



SEVEN-WEEK TRAINING PLAN HALF MARATHON INTERMEDIATE

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Intermediate: This program has been designed for those who have been running consistently 3 or more times per week for the past 12+months and looking to improve on their half marathon time. Perhaps you have run a number of half marathons in the past and this year you are getting serious about a PB! It is an intermediate program to give you the best chance of hitting that goal time.

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HALF MARATHON INTERMEDIATE

WEEK 1 & 2

Half Marathon INTERMEDIATE - WEEK 1

#1 Session

w/u 3km easy jog

Main Set: 3x6mins steady run with 2min easy jog recovery between
w/d 3km easy jog

#2 Run: 30mins easy jog

#3 Session

w/u 3km easy jog

Main set: 12x400m hard run with 60-sec standing recovery between
w/d 3km easy jog

#4 X train: 30-60mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical.

#5 Long Run: 75mins easy jog

Notes:

Much like the upcoming weeks this first week mixes some shorter higher intensity efforts with easier recovery days and some longer steady intervals. It is best to start out conservatively and pick up the pace towards the end of the sessions than to run into fatigue too early and lose your form. Make sure to run easy on the easy days so that you are ready to go for the higher intensity efforts. With 5 trainings during the week, an ideal structure would appear to be Tuesday, Wednesday, Friday, Saturday, Sunday in order of #1-#5.

Half Marathon INTERMEDIATE - WEEK 2

#1 Session

w/u 3km easy jog

Main set: 8x3mins steady run with 1 min easy jog recovery between
w/d 3km easy jog

#2 Run: 40mins easy

#3 Session

w/u 3km easy jog

Main Set: 6x800 hard run with 90sec standing recovery between
w/d 3km easy jog

#4 X train:

30-60mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical.

#5 Long Run: 90mins easy jog

Notes:

In week 2 the structure and purpose are much the same with a slight increase in overall volume across the week.

HALF MARATHON INTERMEDIATE

WEEK 3 & 4

Half Marathon INTERMEDIATE - WEEK 3

#1 Session

w/u 3km easy jog

Main set: 2x15mins steady run with 3mins easy jog recovery between

w/u 3km easy jog

#2 Run: 40mins easy jog

#3 Session

w/u 3km easy jog

Main set: 10x600m hard run with 90sec standing recovery between

w/u 3km easy jog

#4 X train:

30-60mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical.

#5 Long Run: 105mins easy run.

Notes:

The long-run continues to increase this week. This is an important part of any half-marathon training schedule to ensure your body has adapted to running for the duration of the event, speed is a bonus and the icing on the cake.

Half Marathon INTERMEDIATE - WEEK 4

#1 Session

w/u 3km easy jog

Main set: 8x2min hard run with 1 min steady jog recovery between

w/d 3km easy jog

#2 Run: 45mins easy jog

#3 X train:

30-60mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical.

#4 Run: 40mins easy jog + 4x100m hard, easy walk back recovery between

#5 Long Run:

105mins steady run last 30mins @ goal half marathon pace.

Notes:

As you will be running the last 30mins of your long run at goal half marathon pace, use this chance to practice pre-run fuelling and equipment (shoes & apparel). Do the session in the morning at a similar time to race start. If anything goes wrong there is still plenty of time to make adjustments.

HALF MARATHON INTERMEDIATE

WEEK 5 & 6

Half Marathon INTERMEDIATE - WEEK 5

#1 Session

w/u 3km easy jog

Main set: 6x1km hard run, 90seconds standing recovery between

w/d 3km easy jog

#2 Run: 40mins easy jog

#3 X train:

30-60mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical.

#4 Session

w/u 3km easy jog

Main set: 3x12mins steady, 3mins easy jog recovery between

w/d 3km easy jog

#5 Long Run: 2hrs easy jog

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 INTERMEDIATE - WEEK 6

#1 Session

w/u 3km easy jog

Main Set: 3x2km steady with 2mins standing recovery between

w/d 3km easy jog

#2 Run: 40mins easy jog

#3 X train:

30-60mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical.

#4 Session

w/u 2km easy jog

Main set: 40mins steady run, 4mins easy jog between, 6min hard run to finish

w/d 2km easy jog

#5 Taper Long Run: 70mins easy jog

Notes:

The 4th session for this week should give you a good feeling of what the last bit of the half marathon event will feel like. Practicing running fast on tired legs will mean there are no surprises after halfway. A shorter long run will mean you're itching to let loose next week.

HALF MARATHON INTERMEDIATE WEEK 7 & RACE DAY

Half Marathon INTERMEDIATE - WEEK 7

#1 Session

w/u 3km easy jog

Main Set: 10x1min hard run, 1min easy jog between

w/d 3km easy jog

#2 Run:

40mins easy jog

#3 Run:

30mins easy jog + 6x100m hard run, easy walk back to start for 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!

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.