

**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

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
SUB 1HR 40MIN
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

davestins@slingshot.co.nz

Week 1 **24 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 **1 July**
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 **8 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 **15 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 **22 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 **29 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 **5 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 **12 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 **19 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 **26 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 **2 September**
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 **9 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 15 SEPTEMBER 2024**

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.