

HALF

MARATHON

INTERMEDIATE

TRAINING

GUIDE



GETTING STARTED

This program is designed for someone who is already running 2-3 times per week and looking to have good crack at a personal best in the half marathon.

***DON'T WORRY ABOUT
YOUR PACE, GET OUT
THERE AND ENJOY YOUR
RUNNING!***

Want to get a head start?

Great! The earlier you can get into your training the better, but remember this program is 16 weeks long, and we want to get you to race day feeling good.

Starting a little late?

Don't stress at all. You can jump on board at any stage. Just be careful not to ramp everything up too quickly. We want to make sure you get to the start line injury-free.

Need to move things around?

Feel free to move the weekly schedule around to fit with what works best for you. Just make sure to have at least one rest day per week.



YOUR COACH

SHANE PONGHO *PHYSIOTHERAPIST*

At RADCentre, we aim to empower athletes of all ages and abilities to improve their performance and wellbeing.

RADcentre is a high-performance company based in Ballarat and servicing Western Victoria through our key services of strength and conditioning, physiotherapy, injury rehabilitation and sports dietetics.

We are super-excited to be on board as the training program provider for the Ballarat Marathon road running festival, providing a guide on how to best prepare for each distance.

We have been fortunate enough to work with some of Ballarat's best runners, supporting them in all types of events from international marathons and ultra-running mountain challenges to recording personal bests in local ParkRuns.

Our team is here to assist you across your whole training journey. In conjunction with this program, there will be plenty of educational resources provided in the lead-up to the Ballarat Marathon. We cant wait to see you perform on the day.

Any questions? You can contact us at:

✉ info@radcentre.com.au

🌐 radcentre.com.au

📷 [@radcentre](https://www.instagram.com/radcentre)

📘 [RADcentre1](https://www.facebook.com/RADcentre1)

KEY

TERMS

Within the provided training programs, there are several key terms and concepts that have been utilised in order to categorise training intensity. Several of these words and ideas might be foreign to you, but do not fear them. Simply read through this training glossary and you'll be up to speed in no time.

KEY TERM	DEFINITION
Critical Velocity (CV)	This is a heavily-used training variable within this program. It is the fastest running pace you can maintain for 30 minutes.
Cross Training	As the program highlights, this is a form of cardiovascular training we are wanting you to perform that does not place loading on your legs. You can choose any form of cardiovascular training that fits this brief, such as cycling, swimming and rowing.
Easy pace	This is a cornerstone in each training program. Easy-paced running should be considered a pace in which you can maintain a conversation if you were running with a buddy.
Fartlek	Fartlek sessions are a mixture of faster- and slower-paced running, designed to increase your speed capacity.
Float	This pace is consciously faster than your easy-paced jogging. Float periods are designed to aid you to actively recover at a faster pace, allowing you to perform your total run at a faster speed.
Interval sessions	These sessions include multiple efforts at different speeds. The objective is for consistency across your repetitions. Ideally, the pace at which you perform your repetitions is within 5 to 10 seconds of one another. Please do not 'empty yourself' in repetition one and then fade as the repetitions go on.

Long run	This is the most important run of your training program. This run is designed to develop your capability to cover the distance on race day. Therefore, it will slowly increase your ability to run further.
'Mona' Fartlek	A favourite session of Ballarat legend and distance running icon Steve Moneghetti.
Moose Fartlek	Named after another legendary runner from Ballarat, Julian 'Moose' Spence, who these days resides and trains on the Surf Coast.
Off	These days are programmed in order to regenerate your body for the increased training load it is facing. Please respect these days and do not perform any cardiovascular training on these days so you are fresh for your other days.
Shake Run	This is a very easy pace run performed leading up to race day. The intension is not for additional fitness benefits. Rather, it's about keeping your body moving! Please keep this one nice and easy and run completely to feel!
Strides	Strides have a very similar targeted response as surges, but they are performed differently. Following your run, you will set these up as 'run through efforts' and either walk or slowly jog the rest period. These are performed slightly faster than surges.
Surges	Surges are programmed in order to develop your mechanical ability to move at a faster pace. They are to be performed by increasing your speed for 20 seconds and then reducing it back to your normal jogging pace for 40s.
Target pace	Although you may not have completed your preferred distance before, as your training progresses you are likely to settle on a rough time goal for completing your race (for example, four hours for the marathon). You will then be able to work out how fast you need to complete each kilometre to achieve this goal. At this point, it is vital that we begin specialising your training to target this goal. That's why you see mentions of half marathon pace and marathon pace in the plans for the longer races.
Tempo	Tempo runs are noticeably faster than your easy-paced runs and are designed to increase your capability to run faster for longer and endure that elevated pace. You should be able to talk, but your conversation should be interrupted with the need to breathe mid-sentence.
Threshold	Your threshold is the point at which you are running at a speed that causes lactic acid to start building up in your bloodstream, causing you to need to slow down. Threshold runs are designed to increase the threshold at which lactate begins to build up. Threshold runs are a gear change up from tempo runs and can be recognised with the phrase 'comfortably hard'. You should feel like you are in control the entire time, but not have a desire to have a conversation while running at this pace.
Track sessions	Aim to complete these sessions at an athletics track. A football oval is your next-best location.

