

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 too 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.

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.

S T E A D Y

A comfortable pace at which you can hold a conversation.

MODERATELY HARD

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.



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

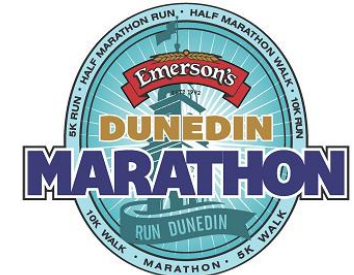
GROUP RUNS

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



15 September 2024

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



15 September 2024

HALF MARATHON BEGINNERS 12 WEEK TRAINING SCHEDULE 2024

*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 **24 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 **1 July**
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 **8 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 **15 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 **22 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 **29 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 **5 August**
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 **12 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 x 3 minutes at a moderately hard effort
Friday Rest
Saturday 40 minute run
Sunday 90 minute run

Week 9 **19 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 **28 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 **2 September**
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 **9 September**
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 **EMERSON'S DUNEDIN MARATHON**
15 SEPTEMBER 2024

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.