

## 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



Middleton Road

Corstorphine, Dunedin

for more information please refer to:

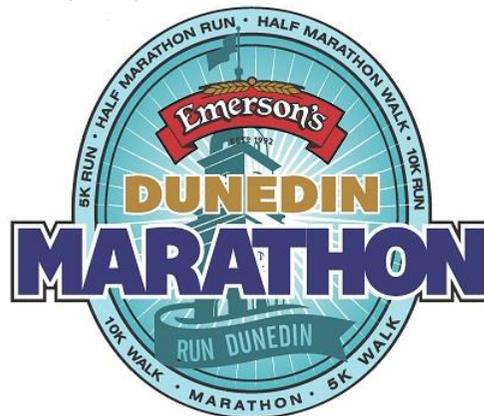
Website: <https://cavershamharriers.co.nz/>

OR

E-mail: [info@cavershamharriers.co.nz](mailto:info@cavershamharriers.co.nz)

### GROUP RUNS

Group Runs or Walks are available on Monday and Wednesday nights leaving at 5.45 p.m. from outside Henry's Liquor in Hanover St, Dunedin



## 11 September 2022

Any further information you require on the **DUNEDIN MARATHON** event including the Half Marathon, 10 km and 5km walks and runs can be directed to the **EMERSON'S DUNEDIN MARATHON**

Website:

<https://dunedinmarathon.co.nz>

E-mail:

[info@dunedinmarathon.co.nz](mailto:info@dunedinmarathon.co.nz)



**11 September 2022**

## HALF MARATHON SUB 1HR 40MIN 12 WEEK TRAINING SCHEDULE 2022

*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](mailto:davestin@slingshot.co.nz)

**Week 1** **20 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 job  
*Saturday* 45 minutes easy run  
*Sunday* 60 - 120 minutes long aerobic run

**Week 2** **27 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** **4 July**  
*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** **11 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** **18 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 out  
*Saturday* 10km run at close to 10km race pace  
*Sunday* 90 - 120 minutes long aerobic run

**Week 6** **25 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** **1 August**  
*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** **8 August**  
*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** **15 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** **22 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** **29 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** **5 September**  
*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* **EMERSON'S DUNEDIN MARATHON**  
**11 SEPTEMBER 2022**

### **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.