8TH JAN - 14TH JAN

WEEK

ONE

	ACTIVITY	DESCRIPTION	KM	EFFORT
MONDAY	OPTIONAL CROSS-TRAINING	BIKE OR ELLIPTICAL	30MINS	5/10
TUESDAY	INTRO TO CRITICAL VELOCITY	<ul style="list-style-type: none">• 2KM EASY PACE WARM-UP• 6 SETS OF 1MIN RUN + 1MIN WALK• EASY PACE RUN REMAINING DISTANCE	8KM	EP = 6/10 WU = 5/10 RUN = 8/10
WEDNESDAY	RECOVERY RUN		6KM	5/10
THURSDAY	EASY PACE RUN		6KM	6/10
FRIDAY	HILLY FARTLEK	<ul style="list-style-type: none">• 2KM EASY PACE WARM-UP• RUN HARD UP THE HILLS, FLOAT ON FLATS & JOG DOWNHILLS	10KM	EP = 6/10 UPH = 8/10 FLT = 7/10 JOG = 5/10
SATURDAY	OFF			
SUNDAY	LONG RUN		12KM	6-7/10
			WEEKLY RUNNING VOLUME: 42 KM	

WEEKLY TIP

HERE WE GO, TIME TO CRACK IN. SIXTEEN WEEKS TO BUILD THAT FITNESS.
"DON'T COUNT THE DAYS, MAKE THE DAYS COUNT" - MUHAMMAD ALI

WEEK

TWO

	ACTIVITY	DESCRIPTION	KM	EFFORT
MONDAY	OPTIONAL CROSS-TRAINING	BIKE OR ELLIPTICAL	30MINS	5/10
TUESDAY	'MONA' FARTLEK	<ul style="list-style-type: none"> • 2KM EASY PACE WARM-UP • 2 SETS OF 90SEC HARD + 90SEC FLOAT • SETS OF 60SEC HARD + 60SEC FLOAT • 4 SETS OF 30SEC HARD + 30SEC FLOAT • 4 SETS OF 15SEC HARD + 15SEC FLOAT • EASY PACE RUN REMAINING DISTANCE 	8KM	EP = 6/10 RUN = 8/10 FASTER AS REPS GET SHORTER FLT=7/10
WEDNESDAY	RECOVERY RUN		6KM	5/10
THURSDAY	EASY PACE RUN		6KM	6/10
FRIDAY	INTRO TO TEMPO	<ul style="list-style-type: none"> • 2KM EASY PACE WARM-UP • 2 SETS OF 10MIN RUN AT TEMPO PACE + 2MIN JOG BETWEEN SETS • 5MIN JOG • 4 SETS OF 20SEC SPRINT + 40SEC JOG • EASY PACE RUN REMAINING DISTANCE 	10KM	EP = 6/10 TMP = 8/10 SPT = 10/10 JOG = 5/10
SATURDAY	OFF			
SUNDAY	LONG RUN		16KM	6-7/10

WEEKLY RUNNING VOLUME: 46 KM

WEEKLY TIP

STILL A LONG WAY TO GO IN THIS PREPARATION. DON'T GET TOO EXCITED, JUST PACE YOURSELF.

