### 8 week advanced running guide

#### 21.1km Half Marathon

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<tbody>
<tr>
<td><strong>Week 1</strong> Attend your HBF Fitness session or do a strength and flexibility workout.</td>
<td>Complete a 7km run at an easy pace and stretch.</td>
<td>Work on your strength and flexibility.</td>
<td>Go for an interval run: 3km, 4 sets of 400m and 2km with 1:1 work to rest ratio.</td>
<td>Cross-train and stretch.</td>
<td>Complete a 10km run at an easy pace and stretch.</td>
<td>Rest and recover.</td>
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<tr>
<td>Weekly training sessions are available at 18 locations across WA to help you prepare for the HBF Run for a Reason - and they’re free for all event entrants and HBF members. If you’re unable to attend, do a strength and flexibility training session (refer to the Strength and Flexibility Training Guide for more info).</td>
<td>After you’ve warmed up, run 7km at an easy pace. Time yourself so you can calculate your pace and measure your progress from week to week.</td>
<td>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.</td>
<td>Time yourself as you run 3km, 4 sets of 400m and 2km, allowing yourself to recover for the same amount of time between each set.</td>
<td>Cross training allows you to train your whole body rather than just the muscles used for running. Challenge yourself to a gym session or 30–45 minutes of moderately intense exercise such as cycling, swimming or rowing.</td>
<td>After you’ve warmed up, run 10km. Try to maintain the same pace as before over the longer distance.</td>
<td>Rest days can (and should) involve some activity. Take a walk or go for a swim to get your blood flowing.</td>
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<td><strong>Week 2</strong> Attend your HBF Fitness session or do a strength and flexibility workout.</td>
<td>Complete a 9km run at a moderate pace and stretch.</td>
<td>Work on your strength and flexibility.</td>
<td>Go for an interval run: 3km, 6 sets of 400m and 2km with 1:1 work to rest ratio.</td>
<td>Cross-train and stretch.</td>
<td>Complete an 11km run at a moderate pace and stretch.</td>
<td>Rest and recover.</td>
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<tr>
<td>Weekly training sessions are available at 18 locations across WA to help you prepare for the HBF Run for a Reason - and they’re free for all event entrants and HBF members. If you’re unable to attend, do a strength and flexibility training session (refer to the Strength and Flexibility Training Guide for more info).</td>
<td>After you’ve warmed up, run 9km. Focus on increasing your pace from last week.</td>
<td>Increasing your strength and flexibility will improve your running efficiency, meaning you will be able to run faster and farther using less energy. Check out the Strength and Flexibility Training Guide for tips on form.</td>
<td>Time yourself as you run 3km, 6 sets of 400m and 2km, allowing yourself to recover for the same amount of time between each set. Try to maintain the same pace as your previous interval run as you increase the number of sets.</td>
<td>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.</td>
<td>Run 11km at a moderate pace. Focus on maintaining your pace from earlier this week over the longer distance.</td>
<td>A walk on the beach is a great way to strengthen leg muscles and unwind after a long day.</td>
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<td><strong>Week 3</strong> Attend your HBF Fitness session or do a strength and flexibility workout.</td>
<td>Complete a 6km run at a hard pace and stretch.</td>
<td>Work on your strength and flexibility.</td>
<td>Go for an interval run: 4km, 4 sets of 600m and 3km with 1:1 work to rest ratio.</td>
<td>Cross-train and stretch.</td>
<td>Complete a 13km run at a moderate pace and stretch.</td>
<td>Rest and recover.</td>
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<tr>
<td>If you’re unable to attend, do a strength and flexibility training session (refer to the Strength and Flexibility Training Guide for more info).</td>
<td>Go for a 6km run. Increase the pace of your run this week as you begin to train at a higher intensity over shorter distances.</td>
<td>Strength training is important for preventing muscle imbalances that occur when one muscle is stronger than its opposing muscle.</td>
<td>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.</td>
<td>Cross training allows you to train your whole body rather than just the muscles used for running. Challenge yourself to a gym session or 30–45 minutes of moderately intense exercise such as cycling, swimming or rowing.</td>
<td>Go for a 13km run. Focus on maintaining a steady, moderate pace over the longer distance.</td>
<td>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.</td>
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<td><strong>Week 4</strong> Attend your HBF Fitness session, do a strength and flexibility workout or go for an interval run.</td>
<td>Complete a 6km run at a hard pace and stretch.</td>
<td>Work on your strength and flexibility.</td>
<td>Go for an interval run: 2km, 6 sets of 600m and 1km with 1:2 work to rest ratio.</td>
<td>Cross-train and stretch.</td>
<td>Complete a 16km run at a moderate pace and stretch.</td>
<td>Rest and recover.</td>
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<tr>
<td>If you’re unable to attend today’s HBF Fitness session, you can do a strength and flexibility session or complete an interval run: 4km, 4 sets of 600m, 3km with a 1:1 work to rest ratio.</td>
<td>Go for a 6km run at a hard pace. Try to beat your time from last week.</td>
<td>Try to incorporate some light weights into your strength and flexibility session to make it more challenging.</td>
<td>Time yourself as you run 2km, 6 sets of 600m and 1km, allowing yourself to recover for twice as long between each set.</td>
<td>Cross training allows you to train your whole body rather than just the muscles used for running. Challenge yourself to a gym session or 30–45 minutes of moderately intense exercise such as cycling, swimming or rowing.</td>
<td>Go for a 16km run. This is your longest run yet, so really try to push yourself during those last couple kilometres.</td>
<td>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.</td>
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**HBF Fitness sessions** - the HBF Fitness program aims to help West Australians become more active, make healthy lifestyle choices and feel great. HBF Fitness is for everyone. Our sessions cater for all abilities. It’s free for HBF members and available to non HBF members for just $120 (inc GST) for each eight-week program.

