

Half Marathon Training Plan

REC (Recovery) *Comfort: No stress on the body - very comfortable running - easy talking speed, early on can be walking or walk/running.
Oxygen: Very comfortable breathing, similar to walking
Heart Rate: General avg heart rate sub 140bpm*

AERO (Aerobic) *Comfort: Comfortable - sustainable and steady - the feeling you can keep going even at the end of the run
Oxygen: Breathing steady and calm - able to talk, not puffing
Heart Rate: General avg heart rate 140-150bpm*

AERO/THRES (Aerobic Threshold) *Comfort: Running gets a little uncomfortable but sustainable and even
Oxygen: Air intake increased - puffing slightly
Heart Rate: General avg heart rate 150-160bpm*

THRES (Threshold) *Comfort: Running is uncomfortable but steady and sustainable
Oxygen: Air intake increased - puffing
Heart Rate: General avg heart rate 140-150bpm*

OCTOBER | WEEK 1
BASE | 27KM

MON	TUES	WED	THU	FRI	SAT	SUN
6KM @REC	8KM @AERO	X-Training (Running Strength)	4KM @AERO 1KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	8KM @AERO	Rest Day

DECEMBER | WEEK 8
BUILD | 37KM

MON	TUES	WED	THU	FRI	SAT	SUN
6KM @REC	10KM @AERO	X-Training (Running Strength)	2.5KM @AERO 2.5KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	16KM @AERO	Rest Day

OCTOBER | WEEK 2
BASE | 29KM

MON	TUES	WED	THU	FRI	SAT	SUN
6KM @REC	8KM @AERO	X-Training (Running Strength)	4KM @AERO 1KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	10KM @AERO	Rest Day

DECEMBER | WEEK 9
OFF LOAD / PACE | 35KM

MON	TUES	WED	THU	FRI	SAT	SUN
6KM @REC	10KM @AERO	X-Training (Running Strength)	1KM @AERO 4KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	12KM @AERO 2 X 1KM @AERO/THRES in the middle	Rest Day

NOVEMBER | WEEK 3
OFF LOAD / PACE | 24KM

MON	TUES	WED	THU	FRI	SAT	SUN
5KM @REC	6KM @AERO	X-Training (Running Strength)	4KM @AERO/THRES (finish) 1KM @THRES	X-Training (30mins-Walk/Swim or Bike)	8KM @AERO with 1 min Paced 30sec/km faster every 2km	Rest Day

DECEMBER | WEEK 10
BUILD | 40KM

MON	TUES	WED	THU	FRI	SAT	SUN
6KM @REC	10KM @AERO	X-Training (Running Strength)	6KM @AERO 2 X 500M @THRES in the middle 2 mins rest between	X-Training (30mins-Walk/Swim or Bike)	18KM @AERO	Rest Day

NOVEMBER | WEEK 4
BUILD | 31KM

MON	TUES	WED	THU	FRI	SAT	SUN
6KM @REC	8KM @AERO	X-Training (Running Strength)	2KM @AERO 1KM @AERO/THRES 1KM @REC 1KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	12KM @AERO	Rest Day

JANUARY | WEEK 11
BUILD | 41KM

MON	TUES	WED	THU	FRI	SAT	SUN
6KM @REC	10KM @AERO	X-Training (Running Strength)	6KM @AERO 2 X 500M @THRES in the middle 2 mins rest between	X-Training (30mins-Walk/Swim or Bike)	12KM @AERO 2 X 1KM @AERO/THRES in the middle	4KM @REC

NOVEMBER | WEEK 5
BUILD | 31KM

MON	TUES	WED	THU	FRI	SAT	SUN
6KM @REC	8KM @AERO	X-Training (Running Strength)	2KM @AERO 1KM @AERO/THRES 1KM @REC 1KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	12KM @AERO	Rest Day

JANUARY | WEEK 12
BUILD | 45KM

MON	TUES	WED	THU	FRI	SAT	SUN
6KM @REC	10KM @AERO	Complete Rest Day	6KM @AERO 2 X 500M @THRES in the middle 2 mins rest between	X-Training (30mins-Walk/Swim or Bike)	18KM @AERO	4KM @REC

NOVEMBER | WEEK 6
OFF LOAD / PACE | 27KM

MON	TUES	WED	THU	FRI	SAT	SUN
6KM @REC	8KM @AERO	X-Training (Running Strength)	4KM @AERO/THRES (finish) 1KM @THRES	X-Training (30mins-Walk/Swim or Bike)	8KM @AERO with 1 min Paced 30sec/km faster every 2km	Rest Day

JANUARY | WEEK 13
TAPER | 32KM

MON	TUES	WED	THU	FRI	SAT	SUN
6KM @REC	10KM @AERO	Complete Rest Day	6KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	12KM @AERO	Rest Day

DECEMBER | WEEK 7
BUILD | 35KM

MON	TUES	WED	THU	FRI	SAT	SUN
6KM @REC	10KM @AERO	X-Training (Running Strength)	2.5KM @AERO 2.5KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	14KM @AERO	Rest Day

JANUARY | WEEK 14
RACE WEEK!

MON	TUES	WED	THU	FRI	SAT	SUN
6KM @REC	8KM @AERO last 2KM @AERO/THRES	Complete Rest Day	5KM @REC	Complete day off from exercise	Optional 20mins jog/turn the legs over	Barfoot and Thompson Half Marathon

