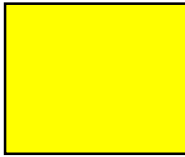


HALF MARATHON "FIRST-TIMERS" TRAINING PROGRAM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	30min EASY	25min STEADY	30min STEADY	30min EASY	4x1min STRONG	OFF	50min EASY
WEEK 2	40min EASY	OFF	30min STEADY	40min EASY	4x2min STRONG	25min STEADY	1hour EASY
WEEK 3	50min EASY	40min STEADY	40min STEADY	OFF	4x3min STRONG	35min EASY	1hr 20min STEADY
WEEK 4	30min EASY	25min STEADY	30min STEADY	30min EASY	4x2min STRONG	OFF	1hr 10min EASY
WEEK 5	50min EASY	4xHill Bounds STRONG	OFF	40min STEADY	45min EASY	40min STEADY	1hr 30min STEADY
WEEK 6	60min EASY	5x Hill Bounds STRONG	60min STEADY	50min EASY	5x Hill Runs STRONG	OFF	1hr 45min EASY
WEEK 7	70min EASY	5x Hill Bounds STRONG	60min STEADY	70min STEADY	5x Hill Runs STRONG	OFF	2hr STEADY
WEEK 8	50min EASY	4x Hill Bounds STRONG	OFF	40min STEADY	45min EASY	40min STEADY	2hr EASY
WEEK 9	70min EASY	4x3min RACE PACE	60min STEADY	70min STEADY	4x3min RACE PACE	OFF	2hr 20min EASY
WEEK 10	90min EASY	4x3min RACE PACE	70min STEADY	OFF	4x3min RACE PACE	80min STEADY	1hr 45min EASY
WEEK 11	70min EASY	4x4min RACE PACE	50min STEADY	OFF	4x4min RACE PACE	50min EASY	1hr 30min EASY
WEEK 12	50min EASY	4x2min RACE PACE	40min STEADY	OFF	30min EASY	20min EASY	RACE DAY

KEY

- EASY - Can easily talk to yourself while running along
- STEADY - Can still talk to yourself but the conversation is disjointed.
- STRONG - Can no longer talk to yourself while running
- RACE PACE - The pace you are wanting to run on RACE DAY



= Running on flat ground for allocated time at a pace that means you cannot talk to yourself or someone else. Before the session starts, run for 15min EASY. After each repetition, have 60-90seconds rest before starting the next repetition. After the session, run for 15min EASY to warm down.



= Single leg bounding (Bounding from left leg to right leg, then back to left leg) up a hill (apx 20-50m in length). Should be aiming to bound up the hill getting as far as you can with every bound. Your rest is running easily back down the hill (should be apx 60-90seconds). The session should begin with 15min EASY running, it should then end with 15min EASY running.



= Running on flat ground at the pace that you intend on running on RACE DAY. Have a good amount of rest before starting the next repetition. You should be fully recovered so that you can run each at race pace. Start the session with 15min EASY running and finish it with 15min EASY running.

If you would like continued personal coaching after the race, please contact me and we can sort something out. GOOD LUCK and RACE HARD!