"THE MIRACLE ISN'T THAT I FINISHED. THE MIRACLE IS THAT I HAD THE COURAGE TO START." - JOHN BINGHAM

WEEK

THREE

	ACTIVITY	DESCRIPTION	KM	EFFORT
MONDAY	OPTIONAL CROSS-TRAINING	BIKE OR ELLIPTICAL	30MINS	5/10
TUESDAY	INTRO TO HILLS	<ul style="list-style-type: none"> • 2KM EASY PACE WARM-UP • 4 SETS OF 1MIN UPHILL RUN + JOG BACK • 4 SETS OF 40SEC UPHILL RUN + JOG BACK • 4 SETS OF 20SEC UPHILL RUN + JOG BACK • EASY PACE RUN REMAINING DISTANCE 	8KM	EP = 6/10 RUN = 8-9/10 FASTER AS REPS GET SHORTER JOG = 5/10
WEDNESDAY	RECOVERY RUN		6KM	5/10
THURSDAY	EASY PACE RUN		8KM	6/10
FRIDAY	INTRO TO TEMPO	<ul style="list-style-type: none"> • 2KM EASY PACE WARM-UP • 3 SETS OF 5MINS AT THRESHOLD PACE + 2MIN JOG • 4 MIN JOG • 5 SETS OF 20SEC SPRINT + 40SEC JOG • EASY PACE RUN REMAINING DISTANCE 	10KM	EP = 6/10 TH = 8.5/10 SPT = 10/10 JOG = 5/10
SATURDAY	OFF			
SUNDAY	LONG RUN		20KM	6-7/10
WEEKLY RUNNING VOLUME: 52 KM				

WEEKLY TIP

THIRD WEEK IN. FEEL FREE TO MIX UP YOUR RUNNING LOOPS AS WELL. HEAD OUT ALONG SOME TRAILS AND HILLS IF YOU CAN.

"YOU WERE NOT BORN TO JUST EXIST; YOU WERE BORN TO ENDURE, ACHIEVE, AND INSPIRE."

WEEK

FOUR

	ACTIVITY	DESCRIPTION	KM	EFFORT
MONDAY	OPTIONAL CROSS-TRAINING	BIKE OR ELLIPTICAL	30MINS	5/10
TUESDAY	TRACK SESSION INTRO	<ul style="list-style-type: none"> • 2KM EASY PACE WARM-UP • 2 SETS OF (5 X 250M RUN + 100M WALK) + 400M JOG BETWEEN SETS • EASY PACE RUN REMAINING DISTANCE 	8KM	EP = 6/10 RUN = 9/10 JOG = 5/10
WEDNESDAY	RECOVERY RUN		6KM	5/10
THURSDAY	EASY PACE RUN		8KM	6/10
FRIDAY	CHANGING GEARS	<ul style="list-style-type: none"> • 2KM EASY PACE WARM-UP • PROGRESSIVE RUN: 10MIN RUN AT MODERATE PACE + 10MIN RUN AT UPTEMPO PACE + 10MIN RUN AT TEMPO • EASY PACE RUN REMAINING DISTANCE 	10KM	EP = 6/10 MOD = 6/10 UPT = 7/10 TMP = 8/10
SATURDAY	OFF			
SUNDAY	LONG RUN		24KM	6-7/10
WEEKLY RUNNING VOLUME: 54 KM				

WEEKLY TIP

YOU ARE STARTING TO BUILD SOME GREAT CONSISTENCY NOW. STAY ON TOP OF YOUR RECOVERY AS WELL. "SUCCESS ISN'T ALWAYS ABOUT GREATNESS. IT'S ABOUT CONSISTENCY. CONSISTENT HARD WORK LEADS TO SUCCESS. GREATNESS WILL COME." - DWAYNE 'THE ROCK' JOHNSON