#### Day 1
- **Attend your HBF Fitness session, do a strength and flexibility workout**
- Complete a 1km run at a hard pace and stretch.
- Work on your strength and flexibility.
- Complete an 8km run at a hard pace and stretch.
- Cross-train and stretch.

#### Day 2
- **Rest and recover.**
- Race day.

#### Day 3
- **Attend your HBF Fitness session, do a strength and flexibility workout**
- Complete a 7km run at a hard pace and stretch.
- Work on your strength and flexibility.
- Go for an interval run: 3km, 6 sets of 400m and 1km with a 1:2 work to rest ratio.
- Go for an interval run: 3km, 5 sets of 400m and 1km with a 1:3 work to rest ratio.
- Cross-train and stretch.

#### Day 4
- **Complete a 10km run at a hard pace and stretch.**

#### Day 5
- **Complete a 12km run at a hard pace and stretch.**

#### Day 6
- **Complete a 14km run at a hard pace and stretch.**

#### Day 7
- **Rest and recover.**
- Race day.

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**Week 5**
- Attend your HBF Fitness session, do a strength and flexibility workout or go for an interval run.
- Complete a 7km run at a hard pace and stretch.
- Work on your strength and flexibility.
- Go for an interval run: 3km, 6 sets of 400m and 1km with a 1:2 work to rest ratio.
- Cross-train and stretch.
- Rest and recover.

**Week 6**
- Attend your HBF Fitness session, do a strength and flexibility workout or go for an interval run.
- Complete a 7km run at a hard pace and stretch.
- Work on your strength and flexibility.
- Go for an interval run: 3km followed by 5 sets of 1km with a 1:2 work to rest ratio.
- Cross-train and stretch.
- Rest and recover.

**Week 7**
- Attend your HBF Fitness session, do a strength and flexibility workout or go for an interval run.
- Complete an 8km run at a hard pace and stretch.
- Work on your strength and flexibility.
- Go for an interval run: 4km, 4 sets of 400m and 3km with a 1:3 work to rest ratio.
- Cross-train and stretch.
- Rest and recover.

**Week 8**
- Attend your HBF Fitness session or do a strength and flexibility workout.
- Complete a 5km run at a hard pace and stretch.
- Work on your strength and flexibility.
- Go for an interval run: 3km, 5 sets of 200m and 2km with a 1:2 work to rest ratio.
- Cross-train and stretch.
- Rest and recover.