

HALF MARATHON SUB 1 HOUR 40 MINUTE TRAINING SCHEDULE NOTES

INTRODUCTION

This Schedule assumes you have a reasonable level of fitness have been running regularly and be able to run for an hour comfortably.

SUB 1 HOUR 40 MINUTES

To go under 1 hour 40 minutes for an half marathon you need to be capable of running about 22 minutes for 5km or 45 minutes for 10km. If you are not close to these times then your speed at this time will be a limitation in achieving your goal and you may like to refer to the Dunedin Half Marathon Beginners 12 week training Schedule which will allow you to finish a half marathon NOT race one.

DISTANCE

This training schedule works mainly 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 importantly is the overall picture of your ability to train to the prescribed time.

REST

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 after your long runs.

LONG RUNS

The long runs are followed by short ones to assist recovery and build up rather than break down. Make your longest run, at a pace as slow as you feel comfortable. Never increase the distance or running time of the longest run, or the total weekly distance running time by more than 10% a week.

GENERAL

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



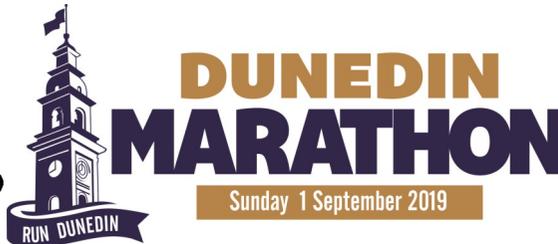
CAVERSHAM HARRIER CLUB

Middleton Road
Corstorphine, Dunedin
for more information please refer to the following:

Website: www.cavershamharriers.co.nz
E-mail: info@cavershamharriers.co.nz

GROUP RUNS

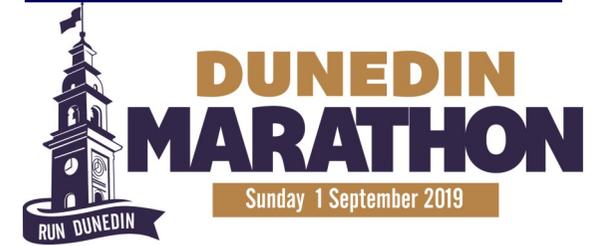
Group runs leave from outside Henry's Liquor in Hanover Street each Monday and Wednesday at 5.45 p.m.



For further information on the
DUNEDIN MARATHON see

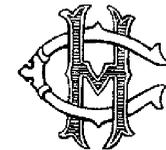
Website:
www.dunedinmarathon.co.nz

E-Mail:



DUNEDIN HALF MARATHON SUB 1HR 40MIN 12 WEEK TRAINING SCHEDULE 2019

*Kindly provided to
you by the
Caversham
Harrier Club Coach*



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

Phone: *Dave Stinson*
027 3661224 or

E-mail davstin@slingshot.co.nz

Week 1 (10 June)

Monday 30- 40 minutes easy aerobic run
 Tuesday 45 - 75 minutes aerobic run with hills
 Wednesday 30 minutes steady run or core gym session
 Thursday 60 - 75 minutes aerobic run
 Friday Rest or 30 minutes easy jog
 Saturday 45 minutes easy run
 Sunday 60 - 120 minutes long aerobic run

Week 2 (17 June)

Monday Rest
 Tuesday 75 minutes long aerobic run
 Wednesday 30 minutes steady run or core gym session
 Thursday 60 minutes easy run
 Friday Rest or 5 x 150 meter easy stride outs
 Saturday 60 minutes easy run
 Sunday 90 minutes long aerobic run

Week 3 (24 June)

Monday Rest
 Tuesday Repetitions 3 x 1km with 3 minutes recovery jog in between
 Wednesday 20 minutes steady run keeping effort constant or core gym session
 Thursday 60 - 75 minutes aerobic run with hills
 Friday Rest or 4 - 6 x 200 meter stride outs
 Saturday 60 minutes run on hills
 Sunday 90 - 120 minutes long aerobic run

