

Welcome to the Beginner Training Program for preparation for the Hamilton Half Marathon



Hamilton Half Marathon Beginner Training

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Mon	Rest	Rest or xtrain	Rest or xtrain	Rest	Rest	Rest or xtrain
Tue	40 min run COMFORTABLE	40 min run COMFORTABLE	40 min run COMFORTABLE	3 km time trial SPEED	40 min run COMFORTABLE	40 min run COMFORTABLE
Wed	50 min run COMFORTABLE	50 min run COMFORTABLE	50 min run COMFORTABLE	50 min run COMFORTABLE	1hr run COMFORTABLE	1hr run COMFORTABLE
Thu	Rest or xtrain	Rest or xtrain	Rest or xtrain	40 min run COMFORTABLE	Rest or xtrain	Rest or xtrain
Fri	8 x 1 min, 30 sec JR SPEED	6 x 500m, 1 min SR SPEED	4 x 1km, 1 min SR SPEED	Rest	40 min run COMFORTABLE	15 hill reps STEADY
Sat	Rest	Rest	Rest	Rest	Rest	Rest
Sun	1hr 10 run COMFORTABLE	1hr 15 run COMFORTABLE	1hr 20 run COMFORTABLE	1hr 25 run COMFORTABLE OR 10/15KM RACE	1hr 30 run COMFORTABLE	1hr 30 run COMFORTABLE

	Week 7	Week 8	Week 9	Week 10	Week 11
Mon	Rest or xtrain	Rest or xtrain	Rest	Rest or xtrain	Rest
Tue	40 min run COMFORTABLE	40 min run COMFORTABLE	10 hill reps STEADY	40 min run COMFORTABLE	12 X 30 sec, 30 sec JR SPEED
Wed	1hr run COMFORTABLE	1hr run COMFORTABLE	50 min run COMFORTABLE	50 min run COMFORTABLE	40 min run COMFORTABLE
Thu	Rest or xtrain	Rest or xtrain	40 min run COMFORTABLE	Rest or xtrain	20 min run COMFORTABLE
Fri	4 X 4min, 45 sec JR SPEED	8 x 1 min, 30 sec JR SPEED	Rest	6 x 2 min, 30 sec JR SPEED	Rest
Sat	Rest	Rest	Rest	Rest	Rest
Sun	1hr 40 run COMFORTABLE	1hr 40 run COMFORTABLE	1hr 50 run COMFORTABLE OR 10KM RACE	1hr 20 run COMFORTABLE	RACE DAY

KEYS

COMFORTABLE

These runs are to be done at a comfortable pace (still able to carry out a conversation) and will constitute all your long runs.

SPEED

These sessions will assist you to get faster. Do a light warm up (10-15 mins) then the outlined session at an even but challenging pace. Complete the session with a cool down which includes stretching.

RACE

Lead up races are excellent stepping stones to gauge your current fitness and for you to practice your race routines (pre race meals, hydration etc)

REST (OR XTRAIN)

Rest day, OR Gym/Cycle/Swim/Pool Run

REST

Denotes a Rest only day (no xtrain)

WR

Walking recovery

SR

Standing recovery

JR

Jog recovery

This 12 week training guide is a great overview of the commitment necessary to see you through the Half Marathon distance. Whatever your goal remember that the key to enjoying your training and achieving your goals is "consistent training"