## HALF MARATHON SUB 1HOUR 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 5 km or 45 minutes for 10 km . 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

## 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

## HALF MARATHON <br> SUB 1HR 40MIN <br> 12 WEEK <br> TRAINING <br> SCHEDULE 2023

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

## Tuesday

Wednesday
Thursday
Friday
Saturday
Sunday
Week 2
Monday
Tuesday Wednesday

## Thursday

Friday
Saturday
Sunday
Week 3
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday
Week 4
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday
Week 5
Monday
Tuesday
Wednesday
Thursday

18 June
$30-40$ minutes easy aerobic run
$45-75$ minutes aerobic run with hills
30 minutes steady run or core gym session
60-75 minutes aerobic run
Rest or 30 minutes easy job
45 minutes easy run
60-120 minutes long aerobic run

## 25 June

Rest
75 minutes long aerobic run
30 minutes steady run or core gym session
60 minutes easy run
Rest or $5 \times 150$ meter easy stride outs
60 minutes easy run
90 minutes long aerobic run
2 July
Rest
Repetitions $3 \times 1 \mathrm{~km}$ with 3 minutes recovery jog in between
20 minutes steady run keeping effort constant or core gym session 60-75 minutes aerobic run with hills Rest or 4-6×200 meter stride outs 60 minutes run on hills
90-120 minutes long aerobic run 9 July
Rest
Repetitions $3 \times 1 \mathrm{~km}$ with 3 minutes recovery jog in between
30 minutes steady run keeping effort constant or core gym session 75 minutes easy aerobic run Rest or 4-6x 200 meter stride outs 60 minutes run on hills
90-120 minutes long aerobic run 16 July
Rest or 30 minutes easy run Repetitions $2 \times 1 \mathrm{~km}$ with 3 minutes recovery jog in between 20 minutes steady run keeping effort constant
60-90 minutes easy aerobic run

Friday Saturday Sunday
Week 6
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday
Week 7
Monday
Tuesday

Wednesday
Thursday
Friday
Saturday
Sunday
Week 8
Monday
Tuesday
Wednesday
Thursday

Friday
Saturday
Sunday
Week 9
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday
Week 10
Monday
Tuesday

Rest or 4-6x 200 meter stride out 10 km run at close to 10 km race pace 90-120 minutes long aerobic run 23 July
Rest or 30 minutes easy running
Repetitions 3-5 x 1 km with 3 minutes recovery jog in between
20 minutes steady run keeping effort
Constant or core gym session
60 minutes run include some hills
Rest or $6 \times 200$ meter stride outs
10 km run at close to 10 km race pace
90-120 minutes long aerobic run
30 July
Rest
Repetitions 3-5x1km with 3 minutes recovery jog in between
30 minute run, rest or core gym session
30-45 minutes easy run
Rest or 4-6x 200 meter stride outs
5 km run fast but keeping effort constant
60-90 minutes easy run
6 August
Rest or 30 minutes easy run
$6 \times 200$ meters or $10 \times 100$ meters relaxed striding
45 minutes easy run or core gym session
Repetitions $2 \times 1 \mathrm{~km}$ at 5 km pace with 3 minutes recovery jog in between
Rest
70 minutes run at a hard effort
30-45 minutes easy jog
13 August
45-60 minutes easy run
45-60 minutes easy run
$6 \times 200$ meters or $10 \times 100$ meters relaxed striding
30 minutes easy running
Rest or core gym session
20 minutes run at a hard constant effort 120 minute long run
20 August
$6 \times 200$ meters or $10 \times 100$ meters relaxed Striding
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 | 27 August |
| Monday | 60 minutes easy jog |
| Tuesday | Repetitions $8 \times 100$ 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 | 3 September |
| Monday | Repetitions $6 \times 100$ meters relaxed striding |
| Tuesday | 30 minutes easy run |
| Wednesday | 15 minutes run at slightly faster than |
|  | planned race pace |
| Thursday | Repetitions $4-6 \times 100$ meters relaxed |
| Friday | striding |
| Saturday | 20 minutes EASY JOG |
| Rest |  |
| Sunday | EMERSON'S DUNEDIN MARATHON |
|  | $\mathbf{1 0 ~ S E P T E M B E R ~ 2 0 2 3 ~}$ |

## 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.

