

8 week advanced running guide

21.1km Half Marathon



Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<p>Week 1</p> <p>Do a strength and flexibility workout.</p> <p>Strength and flexibility exercises are vital to help increase lean body mass, decrease fat mass and increase the rate of energy you consume. Engaging in weight training activity or using your body weight for resistance are great ways to improve strength. Flexibility or stretching exercise training is important to help reduce muscle soreness and injury, and promote recovery.</p>	<p>Complete a 7km run at an easy pace and stretch.</p> <p>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.</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: 3km, 4 sets of 400m and 2km with 1:1 work to rest ratio.</p> <p>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.</p>	<p>Cross-train and stretch.</p> <p>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.</p>	<p>Complete a 10km run at an easy pace and stretch.</p> <p>After you've warmed up, run 10km. Try to maintain the same pace as before over the longer distance.</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>Week 2</p> <p>Do a strength and flexibility workout.</p> <p>Strength and flexibility exercises are vital to help increase lean body mass, decrease fat mass and increase the rate of energy you consume. Engaging in weight training activity or using your body weight for resistance are great ways to improve strength. Flexibility or stretching exercise training is important to help reduce muscle soreness and injury, and promote recovery.</p>	<p>Complete a 9km run at a moderate pace and stretch.</p> <p>After you've warmed up, run 9km. Focus on increasing your pace from 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 farther using less energy. Check out the Strength and Flexibility Training Guide for tips on form.</p>	<p>Go for an interval run: 3km, 6 sets of 400m and 2km with 1:1 work to rest ratio.</p> <p>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.</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>Complete an 11km run at a moderate pace and stretch.</p> <p>Run 11km at a moderate pace. Focus on maintaining your pace from earlier this week over the longer distance.</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>
<p>Week 3</p> <p>Do a strength and flexibility workout.</p> <p>If you're unable to attend, do a strength and flexibility training session (refer to the Strength and Flexibility Training Guide for more info).</p>	<p>Complete a 6km run at a hard pace and stretch.</p> <p>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.</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: 4km, 4 sets of 600m and 3km with 1:1 work to rest ratio.</p> <p>Time yourself as you run 4km, 4 sets of 600m and 3km, 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>Complete a 13km run at a moderate pace and stretch.</p> <p>Go for a 13km run. Focus on maintaining a steady, moderate pace over the longer distance.</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>Week 4</p> <p>Do a strength and flexibility workout or go for an interval run.</p> <p>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.</p>	<p>Complete a 6km run at a hard pace and stretch.</p> <p>Go for a 6km run at a hard pace. Try to beat your time from last week.</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: 2km, 6 sets of 600m and 1km with 1:2 work to rest ratio.</p> <p>Time yourself as you run 2km, 6 sets of 600m and 1km, allowing yourself to recover for twice as long between each set.</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>Complete a 16km run at a moderate pace and stretch.</p> <p>Go for a 16km run. This is your longest run yet, so really try to push yourself during those last couple kilometres.</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>

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Week 5						
<p>Do a strength and flexibility workout or go for an interval run.</p> <p>Do a strength and flexibility session or complete an interval run: 2km, 6 sets of 600m, 1km with a 1:2 work to rest ratio.</p>	<p>Complete a 7km run at a hard 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>Ready to take your strength and flexibility training up a notch? Try the progressions outlined in the Strength and Flexibility Training Guide.</p>	<p>Go for an interval run: 3km, 6 sets of 400m and 1km with 1:2 work to rest ratio.</p> <p>Time yourself as you run 3km, 6 sets of 400m and 1km, allowing yourself to recover for twice as long 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>Complete a 10km run at a hard pace and stretch.</p> <p>Go for a 10km run. Focus on maintaining the same hard pace from the shorter runs over the longer distance.</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>
Week 6						
<p>Do a strength and flexibility workout or go for an interval run.</p> <p>Do a strength and flexibility session or complete an interval run: 3km, 6 sets of 400m, 1km with a 1:2 work to rest ratio.</p>	<p>Complete a 7km run at a hard pace and stretch.</p> <p>Go for a 7km run. Try to beat your time from last week.</p>	<p>Work on your strength and flexibility.</p> <p>As your runs are getting longer, remember that strength training can minimise aches and joint discomfort from pounding the pavement.</p>	<p>Go for an interval run: 3km followed by 5 sets of 1km with a 1:2 work to rest ratio.</p> <p>Time yourself as you run 3km followed by 5 sets of 1km, allowing yourself to recover for twice as long between each set.</p>	<p>Cross-train and stretch.</p> <p>Cross-training is important for preventing and breaking through fitness plateaus. Spend 30-45 minutes doing a sport or activity you enjoy. You could go cycling, swimming or do a session at the gym.</p>	<p>Complete a 12km run at a hard pace and stretch.</p> <p>Go for a 12km run. Focus on maintaining the same hard pace from the shorter runs as the distance increases.</p>	<p>Rest and recover.</p> <p>Resting doesn't mean being inactive. You should aim to move as much as possible every day but some days should be less intense than others.</p>
Week 7						
<p>Do a strength and flexibility workout or go for an interval run.</p> <p>Do a strength and flexibility session or complete an interval run: 3km followed by 5 sets of 1km with a 1:2 work to rest ratio.</p>	<p>Complete an 8km run at a hard pace and stretch.</p> <p>Go for an 8km run. Race day is fast approaching, so really push yourself.</p>	<p>Work on your strength and flexibility.</p> <p>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.</p>	<p>Go for an interval run: 4km, 4 sets of 400m and 3km with 1:3 work to rest ratio.</p> <p>Time yourself as you run 4km, 4 sets of 400m and 3km, allowing yourself to recover for 3 times as long between each set.</p>	<p>Cross-train and stretch.</p> <p>Many runners choose to cross-train using an elliptical machine as it closely mimics running form without the impact. If the gym isn't your thing, then you could go cycling or swimming today.</p>	<p>Complete a 14km run at a hard pace and stretch.</p> <p>Concentrate on pacing yourself over today's run as you increase the distance to 14km.</p>	<p>Rest and recover.</p> <p>Go for a walk or bike ride to get your blood moving.</p>
Week 8						
<p>Do a strength and flexibility workout.</p> <p>Do the strength and flexibility exercises.</p>	<p>Complete a 5km run at a hard pace and stretch.</p> <p>Go for a 5km run at a hard pace. You should be comfortable in training at a high level of intensity by this stage of the program, so concentrate on maintaining your speed and controlling your breathing.</p>	<p>Work on your strength and flexibility.</p> <p>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.</p>	<p>Go for an interval run: 3km, 5 sets of 200m and 2km with 1:3 work to rest ratio.</p> <p>Time yourself as you run 3km, 5 sets of 200m and 2km, allowing yourself to recover for 3 times as long between each set.</p>	<p>Cross-train and stretch.</p> <p>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.</p>	<p>Rest and recover.</p> <p>Minimise your time on your feet while you get ready for tomorrow - lay out your gear, plan how you're getting to the start line and hydrate!</p>	<p>Race day.</p> <p>Today's the day! Good luck with your 21km run. Remember to stretch, stay hydrated and have fun.</p>