

## HALF MARATHON NOVICE TRAINING SCHEDULE

### INTRODUCTION

Before training for a Half Marathon you need to possess a basic fitness level. This Schedule assumes you have the ability to run 5km 3 or 4 times a week. If this sounds to difficult you may want to consider a shorter distance race or perhaps even walking the event.

### P A C E

Do not worry about how fast you are traveling during your runs. Run at a comfortable pace. If you are training with a friend you should be able to hold a conversation.

### DISTANCE

This training schedule works 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 important is the overall picture and your ability to train to the prescribed time.

### R E S T

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 before and after your long runs.

### LONG RUNS

The key to long distance training is the long run progressively increasing in distance and done in the weekend over a period of 12 weeks your long run will increase from 25 - 30 minutes to 1½ hours. Don't worry that the half marathon in most cases will take longer than 1½ hours to complete. Inspiration will carry you to the finish line.

### CROSS TRAINING

On cross training days you participate in some other sport for 30 - 60 minutes. It could be walking, biking or swimming just to relax muscles before or after your long runs. Don't cross train too hard or you will not handle your longer runs. Don't be afraid to vary your workouts it does not matter whether or not you do your long runs on a Saturday or a Sunday. You can even do them midweek as long as the pattern of your workouts remain the same.



## 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](http://www.moromarathon.co.nz)

or

Email:- [info@moromarathon.co.nz](mailto:info@moromarathon.co.nz)

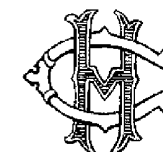


## MORO HALF MARATHON NOVICE

### 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](mailto:info@cavershamharriers.co.nz)

**Week 1 (20 June)**

Monday Rest  
 Tuesday 25 - 30 minute run  
 Wednesday Rest or easy jog  
 Thursday 25 - 30 minute run  
 Friday Rest  
 Saturday 40 minute run  
 Sunday Cross Train

**Week 2 (27 June)**

Monday Rest  
 Tuesday 25 - 30 minute run  
 Wednesday Rest or easy run  
 Thursday 25 - 30 minute run  
 Friday Rest  
 Saturday 45 minute run  
 Sunday Cross Train

**Week 3 (4 July)**

Monday Rest  
 Tuesday 30 - 35 minute  
 Wednesday Rest or easy run  
 Thursday 30 - 35 minute run  
 Friday Rest  
 Saturday 45 - 50 minute run  
 Sunday Cross Train

**Week 4 (11 July)**

Monday Rest  
 Tuesday 30 - 35 minute run  
 Wednesday Rest or easy run  
 Thursday 30 - 35 minute run  
 Friday Rest  
 Saturday 45 - 50 minute run  
 Sunday Cross Train

**Week 5 (18 July)**

Monday Rest  
 Tuesday 30 - 40 minutes  
 Wednesday Rest or easy run  
 Thursday 30 - 40 minute run  
 Friday Rest  
 Saturday 45 - 60 minute run  
 Sunday Cross Train

**Week 6 (25 July)**

Monday Rest  
 Tuesday 40 - 45 minute run  
 Wednesday Rest or easy run  
 Thursday 45 minute run  
 Friday Rest or easy run  
 Saturday Rest  
 Sunday Run for 30 minutes at a strong pace

**Week 7 (1 August)**

Monday Rest  
 Tuesday 40 - 45 minute run  
 Wednesday Rest or easy run  
 Thursday 40 - 50 minute run  
 Friday Rest  
 Saturday 50 - 60 minute run  
 Sunday Cross Train

**Week 8 (8 August)**

Monday Rest  
 Tuesday 40 - 50 minute run  
 Wednesday Rest or easy run  
 Thursday 40 - 50 minute run  
 Friday Rest  
 Saturday 60 - 75 minute run  
 Sunday Cross Train

**Week 9 (15 August)**

Monday Rest  
 Tuesday 45 - 60 minute run  
 Wednesday Rest or easy run  
 Thursday 45 - 60 minute run  
 Friday Rest  
 Saturday 60 - 75 minute run  
 Sunday Cross Train

**Week 10 (22 August)**

Monday Rest  
 Tuesday 40 minute run  
 Wednesday Rest or easy run  
 Thursday 40 minute run  
 Friday Rest or easy run  
 Saturday Rest  
 Sunday Run 10km race (MARAFUN race provided by Caversham Harriers)

**Week 11 (29 August)**

Monday Rest  
 Tuesday 40 minute run  
 Wednesday Rest  
 Thursday 40 - 50 minute run  
 Friday Rest  
 Saturday 1¼ - 1½ hour run  
 Sunday Cross Train

**Week 12 (5 September)**

Monday Rest  
 Tuesday 30 minute run  
 Wednesday Rest or easy run  
 Thursday 20 minute run  
 Friday Rest  
 Saturday Rest  
 Sunday **MORO HALF MARATHON  
 11 SEPTEMBER 2011**

**This programme will allow you to finish a half marathon NOT race one.**

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.

***Happy Running and Good Luck!***

