



HALF MARATHON PERSONAL BEST PROGRAM 2009

If you have questions regarding any of the training programs feel free to contact Bruce Deacon by email at CoachBruce@royalvictoriamarathon.com.

Week 1

- **Sunday, May 3:** 14 km long run
- **Monday, May 4:** Rest Day
- **Tuesday, May 5:** 45 minutes.
- **Wednesday, May 6:** 60 minutes easy
- **Thursday, May 7:** 45 minutes easy
- **Friday, May 8:** 30 minutes easy
- **Saturday, May 9:** 50 minutes including 6 x 100m [relaxed strides](#) with 100m of jogging between each stride.

Weeks 1 - 12: Aerobic Conditioning/Base Preparation

This period of preparation encompasses the first 12 weeks of the program. The objective of this portion of the training program is to develop a sound base of aerobic running by gradually increasing the mileage of the major long run each week and the amount of time run on other days. In this program the long run is placed on the Sunday, of each week. However, this can be modified to suit your schedule.

Aerobic running means you should exercise between 70 and 100% of your maximum aerobic 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. All running, except for the tempo runs, during this period should be aerobic running. You should not get to the point that you are gasping for air and having difficulty maintaining your running pace.

Week 2

- **Sunday, May 10:** 16 km long run
- **Monday, May 11:** Rest Day
- **Tuesday, May 12:** 45 minutes
- **Wednesday, May 13:** 60 minutes
- **Thursday, May 14:** 45 minutes
- **Friday, May 15:** Rest or 30 minutes easy
- **Saturday, May 16:** 45 - 50 minutes including 6 x 100m [relaxed strides](#) with 100m of jogging between each stride

Week 3

Recovery Week

- **Sunday, May 17:** 16 km long run
- **Monday, May 18:** Rest Day
- **Tuesday, May 19:** 30 minutes
- **Wednesday, May 20:** 50 minutes
- **Thursday, May 21:** 30 minutes

- **Friday, May 22:** Rest or 30 minutes easy
- **Saturday, May 23:** 45 - 50 minutes including 6 x 100m [relaxed strides](#) with 100m of jogging between each stride. 30 minutes easy if racing tomorrow

Recovery Week

Recovery weeks are an essential component of this training program. These easy weeks will allow your body to recover and accrue the full benefits of the higher intensity training you have been completing. Do not be tempted to do a little more than is outlined in the program for recovery weeks. Treat the recovery week as reward for the hard work you have completed in the previous weeks.

Week 4

- **Sunday, May 24:** 16-18 km long run or race
- **Monday, May 25:** Rest Day
- **Tuesday, May 26:** 50 minutes
- **Wednesday, May 27:** 50 minutes including 15 minutes half marathon pace tempo running. Locate a course where you know where each kilometre or mile falls so you can monitor your pace. Run for the required time outlined in the program (usually between 15 and 30 minutes). Attempt to run as close as possible to your goal half marathon pace. Running faster than your goal pace will not help you. The goal is for you to develop an intrinsic feeling of what your goal pace is so that when you are running in the race you can 'lock in' to this pace and thus run consistently.
Or 60 minutes easy if you raced
- **Thursday, May 28:** 50 minutes
- **Friday, May 29:** Rest or 30 - 40 minutes easy
- **Saturday, May 30:** 50 minutes including 8 x 100m [relaxed strides](#) with 100m of jogging between each stride

Week 5

- **Sunday, May 31:** 18 km long run
- **Monday, June 1:** Rest Day
- **Tuesday, June 2:** 55 minutes
- **Wednesday, June 3:** 15 minutes easy warm up, 15 minutes of [fartlek](#) (with 4 surges of 90 seconds to 2 minutes and recovery to fit within total time, 10 minutes easy cool down)
- **Thursday, June 4:** 50 minutes
- **Friday, June 5:** 30 - 40 minutes easy
- **Saturday, June 6:** 50 minutes including 8 x 100m [relaxed strides](#) with 100m of jogging between each stride

