



HALF MARATHON "JUST IN TIME" 14-WEEK PROGRAM 2009

Week 1

- **Sunday, July 5:** 45 minute aerobic running
- **Monday, July 6:** Rest
- **Tuesday, July 7:** 40 - 45 minutes aerobic running or Race
- **Wednesday, July 8:** 50 minutes aerobic running
- **Thursday, July 9:** 30 - 40 minutes aerobic running
- **Friday, July 10:** Rest.
- **Saturday, July 11:** 45 minutes easy

Aerobic running means you should exercise between 50 and 75% of your maximum effort. This, therefore, is not Long Slow Distance - it is more like Long STEADY Distance. This is running at a good effort and finishing each run feeling pleasantly tired (not so tired that you cannot get through the rest of your day). When running, you should not be so out of breath that you cannot carry on a conversation with your running buddy. All running, including tempo runs, during this period should be aerobic running.

The objective of the first six weeks is for you to develop a consistent record of 'almost daily' running to allow your body to become comfortable with this level of exercise. Therefore the majority of the running is aerobic running. In weeks 7-12 you will find includes some running focusing upon increasing your tempo and pace.

Week 2

- **Sunday, July 12:** 13km aerobic running
- **Monday, July 13:** Rest
- **Tuesday, July 14:** 40 - 45 minutes aerobic running
- **Wednesday, July 15:** 50 minutes aerobic running
- **Thursday, July 16:** 30 - 40 minutes aerobic running
- **Friday, June 17:** Rest
- **Saturday, July 18:** 45 minutes easy.

Week 3

- **Sunday, July 19:** 10 km aerobic running
- **Monday, July 20:** Rest
- **Tuesday, July 21:** 45 minutes aerobic running
- **Wednesday, July 22:** 1 hour aerobic running
- **Thursday, July 23:** 45 minutes aerobic running
- **Friday, July 24:** Rest
- **Saturday, July 25:** 45 minutes including 8 x 100m [relaxed strides](#) with 100m of jogging between each stride

Week 4

- **Sunday, July 26:** 15 km aerobic running
- **Monday, July 27:** Rest

- **Tuesday, July 28:** 45 - 50 minutes aerobic running
- **Wednesday, July 29:** 1 hour aerobic running
- **Thursday, July 30:** 45 minutes aerobic running
- **Friday, July 31:** Rest
- **Saturday, August 1:** 50 minutes including 8 x 100m [relaxed strides](#) with 100m of jogging between each stride

Week 5

- **Sunday, August 2:** 10 km aerobic running
- **Monday, August 3:** Rest
- **Tuesday, August 4:** 45 minutes aerobic running
- **Wednesday, August 5:** 40 - 50 minutes running **on a hilly route**. Begin with 10 - 15 minutes easy running followed by 20 minutes on hilly terrain finish with 10 - 15 minutes easy. The hills simply provide added resistance to enhance your strength. Aim to maintain a comfortable pace and rhythm while running the hills (you will breathe a little harder) use downhill sections to recover. Do not try to race over the hills.
- **Thursday, August 6:** 30 minutes easy
- **Friday, August 7:** Rest
- **Saturday, August 8:** 45 minutes including 8 x 100m [relaxed strides](#) with 100m of jogging between each stride (30 minutes easy or rest if racing tomorrow)

Week 6

- **Sunday, August 9:** 16 km aerobic running
- **Monday, August 10:** Rest.
- **Tuesday, August 11:** 45 minutes aerobic running
- **Wednesday, August 12:** 40 - 50 minutes running on a hilly route. Begin with 10 - 15 minutes easy running followed by 20 minutes on hilly terrain finish with 10 - 15 minutes easy. The hills simply provide added resistance to enhance your strength. Aim to maintain a comfortable pace and rhythm while running the hills (you will breathe a little harder) use downhill sections to recover. Do not try to race over the hills.
- **Thursday, August 13:** 40 minutes easy
- **Friday, August 14:** Rest
- **Saturday, August 15:** 45 minutes including 8 x 100m [relaxed strides](#) with 100m of jogging between each stride (30 minutes easy or rest if racing tomorrow)

Week 7

- **Sunday, August 16:** 13 km aerobic running.
- **Monday, August 17:** Rest
- **Tuesday, August 18:** 45 minutes aerobic running
- **Wednesday, August 19:** 40 minutes including 10 minutes of **faster tempo running**. Run for 15 minutes at an easy pace and then for ten minutes run **a little faster** than your 'normal' training pace. Your aim is to get used to running a little faster thus you will breathe a little more heavily but you will not be so out of breath that you have to stop or slow down before you reach 10 minutes. Also, you will be able to stop for a minute or so once the ten minutes are complete and then continue on running for the last 15 minutes at your 'normal' running pace.
- **Thursday, August 20:** 30 - 40 minutes easy
- **Friday, August 21:** Rest
- **Saturday, August 22:** Pyramid Workout 1 set

The pyramid workout is designed to allow your body to become accustomed to running at high intensity. This is an anaerobic training event where you run for time not distance. The workout includes 4 steps:

1. Start by running for at least 15 minutes to warm up.
2. Next complete 4-6x80 metre relaxed stride outs to get your legs ticking over (light form drills may also be done at this time). You may also wish to do a little light stretching.
3. The pyramid is a set of timed efforts for example 1, 2, 3, 2, 1. This means you run hard (At about

your 5km race pace) for one minute then jog for 1 minute. Try to limit the recovery to one minute jogging and adjust your pace accordingly. This workout can be completed either on the road or on grass, trails or other soft surfaces. The terrain can include some hills.

