

# Half Marathon Training Schedule

16 Weeks



	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1	5km	5km Pace	8km Easy	5km Pace	Rest	7km Moderate	10km Easy
Week 2	5km	5km Pace	8km Easy	7km Pace	Rest	7km Moderate	12km Easy
Week 3	5km	7km Pace	10km Easy	7km Pace	Rest	7km Moderate	14km Easy
Week 4	5km	5km Pace	8km Easy	5km Pace	Rest	7km Moderate	15km Easy
Week 5	5km	7km Pace	10km Easy	7km Pace	Rest	8km Moderate	16km Easy
Week 6	5km	8km Pace	12km Easy	7km Pace	Rest	8km Moderate	16km Easy
Week 7	5km	8km Pace	12km Easy	8km Pace	Rest	10km Moderate	18km Easy
Week 8	5km	6km Pace	10km Easy	6km Pace	Rest	7km Moderate	16km Easy
Week 9	5km	7km Pace	12km Easy	7km Pace	Rest	8km Moderate	20km Easy
Week 10	5km	8km Pace	14km Easy	8km Pace	Rest	8km Moderate	22km Easy
Week 11	5km	8km Pace	14km Easy	10km Pace	Rest	10km Moderate	20km Easy
Week 12	5km	6km Pace	10km Easy	6km Pace	Rest	7km Moderate	18km Easy
Week 13	5km	7km Pace	12km Easy	8km Pace	Rest	8km Moderate	22km Easy
Week 14	5km	7km Pace	14km Easy	10km Pace	Rest	8km Moderate	18km Easy
Week 15	5km	7km Pace	10km Easy	10km Pace	Rest	8km Moderate	15km Easy
Week 16	5km	5km Pace	8km Easy	5km Pace	Rest	Rest	Race Day

**Notes:**

**Mondays** - take advantage of the Monday night 5km! No need to go full pace

**Tuesdays and Thursdays** - Pace run 70-80% effort, choose some hills or add in some faster sections of your run

**Wednesdays and Sundays** - Long and slow, pace about 60% of your race pace

**Fridays** - take the day off, rest days are just as important as training days

**Saturdays** - come and run at the club at 3pm, run at a moderate pace 70-80% effort

If you do miss a day do not try and make it up later in the week.



# 10 Half Marathon Race Day Tips

- 1** It is best to stick with what you know, don't change anything on race day. Train in the clothing that you want to race in. Remember if it is Club Champs you will need to be wearing your Club singlet, do some training wearing your singlet beforehand
- 2** Vaseline everything, you can thank me later.
- 3** Don't forget your sunscreen. Unless it is a really good sports sunscreen, do not put it on your forehead, bridge of the nose down (and maybe wear a cap). You will sweat and it will end up in your eyes.
- 4** Eat Breakfast, have something that will keep your legs turning over. Eat a few hours beforehand so that you have time to digest it. Go for something like porridge, it is easy to digest and provides energy for hours
- 5** Hydrate, hydrate, hydrate. Spend the day before sipping on water. If you are keen to take gels during the race practice with them in your training.
- 6** Drink at every drink station, it is okay to slow down and walk through drink stations. Take two drinks, take about two mouthfuls from one, tip the rest down your inner arms and wrists, tip some down your neck. You are targeting main blood vessels that will cool you down. Pour water over your head, if you are wearing a cap, drench your cap, just check it is water and not electrolite drink first. That stuff is really sticky when it dries.
- 7** The sugar in lollies and coke will start to dehydrate you, save them for closer to the finish line when you need that energy to keep you moving
- 8** It is hard not to get caught up in the moment, but you don't need to break the world record in the first 5 km. Stick to your own pace, you will catch most of those speedsters before halfway
- 9** Smile for the race photographer, you are more likely to keep your race photos if you are looking great.
- 10** Enjoy yourself! You have done the training, now reap the rewards