

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



**Hamilton Half Marathon Intermediate Training**

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>Mon</b>	Rest	Rest or xtrain	Rest or xtrain	Rest	Rest	Rest or xtrain
<b>Tue</b>	50 min run COMFORTABLE	50 min run COMFORTABLE	50 min run COMFORTABLE	3 km time trial SPEED	40 min run COMFORTABLE	50 min run COMFORTABLE
<b>Wed</b>	1hr 10 run COMFORTABLE	1hr 10 run COMFORTABLE	1hr 10 run COMFORTABLE	50 min run COMFORTABLE	1hr run COMFORTABLE	1hr 10 run COMFORTABLE
<b>Thu</b>	Rest or xtrain	Rest or xtrain	Rest or xtrain	40 min run COMFORTABLE	Rest or xtrain	Rest or xtrain
<b>Fri</b>	15 hill reps STEADY	4 x 4 min 45 sec SR SPEED	4 x 1km, 1 min SR SPEED	Rest	50 min run COMFORTABLE	15 hill reps STEADY
<b>Sat</b>	Rest	Rest	Rest	Rest	Rest	Rest
<b>Sun</b>	1hr 30 run COMFORTABLE	1hr 35 run COMFORTABLE	1hr 40 run COMFORTABLE	1hr 45 run COMFORTABLE OR 10/15KM RACE	1hr 50 run COMFORTABLE	2hr run COMFORTABLE

	Week 7	Week 8	Week 9	Week 10	Week 11
<b>Mon</b>	Rest or xtrain	Rest or xtrain	Rest	Rest or xtrain	Rest
<b>Tue</b>	50 min run COMFORTABLE	50 min run COMFORTABLE	15 hill reps STEADY	50 min run COMFORTABLE	12 x 30 sec, 30 sec JR SPEED
<b>Wed</b>	1hr 10 run COMFORTABLE	1hr 10 run COMFORTABLE	50 min run COMFORTABLE	1hr run COMFORTABLE	50 min run COMFORTABLE
<b>Thu</b>	Rest or xtrain	Rest or xtrain	40 min run COMFORTABLE	Rest or xtrain	40 min run COMFORTABLE
<b>Fri</b>	8 x 1min, 30 sec JR SPEED	4 x 4 min, 45 sec SR SPEED	Rest	6 x 2 min, 30 sec JR SPEED	Rest
<b>Sat</b>	Rest	Rest	Rest	Rest	Rest
<b>Sun</b>	2hr run COMFORTABLE	2hr run COMFORTABLE	1hr 40 run COMFORTABLE OR 10KM RACE	1hr 20 run COMFORTABLE	<b>RACE DAY</b>

#### 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"