



YOUR 12-WEEK TRAINING GUIDE

Each week of our 12-week training guide, you'll run on four days and rest on three. The long run each Sunday, which increases to 18km in Week 9, improves your endurance – pick a route that offers a variety of terrain and run at a moderate pace. The training reduces substantially (it's called "tapering") in Week 12 to leave you rested and refreshed for the big day.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest	26 min easy run (4km)	Rest	26min easy run (4km)	Rest	Rest	33min easy run (5km)
2	Rest	32min easy run (5km)	Rest	32min easy run (5km)	Rest	Rest	46min easy run (7km)
3	Rest	10min easy jog; 20min threshold run (5.41 pace); 10min easy jog (7km total non-stop)	Rest	10min easy jog. Track session: 6 x 200m in 1min (1min slow jog in between). 10min easy jog	Rest	27min easy run (4km)	59min easy run (9km)
4	Rest	10min easy jog; 20min threshold run; 10min easy jog (7km total non-stop)	Rest	10min easy jog. Hill session: 20 x 60m hill with quick jog back. Each up/down off a 1min cycle	Rest	27min easy run (4km)	1hr 5min easy run (10km)
5	Rest	10min easy jog; 25min threshold run; 10min easy jog (8km total non-stop)	Rest	10min easy jog. Track session: 6 x 400m in 2min (1min slow jog in between). 10min easy jog	Rest	26min easy run (4km)	1hr 12min easy run (11km)
6	Rest	10min easy jog; 25min threshold run; 10min easy jog (8km total non-stop)	Rest	10min easy jog. Hill session: 15 x 120m hill with quick jog back. Each up/down off a 2:10 cycle	Rest	26min easy run (4km)	1hr 25min easy run (13km)
7	Rest	10min easy jog; 30min threshold run; 10min easy jog (9km total non-stop)	Rest	10min easy jog. Track session: 5 x 800m in 4:05 (2min slow jog in between). 10min easy jog	Rest	26min easy run (4km)	1hr 38min easy run (15km)
8	Rest	10min easy jog; 30min threshold run; 10min easy jog (9km total non-stop)	Rest	10min easy jog. Hill session: 30 x 60m hill with quick jog back. Each up/down off a 1min cycle	Rest	25min easy run (4km)	1hr 44min easy run (16km)
9	Rest	10min easy jog; 35min threshold run; 10min easy jog (10km total non-stop)	Rest	10min easy jog. Track session: 10 x 400m in 1:55 (1min slow jog in between). 10min easy jog	Rest	25min easy run (4km)	1hr 57min easy run (18km)
10	Rest	10min easy jog; 35min threshold run; 10min easy jog (10km total non-stop)	Rest	10min easy jog. Hill session: 20 x 120m hill with quick jog back. Each up/down off a 2:05 cycle	Rest	25min easy run (4km)	1hr 43min easy run (16km)
11	Rest	10min easy jog; 35min threshold run; 10min easy jog (10km total non-stop)	Rest	10min easy jog. Track session: 6 x 800m in 4mins (2min slow jog in between). 10 min easy jog	Rest	25min easy run (4km)	52min easy run (8km)
12	Rest	24min easy run (4km)	Rest	10min easy jog. Track session: 4 x 200m in 55 seconds (1min jog in between). 10min easy jog	Rest	Rest	Race day!

HOW TO DO THE KEY TRAINING SESSIONS

Tuesday run:

● This consists of 10 minutes of easy paced jogging to warm up, taking it very easy (approximately 7min-per-km pace). You then roll straight into the "threshold pace" run. This is right at the upper end of your aerobic limits, where you can still converse with someone while running, but only in short sentences. Threshold running will help you become used to running at half-marathon pace, which, for a two-hour half marathon, is five minutes and 41 seconds per kilometre. You can measure this either using a GPS

watch or on a measured course such as a 400-metre running track. Running on a 400m track at 5:41 per km, you would reach each 400m in 2:16. End the session with 10 minutes of easy paced jogging as a warm-down, taking it easy (approximately 7min-per-km pace).

Thursday hills or track:

Do 10 minutes of easy paced jogging to warm up.
● **Track session:** Hit the targets for the 200m, 400m and 800m repetitions at the prescribed pace on the program. Make sure your jog recovery between reps

is very slow (about 8mins-per-km pace). Do 10 minutes of easy paced jogging (approximately 7min-per-km pace) to warm down.

● **Hill session:** For a 60-metre hill session, you have to run up the hill and back down in 1 minute. Aim to run strongly up the hill in approximately 25 seconds and jog down in approximately 35 seconds. That's called a "1-minute cycle". Do 10 minutes of easy paced jogging (approximately 7min-per-km pace) to warm down. These track and hill sessions will help you tolerate race pace, as

they will help improve your VO2 max (the maximum capacity of your body to transport and use oxygen during exercise) and lactate threshold.

The Saturday and Sunday run:

● These should always be at an easier pace than race pace (approximately 6:30 per km is fine – a bit faster if you're feeling really comfortable) and could be done on road and/or trails or parklands. They're very important to build your endurance for the half marathon.