

SEVEN-WEEK TRAINING PLAN HALF MARATHON BEGINNER

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Beginner: This program has been designed for those who have perhaps completed a number of City Bay 12km events before and are looking to step up and complete the half marathon distance. Some prior running experience is recommended.

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www.city-bay.org.au

HALF MARATHON BEGINNER

WEEK 1 & 2

Half Marathon BEGINNER - WEEK 1

#1 Run/Walk:

3x8mins easy jog/2mins easy walk between

#2 X train:

30mins low-impact aerobic exercise, Eg. Bike, Swim, Elliptical.

#3 Session

w/u: 10min jog easy

Main set: 5x4mins steady run, 1min easy walk recovery between

w/d: 5min jog easy

#4 Long Run/Walk:

7x9mins run easy/1min walk easy between

Notes:

This first week is not about intensity. It is about getting used to the amount of running required to be ready for the 21.1km event. This is a similar concept that will run right throughout much of this program, as the goal is to complete the distance.

Half Marathon BEGINNER - WEEK 2

#1 Run/walk:

3x10mins easy jog/2mins easy walk between

#2 X train:

30mins low-impact aerobic exercise, Eg. Bike, Swim, Elliptical.

#3 Session

w/u: 10min jog easy

Main set: 3x7mins steady run, 2mins easy walk recovery between

w/d: 5min jog easy

#4 Long Run/Walk:

8x9mins run easy/1min walk easy between

Notes:

In week 2 the structure and purpose are much the same with a slight increase in volume across each session for the week. Use the walk breaks as a strategy to break up the longer runs. This may be a useful strategy come race day.

HALF MARATHON BEGINNER

WEEK 3 & 4

Half Marathon BEGINNER - WEEK 3

#1 Run/walk:

3x10mins easy jog/2mins easy walk between

#2 X train:

30mins low-impact aerobic exercise, Eg. Bike, Swim, Elliptical.

#3 Session

w/u: 10min jog easy

Main set: 5x5mins steady run, 2mins easy walk recovery between

w/d: 10min jog easy

#4 Long Run/Walk:

9x9mins run easy/1min walk easy between. Practice nutrition*

Notes:

As the length of the long run-walk reaches 90mins this is a good time to practice some nutrition that you might use in the race. Head to your local specialty running store or speak to a sports dietician for more information.

Half Marathon BEGINNER - WEEK 4

#1 Run/walk:

2x20mins easy jog/2mins easy walk between

#2 X train:

30mins low-impact aerobic exercise, Eg. Bike, Swim, Elliptical.

#3 Session

w/u: 10min jog

Main set: 3x10mins solid run, 3mins easy walk between

w/d: 10min jog

#4 Long Run/Walk:

10x9mins run easy/1min walk easy between. Practice nutrition*

Notes:

The volume of each session continues to rise this week. It's important to pace yourself to ensure you are able to complete each session. Remember it's not about pace it's about getting enough running in the legs to complete the half confidently.

HALF MARATHON BEGINNER

WEEK 5 & 6

Half Marathon BEGINNER - WEEK 5

#1 Run/walk:

2x20mins easy jog/2mins easy walk between

#2 X train:

30mins low-impact aerobic exercise, Eg. Bike, Swim, Elliptical.

#3 Session

w/u: 5min jog

Main set: 2x20mins solid run, 5mins easy walk between

w/d: 5min jog

#4 Long Run/Walk:

11x9mins run easy/1min walk easy between. Practice nutrition*

Notes:

With two weeks to go before the event, this is the highest volume week you will complete. Make sure to prioritise rest and recovery throughout the week so that you can complete and adapt to the training, it will pay off come race day.

Half Marathon BEGINNER - WEEK 6

#1 Run/walk:

2x20mins easy jog/2mins easy walk between

#2 X train:

30mins low-impact aerobic exercise, Eg. Bike, Swim, Elliptical.

#3 Session

w/u: 10min easy jog

Main set: 6x1km solid run, 2mins standing recovery between

w/d: 10min easy jog

#4 Long Run/Walk:

7x9min run/1min walk

Notes:

It's the last couple of challenging sessions before you begin to drop things back and freshen up for the event. Enjoy the shorter long run/walk this week and reflect on how far you have come in a short space of time.

HALF MARATHON BEGINNER

WEEK 7 & RACE DAY

Half Marathon BEGINNER - WEEK 7

#1 Session

w/u: 10min jog

Main set: 6x3mins solid run, 1min easy jog between

w/d: 5min jog

#2 X train: 30mins low-impact aerobic exercise, Eg. Bike, Swim, Elliptical.

#3 Run

2x12mins easy run/2min easy walk recovery between

+ 6x20sec hard run/40sec easy walk recovery

#4 C2B Half Marathon RACE DAY

Notes:

Well done, you've made it to race week. Now it's about putting the icing on the cake and enjoying the event. Some shorter, sharper efforts should have you feeling nice and poppy come race day. Make sure not to get too carried away at the start with fresh legs and adrenaline. Stick to the pace you have been practicing in training and use the walk/run strategy to break up the distance as required. If you are confident taking on nutrition during the race, this will help you in the second half.

Key Terms

w/u: Warm Up

w/d: Warm down

TT: Time Trial

Easy: An easy effort means you should be able to talk in full sentences at this intensity. However, this same intensity may be increasingly difficult when held for a longer period of time or if placed as a recovery period between harder efforts. I.e. 500m easy run will feel easier than 5km continuous at the same intensity.

Steady: This level of effort is a touch harder than easy. Engaging in a conversation becomes increasingly challenging and you should only be able to speak in very short sentences.

Hard: This level of effort should be difficult and uncomfortable to sustain. You won't feel like talking and if you tried would only be a few words, as you should be breathing quite heavily.

***Nutrition:** You should consume fuel roughly every 45-60mins for events longer than 90mins. Consult a sports dietician for a plan specific to your needs.