5TH FEB - 11TH FEB

WEEK

FIVE

	ACTIVITY	DESCRIPTION	KM	EFFORT
MONDAY	OPTIONAL CROSS-TRAINING	BIKE OR ELLIPTICAL	30MINS	5/10
TUESDAY	CRITICAL VELOCITY FARTLEK	<ul style="list-style-type: none">• 2KM EASY PACE WARM-UP• 8 SETS OF 2MINS AT CV + 1MIN FLOAT• EASY PACE RUN REMAINING DISTANCE	12KM	EP = 6/10 CV = 9/10 FLT = 7/10
WEDNESDAY	RECOVERY RUN		6KM	5/10
THURSDAY	EASY PACE RUN		8KM	6/10
FRIDAY	HILLY FARTLEK	<ul style="list-style-type: none">• 2KM EASY PACE WARM-UP• RUN HARD UP THE HILLS, FLOAT ON FLATS & JOG DOWNHILLS	12KM	EP = 6/10 UPH = 8/10 FLT = 7/10 JOG = 5/10
SATURDAY	OFF			
SUNDAY	LONG RUN		16KM	6-7/10
			WEEKLY RUNNING VOLUME: 54 KM	

WEEKLY TIP

FIVE WEEKS DOWN AND YOU WILL BE STARTING TO A BUILD A GREAT FITNESS BASE NOW.

"THE ONLY PLACE WHERE SUCCESS COMES BEFORE WORK IS IN THE DICTIONARY." - VIDAL SASSOON

12TH FEB - 18TH FEB

WEEK

SIX

	ACTIVITY	DESCRIPTION	KM	EFFORT
MONDAY	OPTIONAL CROSS-TRAINING	BIKE OR ELLIPTICAL	30MINS	5/10
TUESDAY	'MOOSE' FARTLEK	<ul style="list-style-type: none">• 2KM EASY PACE WARM-UP• 5 SETS OF 3MINS AT UPTEMPO PACE + 1MIN JOG + 1MIN TEMPO PACE + 1MIN JOG• EASY PACE RUN REMAINING DISTANCE	10KM	EP = 6/10 UPT = 7/10 TMP = 8/10 JOG = 5/10
WEDNESDAY	RECOVERY RUN		6KM	5/10
THURSDAY	EASY PACE RUN		10KM	6/10
FRIDAY	TEMPO INTERVALS	<ul style="list-style-type: none">• 2KM EASY PACE WARM-UP• 3 SETS OF 10MIN TEMPO RUN + 2MIN SLOW JOG RECOVERY• EASY PACE RUN REMAINING DISTANCE	12KM	EP = 6/10 TMP = 8/10 JOG = 4/10
SATURDAY	OFF			
SUNDAY	LONG RUN		20KM	6-7/10
WEEKLY RUNNING VOLUME: 58 KM				

WEEKLY TIP

SIX WEEKS IN AND WE'RE FLYING ALONG NICELY. MAKE SURE THAT IF YOU DO HAVE ANY NIGGLES POP UP, YOU GET THEM ASSESSED.

"RUNNING TEACHES US THAT WE ARE CAPABLE OF SO MUCH MORE THAN WE EVER IMAGINED."

19TH FEB - 25TH FEB

WEEK

SEVEN

	ACTIVITY	DESCRIPTION	KM	EFFORT
MONDAY	OPTIONAL CROSS-TRAINING	BIKE OR ELLIPTICAL	30MINS	5/10
TUESDAY	SPICY HOT HILLS!	<ul style="list-style-type: none">• 2KM EASY PACE WARM-UP• 6 SETS OF 2MIN HILL RUN + JOG BACK RECOVERY• 3MIN JOG• 8 SETS OF 20SEC HILL RUN + JOG BACK RECOVERY• EASY PACE RUN REMAINING DISTANCE	12KM	EP = 6/10 RUN = 8/10 JOG = 5/10
WEDNESDAY	RECOVERY RUN		6KM	5/10
THURSDAY	EASY PACE RUN		10KM	6/10
FRIDAY	ANY GIVEN DAY	<ul style="list-style-type: none">• 2KM EASY PACE WARM-UP• 4 SETS OF 5MIN STRONG + 2MIN FLOAT + 90SEC HARD + 90SEC JOG• EASY PACE RUN REMAINING DISTANCE	12KM	EP = 6/10 STG = 8.5/10 FLT = 7/10 HRD = 9/10 JOG = 5/10
SATURDAY	OFF			
SUNDAY	LONG RUN		24KM	6-7/10

