

HALF MARATHON

10 WEEK TRAINING PROGRAM



Important reminders!

- Training should be an enjoyable form of torture!
- Scheduled “easy” sessions should be exactly that
- Slowing down and walking is ok!
- Be patient with yourself and take extra time to recover if you need
- Cross-training = GOOD!
- If it hurts ---> get it treated!
- Sleep, good food and recovery are key!
- Reformer Pilates is GREAT for running!

This is a rough guide only, if you would like more specific planning, please contact the team at Gold Coast Sports Medicine & Rehabilitation!



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| Week 1 | Training | Completed/ Comments |
|------------------|---|----------------------------|
| Monday | Easy run or walk - 30 mins | |
| Tuesday | Strength session or rest day | |
| Wednesday | Easy run- 1-3 KM | |
| Thursday | Strength session or rest day | |
| Friday | Easy run- 1-3 km | |
| Saturday | Strength session or rest day | |
| Sunday | 5 km long run at an easy pace, able to hold a conversation throughout | |

| Week 2 | Training | Completed/ Comments |
|------------------|--|----------------------------|
| Monday | Easy run or walk - 30 mins | |
| Tuesday | Strength session or rest day | |
| Wednesday | Fartlek session- 400m easy (warm up) 4 x 2min effort/ 2 min easy 400m (easy cool down) | |
| Thursday | Strength session or rest day | |
| Friday | Easy run- 3km | |
| Saturday | Strength session or rest day | |
| Sunday | 6km long run at an easy pace, able to hold a conversation throughout | |

| Week 3 | Training | Completed/ Comments |
|------------------|---|----------------------------|
| Monday | Easy run or walk - 30mins | |
| Tuesday | Strength session or rest day | |
| Wednesday | Tempo run- 400m easy (warm up) 3 x 5 min effort (3 min rest btw sets) 400m easy (cool down) | |
| Thursday | Strength session or rest day | |
| Friday | Easy run- 3-4 km | |
| Saturday | Strength session or rest day | |
| Sunday | 8km long run at an easy pace, able to hold a conversation throughout | |

| Week 4 | Training | Completed/ Comments |
|------------------|--|----------------------------|
| Monday | Easy run or walk - 30mins | |
| Tuesday | Strength session or rest day | |
| Wednesday | Fartlek session- 800m easy (warm up) 4 x 2 min effort/1 min easy 400m easy (cool down) | |
| Thursday | Strength session or rest day | |
| Friday | Easy run- 5-6 km | |
| Saturday | Strength session or rest day | |
| Sunday | 10 km long run at an easy pace, able to hold a conversation throughout | |

| Week 5 | Training | Completed/ Comments |
|------------------|---|----------------------------|
| Monday | Easy run or walk - 30mins | |
| Tuesday | Strength session or rest day | |
| Wednesday | Tempo run- 800 m easy (warm up) 1.5 km effort/ 3min rest/ 1.5 km effort 400m easy (cool down) | |
| Thursday | Strength session or rest day | |
| Friday | Easy run 6-8 km | |
| Saturday | Strength session or rest day | |
| Sunday | 12 km long run at an easy pace, able to hold a conversation throughout | |

| Week 6 | Training | Completed/ Comments |
|------------------|--|----------------------------|
| Monday | Easy run or walk - 30mins | |
| Tuesday | Strength session or rest day | |
| Wednesday | Fartlek session- 800m easy (warm up) 6 x 2 min effort/1 min easy 400m easy (cool down) | |
| Thursday | Strength session or rest day | |
| Friday | Easy run-8-10 km | |
| Saturday | Strength session or rest day | |
| Sunday | 15 km long run at an easy pace, able to hold a conversation throughout | |

| Week 7 | Training | Completed/ Comments |
|------------------|--|----------------------------|
| Monday | Easy run or walk - 30mins | |
| Tuesday | Strength session or rest day | |
| Wednesday | Fartlek session- 800m easy (warm up) 8 x 2 min effort/ 1 min easy 400m (cool down) | |
| Thursday | Strength session or rest day | |
| Friday | Easy run- 10-12 km | |
| Saturday | Strength session or rest day | |
| Sunday | 18 km long run at an easy pace, able to hold a conversation throughout | |

| Week 8 | Training | Completed/ Comments |
|------------------|--|----------------------------|
| Monday | Easy run or walk - 30mins | |
| Tuesday | Strength session or rest day | |
| Wednesday | Tempo run- 800m easy (warm up) 3km effort/3 min rest/ 3km effort 400m easy (cool down) | |
| Thursday | Strength session or rest day | |
| Friday | Easy run- 6-10km | |
| Saturday | Strength session or rest day | |
| Sunday | 15-18 km long run at an easy pace, able to hold a conversation throughout | |

| Week 9 | Training | Completed/ Comments |
|------------------|--|----------------------------|
| Monday | Easy run or walk - 30mins | |
| Tuesday | Strength session or rest day | |
| Wednesday | Easy run- 5-8km | |
| Thursday | Strength session or rest day | |
| Friday | Easy run- 5-8km | |
| Saturday | Strength session or rest day | |
| Sunday | 12-15km long run at an easy pace, able to hold a conversation throughout | |

| Week 10 | Training | Completed/ Comments |
|------------------|--|----------------------------|
| Monday | Easy run or walk - 30mins | |
| Tuesday | Strength session or rest day | |
| Wednesday | Easy run- 3-5km | |
| Thursday | Strength session or rest day | |
| Friday | Easy run 3-5km | |
| Saturday | Rest day | |
| Sunday | Race Day! 21.1km Good Luck! Stick to a plan, don't start out too fast and back yourself if you have done the work! | |