

12 week running guide

21.1km Half Marathon



Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1						
<p>Do a strength and flexibility workout or go for an interval run.</p> <p>You can do a strength and flexibility training session (refer to the Strength and Flexibility Training Guide for more info) or time yourself as you run 3 sets of 1km and 2 sets of 500m, allowing yourself to recover for the same amount of time between each set.</p>	<p>Complete a 5km run at an easy pace and stretch.</p> <p>Start with a warm up, then run or jog 5km at an easy pace. Time yourself so you can calculate your pace and measure your progress from week to week.</p>	<p>Work on your strength and flexibility.</p> <p>The purpose of strength and flexibility training is to strengthen your muscles and joints to make you a better runner and reduce the risk of injury. A suggested program is provided in the Strength and Flexibility Training Guide.</p>	<p>Go for an interval run: 3 sets of 1km and 2 sets of 500m with a 1:1 work to rest ratio.</p> <p>Time yourself as you run 3 sets of 1km and 2 sets of 500m, allowing yourself to recover for the same amount of time between each set.</p>	<p>Rest and recover.</p> <p>Rest days are a vital part of your training program as they allow your body to recuperate, recover and improve after training sessions.</p>	<p>Run 4km at a hard pace and stretch.</p> <p>Run 4km at a hard pace. Remember to time yourself to measure your progress from week to week.</p>	<p>Rest and recover.</p> <p>You can also practice 'active recovery' where you work out at a low intensity that's just high enough to get your blood moving.</p>
Week 2						
<p>Do a strength and flexibility workout or go for an interval run.</p> <p>You can do a strength and flexibility training session or time yourself as you run 3 sets of 1km and 2 sets of 500m, allowing yourself to recover for the same amount of time between each set.</p>	<p>Complete a 5km run at an easy pace and stretch.</p> <p>Get yourself warmed up and then run or jog 5km. The distance is the same, so focus on improving your speed on last week.</p>	<p>Work on your strength and flexibility.</p> <p>Increasing your strength and flexibility will improve your running efficiency, meaning you will be able to run faster and further using less energy. Check out the Strength and Flexibility Training Guide for tips on form.</p>	<p>Run for 45 minutes at an easy pace.</p> <p>After you've warmed up, go for a 45 minute run at an easy pace. You should push yourself so your breathing is slightly heavy but you are still able to talk easily.</p>	<p>Rest and recover.</p> <p>Rest days can (and should) involve some activity. Take a walk or go for a swim to get your blood flowing.</p>	<p>Cross-train and stretch.</p> <p>Cross-training days are great for busting boredom. Spend 30-45 minutes doing a sport or activity you enjoy. You could go cycling, swimming, hit the gym or enjoy a team sport.</p>	<p>Rest and recover.</p> <p>Rest days are a great opportunity to work on your flexibility. Try a yoga or Pilates class or do some stretching at home.</p>
Week 3						
<p>Do a strength and flexibility workout or go for a 45 minute run.</p> <p>You can do the strength and flexibility exercises or go for a 45 minute run at an easy pace. You should push yourself so your breathing is slightly heavy but you are still able to talk easily.</p>	<p>Complete a 6km run at an easy pace and stretch.</p> <p>Go for a 6km run. Try to maintain the same pace as last week over the slightly longer distance.</p>	<p>Work on your strength and flexibility.</p> <p>Strength training is important for preventing muscle imbalances that occur when one muscle is stronger than its opposing muscle.</p>	<p>Go for an interval run: 5 sets of 600m with a 1:1 work to rest ratio.</p> <p>Time yourself as you run 5 sets of 600m, allowing yourself to recover for the same amount of time between each set.</p>	<p>Cross-train and stretch.</p> <p>Use your cross-training session to focus on muscle groups that don't get worked while running. A 45 minute gym session will help your body maintain a healthy balance of fitness and strength. If the gym's not your thing, you could go cycling, swimming or rowing.</p>	<p>Run 4km at a hard pace and stretch.</p> <p>Run 4km at a hard pace. The distance is the same, so focus on improving your speed on last week.</p>	<p>Rest and recover.</p> <p>A walk on the beach is a great way to strengthen leg muscles and unwind after a long day.</p>

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Strength and flexibility days - when preparing for long distance running it's not only important to train your aerobic fitness but also your body's strength and flexibility levels. There are some great tips throughout this running guide to help you work on your strength and flexibility.



Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 4						
<p>Do a strength and flexibility workout or go for an interval run.</p> <p>You can do the strength and flexibility exercises or time yourself as you run 5 sets of 600m, allowing yourself to recover for the same amount of time between each set.</p>	<p>Complete a 6km run at an easy pace and stretch.</p> <p>Go for a 6km run. Try to beat your time from last week.</p>	<p>Work on your strength and flexibility.</p> <p>Focus on quality over quantity while working through the strength and flexibility program. Get your form correct before you start increasing the number of repetitions and sets.</p>	<p>Run for 60 minutes at race pace.</p> <p>Run for 60 minutes at your goal pace for race day. Your breathing will be heavy, but it should be a pace you will be able to maintain for the entire 21km distance.</p>	<p>Cross-train and stretch.</p> <p>Many runners like to do spin to get a high-intensity, low-impact workout. If you don't want to hit the gym, you could also go cycling, swimming or rowing.</p>	<p>Run 6km at a hard pace and stretch.</p> <p>Go for a 6km run. Try to maintain the same pace as last week over the slightly longer distance.</p> <p>Finish with a cool down and stretch.</p>	<p>Rest and recover.</p> <p>You need sleep to heal from the mental and physical stress of training. Try going to bed a little earlier tonight.</p>
Week 5						
<p>Do a strength and flexibility workout or go for a 60 minute run.</p> <p>Do a strength and flexibility workout or run for 60 minutes at race pace.</p>	<p>Complete a 7km run at an easy pace and stretch.</p> <p>Go for a 7km run. Really focus on your pace over these short runs.</p>	<p>Work on your strength and flexibility.</p> <p>Stretching increases the blood flow and nutrients to soft muscle tissue, which helps with muscle soreness and recovery time.</p>	<p>Go for an interval run: 3km and 4 sets of 400m with a 1:1 work to rest ratio.</p> <p>Time yourself as you run 3km followed by 4 sets of 400m, allowing yourself to recover for the same amount of time between each set.</p>	<p>Rest and recover.</p> <p>If you are prone to muscle soreness, book in for a sports massage on your rest day. Massage therapy improves circulation to affected areas while easing pain and aiding recovery.</p>	<p>Run 10km at an easy pace and stretch.</p> <p>Run 10km at an easy pace. Focus on maintaining a consistent speed over the longer distance.</p>	<p>Rest and recover.</p> <p>Rest day activities should enable your whole body to recover. Yoga and Pilates are great for improving flexibility and can also help calm your mind and body.</p>
Week 6						
<p>Do a strength and flexibility workout or go for an interval run.</p> <p>Do the strength and flexibility exercises or time yourself as you run 3km followed by 4 sets of 400m, allowing yourself to recover for the same amount of time between each set.</p>	<p>Complete a 8km run at an easy pace and stretch.</p> <p>Go for a 8km run. Focus on maintaining a consistent speed over the longer distance.</p>	<p>Work on your strength and flexibility.</p> <p>Try to incorporate some light weights into your strength and flexibility session to make it more challenging.</p>	<p>Go for an interval run: 3km and 6 sets of 400m with a 1:1 work to rest ratio.</p> <p>Time yourself as you run 3km followed by 6 sets of 400m, allowing yourself to recover for the same amount of time between each set.</p>	<p>Cross-train and stretch.</p> <p>Team sports are a fun alternative to cardio training and allow you to train other areas of your body that aren't involved in running. If that's not your forte, you could go cycling, swimming or do a session at the gym.</p>	<p>Run for 75 minutes at race pace and stretch.</p> <p>Run for 75 minutes at your goal pace for race day. Your breathing will be heavy, but it should be a pace you will be able to maintain for the entire 12km.</p>	<p>Rest and recover.</p> <p>Rest days should enhance and complement intense workouts. Don't go too hard when you should be recovering or you could be at risk of injury or fatigue.</p>

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Rest and recover days - the rest and recovery days in your program allow your body to adapt to the work, build strength, reduce risk of injury and reduce fatigue. This doesn't mean you have to have complete rest. Going for a slow walk and light stretch will loosen muscles and reduce soreness. Look out for the tips throughout this guide to make the most of your rest and recovery days.



Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 7						
Do a strength and flexibility workout or go for an interval run.	Complete an 8km run at an easy pace and stretch.	Work on your strength and flexibility.	Go for an interval run: 3km and 5 sets of 1km with a 1:2 work to rest ratio.	Rest and recover.	Run 6km at a hard pace and stretch.	Rest and recover.
Do the strength and flexibility exercises or time yourself as you run 3km followed by 6 sets of 400m, allowing yourself to recover for the same amount of time between each set.	Go for an 8km run. The distance is the same, so focus on improving your speed on last week.	Ready to take your strength and flexibility training up a notch? Try the progressions outlined in the Strength and Flexibility Training Guide .	Time yourself as you run 3km followed by 5 sets of 1km, allowing yourself to recover for twice as long between each set.	Use your rest day as an opportunity to work out any muscle stiffness with some extra stretching.	Complete a 6km run at a hard pace. You should be used to running this distance really push yourself for today's workout.	Resting doesn't mean being inactive. You should aim to move as much as possible every day but with varying levels of intensity.
Week 8						
Do a strength and flexibility workout or go for an interval run.	Complete a 8km run at an easy pace and stretch.	Work on your strength and flexibility.	Go for an interval run: 2km, 6 sets of 600m and 1km with a 1:3 work to rest ratio.	Rest and recover.	Run 10km at a hard pace and stretch.	Rest and recover.
Do the strength and flexibility exercises or time yourself as you run 3km followed by 5 sets of 1km, allowing yourself to recover for twice as long between each set.	Go for a 8km run. Continue to work on your stamina and pace.	As your runs are getting longer, remember that strength training can minimise aches and joint discomfort from pounding the pavement.	Time yourself as you run 2km, 6 sets of 600m and 1km, allowing yourself to recover for 3 times as long between each set.	Joint health is one of the most important reasons for taking recovery days. Give your knees, hips and ankles a chance to heal from the stress of running.	Go for a 10km run.. You should be running at a hard pace that you can hold for the duration of your workout.	Give your body a break today but pay extra attention to eating well and staying hydrated.
Week 9						
Do a strength and flexibility workout or go for an interval run.	Complete a 10km run at an easy pace and stretch.	Work on your strength and flexibility.	Go for an interval run: 3km, 6 sets of 400m and 1km with 1:2 work to rest ratio.	Rest and recover.	Run 14km at a moderate pace.	Rest and recover.
Do the strength and flexibility exercises or time yourself as you run 2km, 6 sets of 600m and 1km, allowing yourself to recover for 3 times as long between each set.	Go for a 10km run. Focus on maintaining a consistent speed over the longer distance.	After you're warmed up, complete the strength and flexibility program. Several of the exercises target your core, which will help you avoid back pain while making you faster.	Time yourself as you run 3km, 6 sets of 400m and 1km, allowing yourself to recover for twice as long between each set.	Recovery days are important for giving your body and mind a break from training. Consider going for a leisurely walk with a friend or partner today.	Go for a 14km run. Time yourself to see if you improve in week 11.	Focus on refuelling your body with healthy, high nutrient foods to get your body ready for your next workout.

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Week 10						
Do a strength and flexibility workout or go for an interval run.	Complete a 10km run at an easy pace and stretch.	Work on your strength and flexibility.	Run for 90 minutes at race pace.	Rest and recover.	Go for an interval run: run 3km, recover (2x) then run 1km, recover (2x), repeat 4 times.	Rest and recover.
Do the strength and flexibility exercises or time yourself as you run 3km, 6 sets of 400m and 1km, allowing yourself to recover for twice as long between each set.	Go for a 10km run. The distance is the same, so focus on improving your speed on last week.	Try to incorporate some light weights into your strength and flexibility session to make it more challenging.	Run for 90 minutes at your goal pace for race day. Your breathing will be heavy, but it should be a pace you will be able to maintain for the entire 21km distance.	Listen to your body. If you need a day off from exercise - take it. Otherwise, try an active recovery activity such as walking or swimming.	Complete a timed 3km run, recover for twice as long and repeat once. Then, complete a timed 1km run, recover for twice as long and repeat 4 times.	Give your body a break today but pay extra attention to eating well and staying hydrated.
Week 11						
Do a strength and flexibility workout or go for a 90 minute run.	Complete a 16km run at an easy pace and stretch.	Work on your strength and flexibility.	Go for an interval run: 4km, 4 sets of 400m and 3km with 1:3 work to rest ratio.	Rest and recover.	Run 14km at a hard pace.	Rest and recover.
Do the strength and flexibility exercises or run for 90 minutes at your goal pace for race day.	Complete a 16km run. This is one of your longest runs before race day, so really try to push yourself.	Runners are typically good at moving forward but struggle with side to side and rotational motion. One of the aims of the strength and flexibility program is to increase your capabilities in these planes of motion so you can run more consistently with fewer injuries.	Time yourself as you run 4km, 4 sets of 400m and 3km, allowing yourself to recover for 3 times as long between each set.	Focus on refuelling your body with healthy, high nutrient foods to get your body ready for your next workout.	Go for a 14km run. This is one of your longest runs before race day, so really try to push yourself.	Use your rest day as an opportunity to work out any muscle stiffness with some extra stretching.
Week 12						
Do a strength and flexibility workout.	Complete a 75 minute run at a race pace and stretch.	Work on your strength and flexibility.	Go for an interval run: 3km, 5 sets of 200m and 2km with a 1:3 work to rest ratio.	Cross-train and stretch.	Rest and recover.	Race
Do the strength and flexibility exercises.	Complete a 75 minute run at race pace. Your breathing will be heavy, but it should be a pace you will be able to maintain on the day for the entire 21km distance.	Remember that strength and flexibility training plays an important role in preventing injury - which is particularly important in the final lead up to race day.	Time yourself as you run 3km, 5 sets of 200m and 2km, allowing yourself to recover for 3 times as long between each set.	Focus on priming your body for race day. Get the blood flowing to your muscles with a walk, easy run or massage and focus on eating well, staying hydrated and getting adequate rest.	Enjoy your last rest day before the race! Remember to eat well and stay hydrated to maximize your performance tomorrow.	Today's the day! Good luck with your 21km run. Remember to stretch, stay hydrated and have fun.