WEEKLY RUNNING VOLUME: 64 KM

WEEKLY TIP

"THE DIFFERENCE BETWEEN A SUCCESSFUL PERSON AND OTHERS IS NOT A LACK OF STRENGTH, NOT A LACK OF KNOWLEDGE, BUT RATHER A LACK IN WILL." - VINCE LOMBARDI

26TH FEB - 3RD MAR

WEEK

EIGHT

	ACTIVITY	DESCRIPTION	KM	EFFORT
MONDAY	OPTIONAL CROSS-TRAINING	BIKE OR ELLIPTICAL	30MINS	5/10
TUESDAY	CRITICAL VELOCITY FARTLEK	<ul style="list-style-type: none">• 2KM EASY PACE WARM-UP• 5 SETS OF 3MIN RUN AT CRITICAL VELOCITY + 90SEC JOG• 3MIN JOG• 4 SETS OF 30SEC SURGE + 90SEC JOG• EASY PACE RUN REMAINING DISTANCE	10KM	EP = 6/10 CV = 9/10 SUR = 10/10 JOG = 5/10
WEDNESDAY	RECOVERY RUN		6KM	5/10
THURSDAY	EASY PACE RUN		10KM	6/10
FRIDAY	STRETCH THE LEGS	<ul style="list-style-type: none">• 2KM EASY PACE WARM-UP• 5KM TIME-TRIAL• EASY PACE RUN REMAINING DISTANCE	12KM	EP = 6/10 RUN = 8.5/10
SATURDAY	OFF			
SUNDAY	LONG RUN		28KM	6-7/10
WEEKLY RUNNING VOLUME: 66 KM				

WEEKLY TIP

HALF WAY THERE. NOW THE REAL WORK BEGINS.

"SET A GOAL SO BIG THAT YOU CAN'T ACHIEVE IT UNTIL YOU GROW INTO THE PERSON WHO CAN."

4TH MAR - 10TH MAR

WEEK

NINE

	ACTIVITY	DESCRIPTION	KM	EFFORT
MONDAY	OPTIONAL CROSS-TRAINING	BIKE OR ELLIPTICAL	45MINS	5/10
TUESDAY	BUILDING THAT BASE	<ul style="list-style-type: none">• 2KM EASY PACE WARM-UP• 6 SETS OF 1KM RUN + 60SECS STANDING REST• EASY PACE RUN REMAINING DISTANCE	12KM	EP = 6/10 RUN = 9/10
WEDNESDAY	RECOVERY RUN		8KM	5/10
THURSDAY	EASY PACE RUN		12KM	6/10
FRIDAY	GROUNDWORK	<ul style="list-style-type: none">• 2KM EASY PACE WARM-UP• 30MIN RUN AT TEMPO PACE• 4MIN JOG• 6 SETS OF 20SEC SPRINT + 40SEC JOG• EASY PACE RUN REMAINING DISTANCE	14KM	EP = 6/10 TMP = 8/10 SPT = 10/10 JOG = 5/10
SATURDAY	OFF			
SUNDAY	LONG RUN		20KM	6-7/10
			WEEKLY RUNNING VOLUME: 66 KM	

WEEKLY TIP

WITH THE TRAINING LOAD STARTING TO BUILD, MAKE SURE YOU'RE KITTED OUT WITH THE RIGHT FOOTWEAR. "YOUR ONLY LIMIT IS YOU. EMBRACE THE CHALLENGE, CONQUER THE RUN."

11TH MAR - 17TH MAR

WEEK

TEN

	ACTIVITY	DESCRIPTION	KM	EFFORT
MONDAY	CROSS-TRAINING	BIKE OR ELLIPTICAL	45MINS	5/10
TUESDAY	PRIMER FARTLEK	<ul style="list-style-type: none">• 2KM EASY PACE WARM-UP• 3 SETS OF 2MIN RUN AT TEMPO PACE + 1MIN JOG• 3 SETS OF 1MIN RUN AT THRESHOLD PACE + 1MIN JOG• 3 SETS OF 30SEC RUN AT CRITICAL VELOCITY PACE + 90SEC JOG• EASY PACE RUN REMAINING DISTANCE	12KM	EP = 6/10 TMP = 8/10 TH=8.5/10 CV=9/10
WEDNESDAY	RECOVERY RUN		8KM	5/10
THURSDAY	EASY PACE RUN	INCLUDE 6 X 20SEC SURGES TOWARDS THE END	12KM	6/10
FRIDAY	BUILDING SERIOUS FITNESS	<ul style="list-style-type: none">• 2KM EASY PACE WARM-UP• 10MIN RUN AT TEMPO PACE + 2MIN JOG• 2 SETS OF 3MIN RUN AT CRITICAL VELOCITY PACE + 1MIN JOG• 10MIN RUN AT TEMPO PACE + 2MIN JOG• EASY PACE RUN REMAINING DISTANCE	14KM	EP = 6/10 TMP = 8/10 CV = 9/10 JOG = 5/10
SATURDAY	OFF			
SUNDAY	LONG RUN		24KM	7-8/10

