

HALF MARATHON SUB 1 HOUR 40 MINUTE TRAINING SCHEDULE NOTES

INTRODUCTION

This Schedule assumes you have a reasonable level of fitness and have been running regularly.

SUB 1 HOUR 40 MINUTES

To go under 1 hour 40 minutes for an half marathon you need to be capable of running about 22 minutes for 5km or 45 minutes for 10km. If you are not close to these times then your speed at this time will be a limitation in achieving your goal and you may like to refer to the MORO Half Marathon Novice 12 week training Schedule which will allow you to finish a half marathon NOT race one.

DISTANCE

This training schedule works mainly on time on your feet rather than distance covered. Do not worry overly much how far you have covered in a set time you will go further as you get fitter. More importantly is the overall picture of your ability to train to the prescribed time.

REST

Rest is an important part of training too. You will be able to run the long runs better and reduce your risk of injury if you rest after your long runs.

LONG RUNS

The longest runs are planned for Sundays, as this is the day when most people have some spare time. The long runs are followed by short ones to assist recovery and build up rather than break down. Make your longest run, at a pace as slow as you feel comfortable. Never increase the distance or running time of the longest run, or the total weekly distance running time by more than 10% a week.

GENERAL

Read what you can on diet, carbohydrate loading, hydrating and other aspects of distance running. Joining a running club for companionship and the advice of experienced runners will also provide help.

CAVERSHAM HARRIER CLUB



Middleton Road

Corstorphine

Dunedin

for more information please phone:

President:

Colin Dick 466 7116

MORO MARATHON



Any further information you require on the MORO HALF MARATHON including the Walk can be directed to:

MORO MARATHON Website

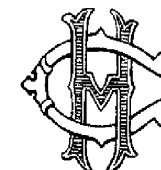
www.moromarathon.co.nz

or

Email:- info@moromarathon.co.nz

MORO HALF MARATHON SUB 1HR 40MIN 12 WEEK TRAINING SCHEDULE 2011

*Kindly provided to
you by the
Caversham
Harrier Club*



If you have any questions
regarding this Schedule

Phone: Dave Stinson

455 3274 or

027 366 1224

Email

info@cavershamharriers.co.nz

Week 1 (20 June)

Monday Rest or easy 30 minute run
Tuesday 20 minutes easy running followed by 5 x 200 metres at a brisk pace
Wednesday 45 - 60 minutes medium/long run
Thursday 5 x 1km 2 - 3 seconds per km slower than your 10km pace
Friday Rest or cross train
Saturday 45 - 60 minutes steady hill run
Sunday 1½ hours long aerobic run

Week 2 (27 June)

Monday Rest or easy jog
Tuesday 20 minutes easy running followed by 8 x 100 metre stride outs
Wednesday 45 - 60 minutes medium/long run
Thursday 5 x 1 km 2 - 3 seconds per km slower than your 10km pace
Friday Rest, cross train or easy jog
Saturday 45 - 60 minutes hilly run
Sunday 1½ hours long aerobic run

Week 3 (4 July)

Monday Rest or easy jog
Tuesday 30 minutes easy running followed by 5 x 200 metres at a brisk pace
Wednesday 60 - 75 minutes medium/long run
Thursday 5 x 4 minutes at a pace 3 seconds slower than 10km pace
Friday Rest, cross train or easy jog
Saturday 1 hour hilly run
Sunday 1½ - 2 hours long aerobic run

Week 4 (11 July)

Monday Rest or easy jog
Tuesday 30 minutes easy running followed by 8 x 100 metre stride outs
Wednesday 60 - 75 minutes medium long run
Thursday 5km tempo run at 3 - 4 seconds slower than your 10km pace
Friday Rest, cross train or easy jog
Saturday 1 hour hilly run
Sunday 1½ hours long aerobic run

Week 5 (18 July)

Monday Rest or easy jog
Tuesday 30 minutes easy running followed by 5 x 200 metres at a brisk pace
Wednesday 1 hour steady run
Thursday 4 x 1200 metres at 2 seconds slower than your 10km pace

Friday Rest, cross train or easy jog
Saturday 60 minutes run on hills
Sunday 1½ - 1¾ hours steady run

Week 6 (25 July)

Monday Rest or easy jog
Tuesday 30 minutes easy run then 8 x 100 metre stride outs
Wednesday 70 minutes easy run
Thursday 5km tempo run at a pace 2 seconds slower than your 10km pace
Friday Rest, cross train or easy run
Saturday 60 - 70 minutes hilly run
Sunday 1½ - 1¾ hours easy run

Week 7 (1 August)

Monday Rest or easy jog
Tuesday 60 minutes steady run
Wednesday 4 x 1200 metres at 2 seconds per lap slower than your 10km pace
Thursday 70 minutes rasy run
Friday Rest, cross train or jog
Saturday 60 minutes run at a strong effort
Sunday 1½ - 2 hours easy jog

Week 8 (8 August)

Monday Rest or easy jog
Tuesday 30 minutes easy run then 8 x 100 metre stride outs
Wednesday 5km tempo run at a pace 2 seconds slower than your 10km pace
Thursday 75 minutes easy run
Friday Rest, cross train or easy jog
Saturday 60 minutes run on hills
Sunday 1½ - 2 hours long run

Week 9 (15 August)

Monday Rest or easy jog
Tuesday 30 minute easy run then 5 - 8 x 200 metre stride outs at a brisk pace
Wednesday 60 - 75 minutes easy run
Thursday 5km or 10km run at a strong effort
Friday Rest, cross train or jog
Saturday 60 - 70 minutes run on hills
Sunday 1½ - 2 hours long run

Week 10 (22 August)

Monday Rest or easy jog
Tuesday 30 minutes easy run then 8 x 100 metre stride outs
Wednesday 60 minutes run on hills

Thursday 3 x 1600 metres at 1 second per lap slower than your 10km pace
Friday Rest, cross train or easy jog
Saturday 45 - 60 minutes easy run
Sunday Run 10km at a strong effort (MARAFUN race provided by Caversham Harriers)

Week 11 (29 August)

Monday Rest or easy jog
Tuesday 30 minutes run then 4 x 200 metres at your 1500 metre pace
Wednesday 1½ hours at a strong effort
Thursday 30 - 45 minute easy run
Friday Rest
Saturday 30 - 45 minute easy run
Sunday Up to 1 hour NO MORE easy run

Week 12 (5 September)

Monday Rest or easy jog
Tuesday Good warm up then 8 x 100 metre stride outs
Wednesday 30 - 45 minutes easy run
Thursday 4 - 6 x 100 metre stride outs
Friday Rest or easy jog
Saturday Rest or easy jog
Sunday **MORO HALF MARATHON 11 SEPTEMBER 2011**

A Long Aerobic Run

The longer runs are the key to your half marathon performance because they provide you with the aerobic development and strength endurance required. The long runs should be done at a moderate pace.

Tempo Runs

These boost your anaerobic threshold and condition you to maintain a solid intensity for extended periods.

Speed Sessions

Speed sessions provide neuromuscular adaptations and so help improve efficiency and technique. These should be done on a track, grass or flat surface.