Week 4 (1 July)

Monday Rest
 Tuesday Repetitions 3 x 1km with 3 minutes recovery jog in between
 Wednesday 30 minutes steady run keeping effort constant or core gym session
 Thursday 75 minutes easy aerobic run
 Friday Rest or 4 - 6 x 200 meter stride outs
 Saturday 60 minutes run on hills
 Sunday 90 - 120 minutes long aerobic run

Week 5 (8 July)

Monday Rest or 30 minutes easy run
 Tuesday Repetitions 2 x 1km with 3 minutes recovery jog in between
 Wednesday 20 minutes steady run keeping effort constant
 Thursday 60 - 90 minutes easy aerobic run
 Friday Rest or 4 - 6 x 200 meter stride outs

Saturday 10km run at close to 10km race pace
 Sunday 90 - 120 minutes long aerobic run

Week 6 (15 July)

Monday Rest or 30 minutes easy running
 Tuesday Repetitions 3 - 5 x 1km with 3 minutes recovery jog in between
 Wednesday 20 minutes steady run keeping effort constant or core gym session

Thursday 60 minutes run include some hills

Friday Rest or 6 x 200 meter stride outs

Saturday 10km run at close to 10km race pace

Sunday 90 - 120 minutes long aerobic run

Week 7 (22 July)

Monday Rest
 Tuesday Repetitions 3 - 5 x 1km with 3 minutes recovery jog in between

Wednesday 30 minute run, rest or core gym session

Thursday 30 - 45 minutes easy run

Friday Rest or 4 - 6 x 200 meter stride outs

Saturday 5km run fast but keeping effort constant

Sunday 60 - 90 minutes easy run

Week 8 (29 July)

Monday Rest or 30 minutes easy run
 Tuesday 6 x 200 meters or 10 x 100 meters relaxed striding

Wednesday 45 minutes easy run or core gym session

Thursday Repetitions 2 x 1km at 5km pace with 3 minutes recovery jog in between

Friday Rest

Saturday 70 minutes run at a hard effort

Sunday 30 - 45 minutes easy jog

Week 9 (5 August)

Monday 45 - 60 minutes easy run

Tuesday 45 - 60 minutes easy run

Wednesday 6 x 200 meters or 10 x 100 meters relaxed striding

Thursday 30 minutes easy running

Friday Rest or core gym session

Saturday 20 minutes run at a hard constant effort

Sunday 120 minute long run

Week 10 (12 August)

Monday 6 x 200 meters or 10 x 100 meters relaxed striding

Tuesday 60 - 90 minutes easy run

Wednesday 20 minutes run at a hard constant effort

Thursday 60 - 90 minutes easy run

Friday Rest or core gym session

Saturday 30 minutes easy job

Sunday Run 10km at a strong effort

Week 11 (19 August)

Monday 60 minutes easy jog

Tuesday Repetitions 8 x 100 meters relaxed striding

Wednesday 20 minutes steady run keeping effort constant

Thursday 45 minutes easy run

Friday Rest, easy jog or core gym session

Saturday 30 minutes at around your half marathon speed

Sunday 45 - 60 minutes easy run

Week 12 (26 August)

Monday Repetitions 6 x 100 meters relaxed striding

Tuesday 30 minutes easy run

Wednesday 15 minutes run at slightly faster than planned race pace

Thursday Repetitions 4 - 6 x 100 meters relaxed striding

Friday 20 minutes EASY JOG

Saturday Rest

Sunday **DUNEDIN HALF MARATHON
1 SEPTEMBER 2019**

A Long Aerobic Run

The longer runs are the key to your half marathon performance because they provide you with the aerobic development and strength endurance required. The long runs should be done at a moderate pace.

Steady Runs

These boost your anaerobic threshold and condition you to maintain a solid intensity for extended periods.

Speed Sessions

Speed sessions provide neuromuscular adaptations and so help improve efficiency and technique. These should be done on a track, grass or flat surface.