



ROTORUA MARATHON

HALF MARATHON 20-WEEK TRAINING SCHEDULE

Suitable for both runners and walkers, this half marathon schedule has been compiled by Coach John Bowden, the Out of Stadium Co-ordinator at Athletics New Zealand. John is not only a very experienced coach, he has also represented New Zealand in the 10,000m event at the 1986 Commonwealth Games.

This half marathon training schedule is a guide, feel free to make minor modifications to suit you.

HOW MUCH DO YOU NEED TO TRAIN?

If you possess a good level of fitness (because of participation in other sports) you probably could run/walk a half marathon on very little training. The same if you have run a 5km or 10km race before. You might be sore the week after a half marathon race, but you still could finish. But if you've made the decision to run/walk a half marathon you might as well do it right. Following is a 20-week training schedule to help get you to the finish line of your half marathon.

To participate in this half marathon programme, you should have no major health problems, should be in reasonably good shape, and should have done at least some jogging or walking.

TRAINING TYPES

Stretch & Strengthen

Mondays are the days in which you can do some stretching along with some strength training. This is actually a day of rest following your long run/walk on Sundays. Do some easy stretching of your running/walking muscles. This is good advice for any day, particularly after you finish your run/walk, but spend a bit more time stretching on Mondays. Strength training could consist of push-ups, pull-ups, use of free weights or working out with various machines at a health club.

Runners/walkers generally benefit if they combine light weights with a high number of repetitions, rather than pumping very heavy iron. It is advisable to do some strength training following your Thursday workouts, however you can schedule strength training on any two days convenient for your business and personal schedule.

Running/Walking workouts

Put one foot in front of the other and run/walk. It sounds pretty simple, and it is. Don't worry about how fast you run/walk; just cover the distance- - or approximately the distance suggested. Ideally, you should be able to run/walk at a pace that allows you to converse comfortably while you do so. This isn't always easy for beginners, so don't push too hard or too fast. Under this workout plan, you run/walk three days of the week: Tuesdays, Thursdays and Sundays, Sundays being a longer run/walk.

Cross-Training

What form of cross-training works best for runners/walkers preparing for a half marathon race? It could be swimming, or cycling, walking, or other forms of aerobic training, or even some combination that could include strength training if you choose to do it on Wednesdays and Saturdays instead of as indicated on the schedule. What cross-training you select depends on your personal preference. But don't make the mistake of cross-training too vigorously. Cross-training days should be considered easy days that allow you to recover from the running/walking you do the rest of the week.

Rest

The most important day in any running/walking programme is rest. Rest days are as important as training days. They give your muscles time to recover so you can run/walk again. Actually, your muscles will build in strength as you rest. Without recovery days, you will not improve. In this programme, Friday is always scheduled as a day of rest to complement the easy workouts on Mondays.

Long Runs/Walks

The longest runs/walks of the 20-week schedule are planned for Sundays, since you probably have more time to do them on the weekends. If Sunday isn't a convenient day for your long runs/walks, you could perhaps do them on Saturday--or any other day of the week for that matter. What pace should you run/walk? Go slow. There is no advantage in going fast during your long runs/walks, even for experienced runners/walkers.

Note : If you would like to start in the New Year, take out weeks 1 and 10, however if you would like to start before Christmas then repeat weeks 1 and 10.

PACE YOURSELF

Easy Pace

Run at a pace where you can still chat and your breathing is slightly heavy.

Strong Pace

The pace you can currently run/walk all kilometres of a half marathon. Breathing is heavy but you can hold this pace for a half marathon race.

Goal Marathon Race Pace

The pace that you are training to be able to maintain for each kilometre of your upcoming half marathon race.

Hard Pace

The pace that you can currently run/walk all kilometres of a 10km. Breathing is starting to become laboured but sustainable for longer distances.

Very Hard Pace

Pace that can only be held for 3km-5km if required. Breathing is laboured and leg muscles are being pushed. You need to concentrate to keep this pace.



Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	Stretch & Strengthen	4 km Easy pace	3 km Hard pace	4 km + strength Easy pace	Rest	20 min Cross-train	8 km Strong pace
Week 2	Stretch & Strengthen	4 km Easy pace	3 km Easy pace	4 km + strength Hard pace	Rest	20 min Cross-train	8 km HM goal pace
Week 3	Stretch & Strengthen	4 km Easy pace	3 km Easy pace	4 km + strength Very Hard pace	Rest	30 min Cross-train	10 km Easy pace
Week 4	Stretch & Strengthen	4 km Easy pace	3 km Easy pace	4 km + strength Hard pace	Rest	30 min Cross-train	10 km Strong Pace
Week 5	Stretch & Strengthen	6 km Easy pace	4 km Hard pace	4 km + strength Easy pace	Rest	30 min Cross-train	12 km Strong Pace
Week 6	Stretch & Strengthen	6 km Easy pace	4 km Easy pace	4 km + strength Hard pace	Rest	40 min Cross-train	12 km HM goal pace
Week 7	Stretch & Strengthen	8 km Easy pace	6 km Easy pace	6 km + strength Very Hard pace	Rest	40 min Cross-train	14 km Easy Pace
Week 8	Stretch & Strengthen	8km Easy pace	6 km Easy pace	6 km + strength Hard pace	Rest	40 min Cross-train	14 km Strong Pace
Week 9	Stretch & Strengthen	10 km Easy pace	8 km Hard pace	6 km + strength Easy Pace	Rest	40 min Cross-train	14 km Strong Pace
Week 10	Stretch & Strengthen	10 km Easy pace	8 km Easy pace	6 km + strength Hard pace	Rest	50 min Cross-train	16 km Strong pace
Week 11	Stretch & Strengthen	10 km Easy pace	8 km Easy pace	6 km + strength Very Hard pace	Rest	50 min Cross-train	16 km Easy pace
Week 12	Stretch & Strengthen	10 km Easy pace	8 km Easy pace	6km + strength Hard pace	Rest	50 min Cross-train	16 km Strong pace
Week 13	Stretch & Strengthen	10 km Easy pace	8 km Hard pace	6km + strength Easy Pace	Rest	50 min Cross-train	16 km run HM goal pace
Week 14	Stretch & Strengthen	12 km Easy pace	8 km Easy pace	6 km + strength Very Hard pace	Rest	60 min Cross-train	20 km run Easy Pace
Week 15	Stretch & Strengthen	12 km Easy pace	8km Easy pace	6 km + strength Hard pace	Rest	60 min Cross-train	20 km run Strong pace
Week 16	Stretch & Strengthen	12 km Easy pace	8 km Hard pace	6 km + strength Easy pace	Rest	60 min Cross-train	20 km run Strong Pace
Week 17	Stretch & Strengthen	12 km Easy pace	8 km Easy pace	6 km + strength Hard pace	Rest	60 min Cross-train	20 km run Easy pace
Week 18	Stretch & Strengthen	12 km Easy pace	8 km Easy pace	6km + strength Hard pace	Rest	60 min Cross-train	20 km run Easy pace
Week 19	Stretch & Strengthen	12 km Easy pace	8 km Easy pace	6 km + strength Hard pace	Rest	60 min Cross-train	20 km run Easy pace
Week 20	Stretch & Strengthen	12 km Hard pace	8 km Easy pace	6 km Easy pace	Rest	RACE DAY	Rest