Week 6

Recovery Week

- **Sunday, June 7:** 18 km long run
- **Monday, June 8:** Rest Day
- **Tuesday, June 9:** 40 minutes
- **Wednesday, June 10:** 15 minutes of easy warm up; 20 minute [out-and-back tempo](#) running first 10 minutes at half marathon effort, and the last 10 minutes slightly slower than 10k effort; 15 minutes easy cool down
- **Thursday, June 11:** 40 minutes
- **Friday, June 12:** 30 minutes easy
- **Saturday, June 13:** 40 minutes including 8 x 100m [relaxed strides](#) with 100m of jogging between each stride or 30 minutes easy if racing tomorrow

Week 7

- **Sunday, June 14:** 16 km long run or race
- **Monday, June 15:** Rest Day
- **Tuesday, June 16:** 55 minutes

- **Wednesday, June 17:** 20 minutes easy warm up; 20 minutes [fartlek](#) with 5 surges of 2-3 minutes in duration; 20 minutes easy cool down
- **Thursday, June 18:** 50- 60 minutes
- **Friday, June 19:** 30 - 40 minutes easy
- **Saturday, June 20:** 60 minutes including 8 x 100m [relaxed strides](#) with 100m of jogging between each stride

Week 8

- **Sunday, June 21:** 22 km long run
- **Monday, June 22:** Rest Day
- **Tuesday, June 23:** 50 minutes to 60 minutes
- **Wednesday, June 24:** 60 minutes including 20 minutes half marathon pace tempo running
- **Thursday, June 25:** 50-70 minutes EASY!!
- **Friday, June 26:** 30 minutes
- **Saturday, June 27:** 50 minutes including 8 x 100m [relaxed strides](#) with 100m of jogging between each stride.

Week 9

Recovery Week

- **Sunday, June 28:** 24 km long run
- **Monday, June 29:** Rest Day
- **Tuesday, June 30:** 40 minutes
- **Wednesday, July 1:** 60 minutes including 20 minutes half marathon pace tempo running.
- **Thursday, July 2:** 40 minutes
- **Friday, July 3:** Rest Day
- **Saturday, July 4:** 30 minutes

Week 10

- **Sunday, July 5:** 16 km long run or 12 km if racing on Canada Day
- **Monday, July 6:** Rest Day
- **Tuesday, July 7:** 50-60 minutes or race
- **Wednesday, July 8:** 20 minutes easy warm up; 20 minutes [fartlek](#) with 5 surges of 2-3 minutes in duration; 20 minutes easy cool down, or 40 minutes easy if you raced on the day before
- **Thursday, July 9:** 50-60 minutes EASY
- **Friday, July 10:** 30 - 40 minutes easy
- **Saturday, July 11:** 50-60 minutes including 8 x 100m [relaxed strides](#) with 100m of jogging between each stride

Week 11

- **Sunday, July 12:** 25 km long run
- **Monday, July 13:** Rest Day
- **Tuesday, July 14:** 50-60 minutes
- **Wednesday, July 15:** 20 minutes easy warm up; 30 minutes [out-and-back tempo](#), 20 minutes easy cool down
- **Thursday, July 16:** 75 minutes
- **Friday, July 17:** Rest or 30 easy
- **Saturday, July 18:** 50-60 minutes including 8 x 100m [relaxed strides](#) with 100m of jogging between each stride

Week 12

Recovery Week

- **Sunday, July 19:** 25 km long run
- **Monday, July 20:** Rest Day
- **Tuesday, July 21:** 40 minutes

- **Wednesday, July 22:** 50 minutes including 4 X 5 minutes at half marathon pace with 1 minute jogging between each
- **Thursday, July 23:** 40 minutes
- **Friday, July 24:** Rest or 30 minutes easy
- **Saturday, July 25:** 60 minutes or 20-30 minutes easy if racing tomorrow

Week 13

Aerobic Capacity Phase Begins

The term aerobic literally means “with oxygen”. When we speak of aerobic running, we mean running at a moderate intensity that allows your body to use oxygen to burn both glycogen and fats for fuel. Simply put, if you want to burn fats, you need to run aerobically. As marathoners, we will need to access this important fuel source, because even the leanest of us have more than enough fat to finish multiple marathons.