WEEKLY TIP

WEEKLY RUNNING VOLUME: 70 KM

MAKE SURE YOU START TO TRIAL YOUR RACE-DAY NUTRITION AND HYDRATION STRATEGIES ON YOUR LONG RUNS.
"RUNNING IS NOT ABOUT BEING BETTER THAN SOMEONE ELSE; IT'S ABOUT BEING BETTER THAN YOU USED TO BE."

18TH MAR - 24TH MAR

WEEK

ELEVEN

	ACTIVITY	DESCRIPTION	KM	EFFORT
MONDAY	CROSS-TRAINING	BIKE OR ELLIPTICAL	45MINS	5/10
TUESDAY	TRACK SEASON COMETH	<ul style="list-style-type: none">• 2KM EASY PACE WARM-UP• TWO SETS OF (8 X 400M RUN + 45SEC REST) + JOG 400M BETWEEN SETS• EASY PACE RUN REMAINING DISTANCE	12KM	EP = 6/10 SET 1 = 8.5/10 SET 2 = 9/10 JOG = 5/10
WEDNESDAY	RECOVERY RUN		8KM	5/10
THURSDAY	EASY PACE RUN	INCLUDE 6 X 20SEC SURGES TOWARDS THE END	10KM	6/10
FRIDAY	COMING IN HOT!	<ul style="list-style-type: none">• 2KM EASY PACE WARM-UP• 3 SETS OF 5MIN RUN AT TEMPO PACE + 90SEC RUN AT THRESHOLD PACE• 2MIN SLOW JOG BETWEEN REPS• EASY PACE RUN REMAINING DISTANCE	14KM	EP = 6/10 TMP = 8/10 TH = 8.5/10 JOG = 4/10
SATURDAY	OFF			
SUNDAY	LONG RUN		26KM	7-8/10
WEEKLY RUNNING VOLUME: 70 KM				

WEEKLY TIP

"YOU ARE NOT CHASING MILES; YOU ARE CHASING A VERSION OF YOURSELF THAT YOU'VE NEVER MET BEFORE."

WEEK

TWELVE

	ACTIVITY	DESCRIPTION	KM	EFFORT
MONDAY	CROSS-TRAINING	BIKE OR ELLIPTICAL	45MINS	5/10
TUESDAY	WORKING AT THE PYRAMID	<ul style="list-style-type: none"> • 2KM EASY PACE WARM-UP • 2 SETS OF 1MIN RUN + 60 SEC JOG + 2MIN RUN + 60SEC JOG + 3MIN RUN + 60SEC JOG + 3MIN RUN + 60 SEC JOG + 2MIN RUN + 60SEC JOG + 1MIN RUN + 60SEC JOG • 1MIN JOG BETWEEN SETS • EASY PACE RUN REMAINING DISTANCE 	12KM	EP = 6/10 RUN = 8/10 FASTER AS REPS GET SHORTER JOG = 5/10
WEDNESDAY	RECOVERY RUN		10KM	5/10
THURSDAY	EASY PACE RUN	INCLUDE 6 X 20SEC SURGES TOWARDS THE END	12KM	6/10
FRIDAY	IT DOESN'T GET EASIER, YOU JUST GET BETTER	<ul style="list-style-type: none"> • 2KM EASY PACE WARM-UP • 4 SETS OF 6MINS AT THRESHOLD PACE + 2MINS JOG RECOVERY • EASY PACE RUN REMAINING DISTANCE 	14KM	EP = 6/10 TH = 8.5/10 JOG = 5/10
SATURDAY	OFF			
SUNDAY	LONG RUN	OVER LAST 8KMS GRADUALLY INCREASE PACE	28KM	7-8/10
WEEKLY RUNNING VOLUME: 76 KM				

WEEKLY TIP

BIG WEEK AHEAD HERE. THIS IS WHERE YOU SEE WHERE YOU'RE AT.