4. Complete the workout with at least 15 minutes of easy running.

The first couple of intervals of the pyramid usually feel relatively easy as you will find that the recovery time leaves you feeling ready to begin the next interval. However, as you progress through the pyramid the intervals at the end are more challenging as the short recovery begins to have an effect. To garner the full effect of this workout, the pyramid should be run continuously with no stops at the end of each hard interval. If running this session with a group, the intervals must be run at your own pace. The jog recovery can be used for the group to re-group before beginning the next interval.

Week 8

- **Sunday, August 23:** 13 km aerobic running
- **Monday, August 24:** Rest
- **Tuesday, August 25:** 45 minutes aerobic running
- **Wednesday, August 26:** 40 minutes including 15 minutes of **faster tempo running**. Run for 15 minutes at an easy pace and then for ten minutes run **a little faster** than your 'normal' training pace. Your aim is to get used to running a little faster thus you will breathe a little more heavily but you will not be so out of breath that you have to stop or slow down before you reach 10 minutes. Also, you will be able to stop for a minute or so once the ten minutes are complete and then continue on running for the last 15 minutes at your 'normal' running pace.
- **Thursday, August 27:** 30 minutes easy
- **Friday, August 28:** Rest
- **Saturday, August 29:** 45 minutes easy

Week 9

- **Sunday, August 30:** 18 km aerobic running (this run is aimed at being close to the race distance to acclimatize you to the time you will be on your feet during your half marathon run.).
- **Monday, August 31:** Rest
- **Tuesday, September 1:** 30 minutes aerobic running
- **Wednesday, September 2:** 50 minutes including 20 minutes of **faster tempo running**. Run for 15 minutes at an easy pace and then for ten minutes run **a little faster** than your 'normal' training pace. Your aim is to get used to running a little faster thus you will breathe a little more heavily but you will not be so out of breath that you have to stop or slow down before you reach 15 minutes. Also, you will be able to stop for a minute or so once the ten minutes are complete and then continue on running for the last 15 minutes at your 'normal' running pace.
- **Thursday, September 3:** 30 - 40 minutes easy
- **Friday, September 4:** Rest
- **Saturday, September 5:** 2 sets of the Pyramid Workout (see week 7) for a total 50 minutes or 30 minutes easy if racing tomorrow.

Week 10

- **Sunday, September 6:** 5 - 10km [Race](#) and warm up and warm down adding to 14-15 km of aerobic running. Do not race both this week and next week - choose one.
- **Monday, September 7:** Rest
- **Tuesday, September 8:** 45 minutes easy
- **Wednesday, September 9:** 60 minutes with 30 minutes at half marathon pace
- **Thursday, September 10:** 30 minutes easy
- **Friday, September 11:** Rest
- **Saturday, September 12:** 2-3 sets of the Pyramid Workout (see week 7) or 30 minutes easy if racing tomorrow

Week 11

- **Sunday, September 13:** 15k run or 5 - 10km [Race](#) and warm up and warm down adding to 14-15 km run. Do not race both last week and this week - choose one.

- **Monday, September 14:** Rest
- **Tuesday, September 15:** 45 minutes easy
- **Wednesday, September 16:** 60 minutes with 40 minutes at half marathon pace
- **Thursday, September 17:** 30 minutes easy
- **Friday, September 18:** Rest
- **Saturday, September 19:** 45 minutes easy

Week 12

- **Sunday, September 20:** 20km easy aerobic running (this run is aimed at being close to the race distance to acclimatize you to the time you will be on your feet during your half marathon run).
- **Monday, September 21:** Rest
- **Tuesday, September 22:** 40 minutes easy
- **Wednesday, September 23:** 2-3 set of Pyramid Workout (see week 7)
- **Thursday, September 24:** 40 - 50 minutes easy
- **Friday, September 25:** Rest
- **Saturday, September 26:** 45 minutes including 8 x 100m [relaxed strides](#) with 100m of jogging between each stride

Week 13

- **Sunday, September 27:** 13 km aerobic running
- **Monday, September 28:** Rest
- **Tuesday, September 29:** 40 minutes easy
- **Wednesday, September 30:** 50 minutes aerobic running
- **Thursday, October 1:** 40 minutes easy
- **Friday, October 2:** Rest
- **Saturday, October 3:** 30 minute walk or rest

Week 14

- **Sunday, October 4:** 6 miles/10 km aerobic running
- **Monday, October 5:** Rest
- **Tuesday, October 6:** 40 minutes easy
- **Wednesday, October 7:** Rest or Walk
- **Thursday, October 8:** 40 minutes easy
- **Friday, October 9:** Rest
- **Saturday, October 10:** 30 minute walk or rest
- **Sunday, October 11:** RACE DAY...knock 'em dead!