The opposite of aerobic running is anaerobic running. This is when the intensity of your exercise exceeds your oxygen capacity and your body burns glycogen in the absence of oxygen. A 400 meter sprinter would rely on anaerobic fuel sources in their races, but a marathoner would run entirely aerobically. The faster the pace you can run aerobically without relying on anaerobic energy systems, the better the distance runner you will be.

The Aerobic Capacity Phase is designed to help increase the pace at which you can run aerobically. It is done in two ways:

- 1) We increase the duration of our long runs to help us become more efficient at burning fats (as we have been doing); and,
- 2) We focus on running at the high ends of our aerobic zone.

- **Sunday, July 26:** 16 km or race and warm up and warm down adding to 16 km
- **Monday, July 27:** Rest Day
- **Tuesday, July 28:** 50-60 minutes
- **Wednesday, July 29:** 20 minutes easy warm up; 6 X 4 minutes at 8 km pace with 2 minutes rest; 20 minutes easy cool down
- **Thursday, July 30:** 60 minutes easy running
- **Friday, July 31:** Rest day
- **Saturday, August 1:** 60 minutes including 20 minutes on hilly terrain

Week 14

- **Sunday, August 2:** 27 km long run
- **Monday, August 3:** Rest Day
- **Tuesday, August 4:** 50 -60 minutes
- **Wednesday, August 5:** 15 minutes easy warm up; 4 minutes at 10k pace, 5 minutes jog rest, 6 minutes at 10k pace, 3 minutes jog rest, 8 minutes at 10k pace, 4 minutes jog rest, 4X 1 minute at 5 km pace with 1 minute between each; 10 minute easy cool down
- **Thursday, August 6:** 30-40 minutes easy running
- **Friday, August 7:** Rest day or 30-40 minutes easy
- **Saturday, August 8:** 60 minutes including 25 minutes on hilly terrain.

Week 15

Recovery Week

- **Sunday, August 9:** 28 km long run
- **Monday, August 10:** Rest Day
- **Tuesday, August 11:** 30 minutes
- **Wednesday, August 12:** 50 minutes with 20 minutes at half marathon pace
- **Thursday, August 13:** 300 minutes easy running

- **Friday, August 14:** Rest day
- **Saturday, August 15:** 40 minutes including 25 minutes on hilly terrain or 30 minutes easy if racing.

Week 16

- **Sunday, August 16:** 16 km or race
- **Monday, August 17:** Rest Day
- **Tuesday, August 18:** 50-60 minutes
- **Wednesday, August 19:** 20 minutes warm up; 2-3 sets of 4 minutes at 10 km pace, 30 seconds rest, 2 minutes at 5 km pace with 3 minutes jog between sets, 20 minutes easy cool down.
- **Thursday, August 20:** 40-60 minutes EASY!!
- **Friday, August 21:** Rest Day or 30 minutes easy.
- **Saturday, August 22:** 60 minutes

Week 17

- **Sunday, August 23:** 20 km with 30 minutes at half marathon pace
- **Monday, August 24:** Rest Day
- **Tuesday, August 25:** 45 minutes easy
- **Wednesday, August 26:** 20 minutes warm up; 5 km at 10 km pace; 20 minute easy cool down.
- **Thursday, August 27:** 65 minutes EASY!!
- **Friday, August 28:** Rest day
- **Saturday, August 29:** 60 minutes including 25 minutes on hilly terrain.

