## HALF MARATHON BEGINNERS TRAINING SCHEDULE

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

## PACE

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.

## 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 before and after your long runs.

## LONG RUNS

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.

## STEAD Y

A comfortable pace at which you can hold a conversation.

## MODERATELY HARD

This is a hard but controlled effort not top speed.

## HARD

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.


Middleton Road
Corstorphine, Dunedin
for more information please refer to:
Website: https://cavershamharriers.co.nz/
OR
E-mail: 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


10 September 2023

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

## EMERSON'S DUNEDIN MARATHON

Website:
https://dunedinmarathon.co.nz
E-mail:
info@dunedinmarathon.co.nz


10 September 2023

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HALF MARATHON BEGINNERS 12 WEEK TRAINING SCHEDULE 2023
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Kindly provided to you by the
Caversham
Harrier Club
Coach
Dave Stinson

If you have any questions regarding this Schedule

Phone: Dave Stinson
0273661224 or
E-Mail
davestin@slingshot.co.nz

| Week 1 | 18 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 | 25 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 | 2 July |
| 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 | 9 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 | 16 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 |


| Week 6 | 23 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 | 30 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 | 6 August |
| 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 $3 \times 3$ minutes at a moderately hard effort |
| Friday | Rest |
| Saturday | 40 minute run |
| Sunday | 90 minute run |
| Week 9 | 13 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 $4 \times 3$ minutes at a moderately hard effort |
| Sunday | 90-120 minute run |
| Week 10 | 20 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 | $\mathbf{2 7}$ 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 | $\mathbf{3}$ September |
| Monday | Rest |
| Tuesday | 30 minute run |
| Wednesday | Rest |
| Thursday | 30 minute run including $3 \times 1$ minutes at a |
|  | moderately hard effort |
| Friday | 20 minutes or rest |
| Saturday | Rest |
| Sunday | EMERSON'S DUNEDIN MARATHON |
|  | $\mathbf{1 0 ~ S E P T E M B E R ~ 2 0 2 3 ~}$ |

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.

