

## **Training Guide**

### **Overview**

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”.

- If you are over 40 or new to running it is advised that you undergo medical checks before undertaking training.
- Where the guide specifies a range, the shorter period is for the recreational entrant and the longer for the competitive entrant. For everyone the longer sessions are the key, try to do them on hills for added strength.
- Regardless of your goal or current fitness, the first 6 weeks of the programme concentrates on gradually building fitness.
- In the second six weeks more competitive entrants should add the intensity on Tuesday and Saturday. Tuesdays include 20-30min at expected “Race Pace” (R). Saturdays include 3 to 6 repetitions of 5mins hard/5min easy, with the hard 5mins at “Faster than Race Pace” (FR).
- During the last 2 weeks gradually reduce your training, get plenty of sleep, limit alcohol and increase carbohydrates and fluid intake.

### **Training Intensity**

*Easy (E)* - easy jogging (also pace for long runs)

*Steady (S)* - comfortable pace you can hold a conversation

*Race Pace (R)* - the pace you expect to hold for your event

*Faster Than Race Pace (FR)* – 20 sec/km faster than expected race pace

### **Training Frequency**

*Recreational Entrant* - 3 to 5 times per week (Wednesday & Saturday optional)

*Competitive Entrant* – minimum 5 times per week (easy 30-45min runs on rest days are optional)

### **Easy Does It**

A good measure of how hard to train is your ability to have a conversation while running. If you can't chat while you're running, then you're probably going too hard. It is better to run further rather than faster. First-time runners may need to start with short walking breaks to achieve the recommended training time.