"DON'T STOP WHEN YOU'RE TIRED. STOP WHEN YOU'RE DONE." - DAVID GOGGINS

1ST APR - 7TH APR

WEEK

THIRTEEN

	ACTIVITY	DESCRIPTION	KM	EFFORT
MONDAY	CROSS-TRAINING	BIKE OR ELLIPTICAL	45MINS	5/10
TUESDAY	CRANK IT UP!	<ul style="list-style-type: none">• 2KM EASY PACE WARM-UP• 7 SETS OF 3MIN HARD RUN + 1MIN SLOW JOG• EASY PACE RUN REMAINING DISTANCE	12KM	EP = 6/10 RUN = 9/10 JOG = 4/10
WEDNESDAY	RECOVERY RUN		10KM	5/10
THURSDAY	EASY PACE RUN	INCLUDE 6 X 20SEC SURGES TOWARDS THE END	12KM	6/10
FRIDAY	BROKEN TEMPO	<ul style="list-style-type: none">• 2KM EASY PACE WARM-UP• 3 SETS OF 20MINS AT HALF MARATHON PACE + 5MIN FLOAT• EASY PACE RUN REMAINING DISTANCE	12KM	EP = 6/10 HMP=8/10 FLT = 7/10
SATURDAY	OFF			
SUNDAY	LONG RUN		26KM	7-8/10
			WEEKLY RUNNING VOLUME: 72 KM	

WEEKLY TIP

ANOTHER BIG WEEK. KEEP PUTTING THE WORK IN. NOT LONG TO GO NOW.

"IT'S NOT ABOUT HOW HARD YOU HIT. IT'S ABOUT HOW HARD YOU CAN GET HIT AND KEEP MOVING FORWARD."

- ROCKY BALBOA

8TH APR - 14TH APR

WEEK

FOURTEEN

	ACTIVITY	DESCRIPTION	KM	EFFORT
MONDAY	CROSS-TRAINING	BIKE OR ELLIPTICAL	45MINS	5/10
TUESDAY	'MONA' FARTLEK	<ul style="list-style-type: none">• 2KM EASY PACE WARM-UP• 2 SETS OF 90SEC HARD + 90SEC FLOAT• 4 SETS OF 60SEC HARD + 60SEC FLOAT• 4 SETS OF 30SEC HARD + 30SEC FLOAT• 4 SETS OF 15SEC HARD + 15SEC FLOAT• EASY PACE RUN REMAINING DISTANCE	12KM	EP = 6/10 HRD = 8/10 FASTER AS REPS GET SHORTER FLT = 7/10
WEDNESDAY	RECOVERY RUN		8KM	5/10
THURSDAY	EASY PACE RUN	INCLUDE 6 X 20SEC SURGES TOWARDS THE END	10KM	6/10
FRIDAY	IT'S THRESH SEASON!	<ul style="list-style-type: none">• WARM UP 2KM• 10MIN RUN AT THRESHOLD PACE + 3MIN JOG• 8MIN RUN AT THRESHOLD PACE + 2MIN JOG• 6MIN RUN AT THRESHOLD PACE + 2MIN JOG• 5MIN JOG• 6 SETS OF 20SEC SPRINT + 40SEC JOG• EASY PACE RUN REMAINING DISTANCE	10KM	EP = 6/10 TH = 8.5/10 SPT = 10/10 JOG = 5/10
SATURDAY	OFF			
SUNDAY	LONG RUN		22KM	7-8/10

WEEKLY TIP

WEEKLY RUNNING VOLUME: 62 KM

THIS IS THE LAST WEEK OF HARD TRAINING. TRY AND HIT THE SESSIONS AT YOUR RACE PACE.

