

HALF MARATHON BEGINNERS TRAINING SCHEDULE INTRODUCTION

Before training for a Half Marathon you need to possess a basic fitness level. This Schedule assumes you have the ability to run 5km 3 or 4 times a week. If this sounds to difficult you may want to consider the Dunedin Marathon 10km run or perhaps one of the walking options.

P A C E

Do not worry about how fast you are travelling during your runs. Run at a comfortable pace. If you are training with a friend you should be able to hold a conversation.

DISTANCE

This training schedule works on time on your feet rather than distance covered. Do not worry overly much how far you have covered in a set time you will go further as you get fitter. More important is the overall picture and your ability to train to the prescribed time.

R E S T

Rest is an important part of training too. You will be able to run the long runs better and reduce your risk of injury if you rest before and after your long runs.

L O N G R U N S

The key to long distance training is the long run progressively increasing in distance and done in the weekend over a period of 12 weeks your long run will increase from 30 minutes to 2 hours. Don't worry that the half marathon may take longer than 2 hours to complete. Inspiration will carry you to the finish line.

S T E A D Y

A comfortable pace at which you can hold a conversation.

M O D E R A T E L Y H A R D

This is a hard but controlled effort not top speed.

H A R D

At this pace your muscles accumulate lactate. Not for beginners. For most runners the half marathon is completed at somewhere around the "moderately hard" category therefore most of your training runs will be at the easy or steady intensity with a little moderately hard intensity to prepare you for the big day.

CAVERSHAM HARRIER CLUB

Middleton Road

Corstorphine, Dunedin

More information can be found on the
Caversham Harriers website:

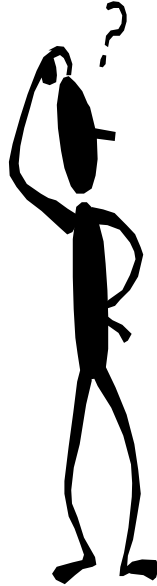
Website: www.cavershamharriers.co.nz

OR

E-mail: info@cavershamharriers.co.nz

GROUP RUNS

Group Runs leave from outside Henry's
Liquor in Hanover Street each Monday
and Wednesday at 5.45pm.



DUNEDIN MARATHON

Sunday 1 September 2019



Any further information you require on the
DUNEDIN HALF MARATHON including
the Walk can be directed to the
DUNEDIN MARATHON Website:



DUNEDIN MARATHON

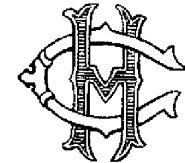
Sunday 1 September 2019

HALF MARATHON BEGINNERS 12 WEEK TRAINING SCHEDULE 2019

*Kindly provided to you by the
Caversham Harrier Club*

Coach

Dave Stinson



**If you have any questions
regarding this Schedule**

Phone: Dave Stinson

027 3661224 or

E-mail:

davestin@slingshot.co.nz

Week 1 (10 June)

Monday Rest
 Tuesday 30 minute run
 Wednesday Rest or 30 minute easy run or core gym session
 Thursday 30 minute run
 Friday Rest
 Saturday 20 minute run
 Sunday 45 minute run

Week 2 (17 June)

Monday Rest
 Tuesday Mixed speed run 15–30 minutes
 Wednesday Rest or 30 minute easy run or core gym session
 Thursday 40 minute run
 Friday Rest
 Saturday 40 - 45 minute steady run
 Sunday 40 minute run

Week 3 (24 June)

Monday Rest
 Tuesday 30 minute run with hills
 Wednesday Rest or 30 minute easy run or core gym session
 Thursday 45 minute run
 Friday Rest
 Saturday 45 minute run
 Sunday 40 minute steady run

Week 4 (1 July)

Monday Rest
 Tuesday 30–40 minutes run with hills
 Wednesday Rest or 30 minute easy run or core gym session
 Thursday 45–60 minute run
 Friday Rest
 Saturday 45 minute run
 Sunday 60 minute run

Week 5 (8 July)

Monday Rest
 Tuesday 45 minute steady run with hills
 Wednesday Rest or 30 minute easy run or core gym session

Thursday 60 minute run
 Friday Rest
 Saturday 40 minute run
 Sunday 60–75 minute run

Week 6 (15 July)

Monday Rest
 Tuesday 45 minute run
 Wednesday Rest or 30 minute easy run or core gym session

Thursday 75 minute run
 Friday Rest
 Saturday 45 minute run
 Sunday 90 minute run

Week 7 (22 July)

Monday Rest
 Tuesday 45 minute run including 10 minutes at a moderately hard effort
 Wednesday Rest or 30 minute easy run or core gym session

Thursday 60–80 minute run
 Friday Rest
 Saturday 45 minute run including 10 minutes at a moderately hard effort

Sunday 90 - 120 minute run

Week 8 (29 July)

Monday Rest
 Tuesday 45 minute run including 20 minutes at a moderately hard effort
 Wednesday Rest or 30 minute easy run or core gym session

Thursday 45 minute run including 3 x 3 minutes at a moderately hard effort
 Friday Rest

Saturday 40 minute run
 Sunday 90 minute run

Week 9 (5 August)

Monday Rest
 Tuesday 45 minute run including hills
 Wednesday Rest or 30 minute easy run or core gym session

Thursday 60 - 90 minute run

Friday Rest
 Saturday 45 minute run including 4 x 3 minutes at a moderately hard effort
 Sunday 90 - 120 minute run

Week 10 (12 August)

Monday Rest
 Tuesday 45 - 50 minute run with hills
 Wednesday Rest or 30 minute easy run or core gym session

Thursday 90 minute run
 Friday Rest

Saturday 30 minute easy run
 Sunday Run 10km race or time trial

Week 11 (19 August)

Monday Rest
 Tuesday 40 - 50 minute run including 20 minutes with hills
 Wednesday Rest

Thursday 60 - 90 minute run
 Friday Rest

Saturday 45 - 60 minute run
 Sunday 30 minute run

Week 12 (26 August)

Monday Rest
 Tuesday 30 minute run
 Wednesday Rest
 Thursday 30 minute run including 3 x 1 minutes at a moderately hard effort
 Friday 20 minutes or rest

Saturday Rest
 Sunday

**DUNEDIN
 HALF MARATHON
 1 SEPTEMBER 2019**

This programme will allow you to finish a half marathon NOT race one.

Read what you can on diet, carbohydrate loading, hydrating and other aspects of distance running. Joining a running club for companionship and the advice of experienced runners will also provide help.