs

When distance runners added squats to their strength workouts, they could run 21 percent longer and were 5 percent faster, Norwegian researchers found.



THIS PAGE: STYLING, LIDA MOORE MUSSO; HAIR, KRISTEN SHAW FOR ORIBE; HAIR CARE, MAKEUP, JENNA ANTON FOR MAKE UP FOR EVER; MODEL, KATE AT NEXT; OPPOSITE: STYLING, LIDA MOORE MUSSO; HAIR AND MAKEUP, FLORA KAY FOR MAC COSMETICS; MODEL, SIERRA AGENT AT WILHELMINA.