"BELIEVE YOU CAN AND YOU'RE HALFWAY THERE." - THEODORE ROOSEVELT

15TH APR - 21ST APR

WEEK

FIFTEEN

	ACTIVITY	DESCRIPTION	KM	EFFORT
MONDAY	CROSS-TRAINING	BIKE OR ELLIPTICAL	30MINS	5/10
TUESDAY	AEROBIC POWER	<ul style="list-style-type: none">• 2KM EASY PACE WARM-UP• 12 SETS OF 1MIN RUN AT CRITICAL VELOCITY PACE + 1MIN SLOW JOG• EASY PACE RUN REMAINING DISTANCE	10KM	EP = 6/10 CV = 9/10 JOG = 4/10
WEDNESDAY	RECOVERY RUN		6KM	5/10
THURSDAY	EASY PACE RUN	INCLUDE 6 X 20SEC SURGES TOWARDS THE END	8KM	6/10
FRIDAY	POBLANO	<ul style="list-style-type: none">• 2KM EASY PACE WARM-UP• 15MINS AT THRESHOLD + 5MIN JOG• 5 SETS OF 30SEC SURGE + 30SEC SLOW JOG• EASY PACE RUN REMAINING DISTANCE	8KM	EP = 6/10 TH = 8.5/10 SUR = 10/10 JOG = 4/10
SATURDAY	OFF			
SUNDAY	LONG RUN		16KM	7-8/10
			WEEKLY RUNNING VOLUME: 48 KM	

WEEKLY TIP

TAPER WEEK. THE HARD WORK IS DONE NOW. TIME TO ALLOW YOUR BODY TO RECOVER AND ADAPT.
"A SHIP IN THE HARBOUR IS SAFE, BUT THAT'S NOT WHAT SHIPS ARE BUILT FOR."

22ND APR - 28TH APR

WEEK

SIXTEEN

	ACTIVITY	DESCRIPTION	KM	EFFORT
MONDAY	OFF			
TUESDAY	HERE WE GO!	<ul style="list-style-type: none">• 2KM EASY PACE WARM-UP• 3 SETS OF 4MINS AT HALF MARATHON PACE + 1MIN SLOW JOG• EASY PACE RUN REMAINING DISTANCE	8KM	EP = 6/10 HMP = 8/10 JOG = 4/10
WEDNESDAY	OFF			
THURSDAY	EASY PACE RUN	INCLUDE 6 X 20SEC SURGES TOWARDS THE END	6KM	6/10
FRIDAY	SHAKE RUN		5KM	5/10
SATURDAY	OFF			
SUNDAY	BALLARAT HALF MARATHON		21.1KM	8/10
WEEKLY RUNNING VOLUME: 42.1 KM				

WEEKLY TIP

RACE WEEK! WELL DONE ON ALL YOUR WORK SO FAR.

"YOU'VE PREPARED, PERSEVERED, AND NOW IT'S TIME TO PREVAIL. THIS IS YOUR MOMENT. SEIZE IT!"



PACE CHART

5KM PB	10KM PB	HALF MARATHON PB	MARATHON PB (GOAL PACE)	LIGHT RUN PACE
18:30:00	38:30:00	01:25	3:00 (4:15/KM)	4:45 MIN/KM-5:30 MIN/KM +
20:30:00	42:30:00	01:33	3:15 (4:37/KM)	4:55 MIN/KM-5:40 MIN/KM +
21:45:00	45:30:00	01:40	3:30 (4:58/KM)	5:15 MIN/KM-6:15 MIN/KM +
23:30:00	49:00:00	01:48	3:45 (5:19/KM)	5:30 MIN/KM-6:30 MIN/KM +
25:00:00	52:00:00	01:55	4:00 (5:41/KM)	5:55 MIN/KM-6:55 MIN/KM +
26:30:00	55:00:00	02:02	4:15 (6:02/KM)	6:15 MIN/KM-7:15 MIN/KM +
28:00:00	58:30:00	02:02	4:30 (6:23/KM)	6:30 MIN/KM-7:30 MIN/KM +
30:00:00	01:02	02:15	4:45 (6:45/KM)	6:55 MIN/KM-7:55 MIN/KM +
31:30:00	01:05	02:23	5:00 (7:06/KM)	7:15 MIN/KM-8:15 MIN/KM +