Week 18

Recovery Week

- **Sunday, August 30:** 24 km long run.
- **Monday, August 31:** Rest Day
- **Tuesday, September 1:** 40 minutes easy
- **Wednesday, September 2:** 20 minutes warm up; 12 minutes at 10 km pace, 6 minutes jogging rest; 6 minutes at 10k pace; 3 minutes jogging rest; 3 minutes at 5 km pace, 1.5 minutes jogging rest; 3 minutes at 5 km pace; 10 minutes cool down
- **Thursday, September 3:** 45 minutes easy
- **Friday, September 4:** Rest day
- **Saturday, September 5:** 40 minutes on hilly terrain or 30 minutes easy if racing

Week 19

Sharpening and Tapering

As we enter the last phase of the training, we are going to be cutting back on our mileage and emphasizing rest and speed. Of course, speed is a relative term. The idea isn't to become a sprinter, but rather to refresh our nervous system to faster paces that will increase your efficiency at half marathon pace.

The primary goal is to rest enough to arrive feeling healthy and fresh on race day.

- **Sunday, September 6:** 16 km
- **Monday, September 7:** Rest Day
- **Tuesday, September 8:** 45 minutes easy
- **Wednesday, September 9:** 15 minutes warm up; 12 X 1 minute at 5 km pace with 1 minute rest; 15 minutes warm down
- **Thursday, September 10:** 50 minutes easy
- **Friday, September 11:** Rest day or 30 minutes easy
- **Saturday, September 12:** 60 minutes easy

Week 20

- **Sunday, September 13:** 16 km with 9km at half marathon pace or race (ideal is 10 km)
- **Monday, September 14:** Rest Day
- **Tuesday, September 15:** 45 minutes easy
- **Wednesday, September 16:** 15 minutes warm up; 3 sets of 3 minutes at 10 km pace, 30 seconds; 1.5 minutes at 5 km pace with 3 minutes between sets; 15 minutes cool down
- **Thursday, September 17:** 40 - 50 minutes easy
- **Friday, September 18:** Rest day or 30 minutes easy
- **Saturday, September 19:** 50 minutes including 8X100m relaxed strides with 100m jog back.

Week 21

Recovery Week

- **Sunday, September 20:** 16 km with 7 km at half marathon pace
- **Monday, September 21:** Rest Day
- **Tuesday, September 22:** 30 - 40 minutes
- **Wednesday, September 23:** 15 minutes warm up; 8 X 2 minutes with 1 minute jogging recovery at 5 km pace; 15 minutes cool down...keep to the short recovery times...be disciplined.
- **Thursday, September 24:** 30 - 40 minutes
- **Friday, September 25:** Rest day
- **Saturday, September 26:** 40 minutes including 6 - 8 x 100m VERY [relaxed strides](#) with 100m of jogging

Week 22

The Taper Begins

- **Sunday, September 27:** 24 km
- **Monday, September 28:** Rest Day
- **Tuesday, September 29:** 50 minutes
- **Wednesday, September 30:** 15 minutes warm up; 6 minutes at 10 km pace, 3 minutes jogging rest, 6 X 1 minute at 5 km pace with 45 seconds jogging rest; 15 minutes cool down
- **Thursday, October 1:** 30 minutes including 6 - 8 x 100m VERY [relaxed strides](#) with 100m of jogging
- **Friday, October 2:** Rest day
- **Saturday, October 3:** 30 minute jog

Week 23

- **Sunday, October 4:** 12 km 10 minutes at half marathon pace
- **Monday, October 5:** Rest Day
- **Tuesday, October 6:** 30 minutes easy
- **Wednesday, October 7:** 45 minutes with 5 minutes at 5 km pace
- **Thursday, October 8:** 30 minutes including 6 - 8 x 100m VERY [relaxed strides](#) with 100m of jogging
- **Friday, October 9:** Rest day
- **Saturday, October 10:** 20 - 30 minute jog to loosen up
- **Sunday, October 11:** Race Day!!