



21.1KM IN 12WEEKS



MACKAY MARINA RUN HALF MARATHON 12 WEEK TRAINING PROGRAM

This program is best suited for those runners who are currently running at least 2-3 times a week (4-5km per run) & can easily run 8km without collapsing.

PROGRAM DEFINITIONS:

INTERVALS: Interval training works different levels of your cardiovascular fitness. This type of training will increase your aerobic resistance and also assist you when surging in the race. *Cathy Freeman Oval*

X-TRAIN: Incorporating other activities in your training can be very beneficial. Incorporate other disciplines such as cycling & swimming into your training program. In addition, you should follow a strength training program at least once a week. This program should contain core strengthening exercises as well as lower body ones.

ACCELERATION RUN: Raises lactate threshold & simulates the feeling of a race getting harder as it goes along. *Blue Water Trail*

LSD: LSD is an abbreviation for "Long, Slow Distance," which refers to the practice of running longer distances at an "easy" pace rather than shorter ones to exhaustion. The slower pace allows the runner to go longer &, therefore (supposedly), gain more fitness. *Mackay Marina towards Town, Blue Water Trail or Slade Point*

FARTLEK: Swedish for "speed play;" variable pace running; a mixture of slow running, running at a moderate pace and short, fast bursts. Fartlek training is a "creative way" to increase speed & endurance. It reduces lactate build up because of the change in pace & is fun! *Mackay Botanic Gardens*

HILL TRAINING: Training on hills improves leg-muscle strength, quickens your stride, expands stride length, develops your cardiovascular system, enhances your running economy and can even protect your leg muscles against soreness. In short, hill running will make you a stronger, faster & a healthier runner. *Mt Bassett Hill*

TEMPO: Sustained effort training runs, usually 20 to 30 mins in length, at 10 sec per km slower than 10km race pace. Another way to gauge the pace of tempo runs: a pace about midway between short-interval training speed & your easy running pace. *Blue Water Trail Lagoon to Botanic Gardens*

NEGATIVE SPLIT: Choose an out-and-back route that's relatively flat. Run out at a steady pace for 15 mins, turn & run back, increasing your pace to get back in 12-14 mins, leave some time for a short cool down run. A negative split run will benefit anyone who struggles with pacing – especially those who start too hard. *Gooseponds*

STRETCHING: We all know that stretching is important to avoid injuries. Research has proven that our muscles need to be warm before we stretch. Try some active stretching after a small warm-up and stretch after your cool down.

TRAINING MOTIVATION:

Training with a Coach and group of like-minded people will keep you stay focussed & stay on track for achieving your goals! Check out:

MACKAY ROAD RUNNERS: The Mackay Road Runners (MRR) host weekly training sessions on a Wednesday training sessions free of charge. Weekend races generally offer 2 distances & cost \$2 for members & \$10 for non-members. Check out their website: <http://www.mackayroadrunners.com/>.

TRI-ACTIV8 COACHING: Specialise in triathlon coaching however host regular running & functional fitness sessions. Our sessions offer a variety of running drills, skills, intervals & strength to increase your performance. Check out our website: <http://www.tri-activ8.com.au>

MACKAY parkrun: parkrun is a free, weekly 5km timed run that is open to everyone! The Mackay parkrun is on every Saturday morning at 7.00am from the Mackay Botanical Gardens (opposite Jackson Street). There is a once off free registration through: <http://www.parkrun.com.au/register/>

INTERMEDIATE HALF MARATHON TRAINING PROGRAM



WEEK 1

12 – 18 March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	15 min time trial 10 min warm up & 10 min warm down TIME:	REST or X-Train	Acceleration Run: Run easy for 2km. Increase pace by 10 seconds per km for 4km. Recover 5 min easy jog for a cool-down.	REST or X-Train	X-Train or Mackay parkrun	LSD: 50 min run Or LSD: MRR 13km K Mart Loop



WEEK 2

19 – 25 March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	LSD: 30 min run	REST or X-Train	Fartlek: 10 min of easy running gradually increasing pace. Put in 5 efforts of 1 min with 1 min jogging recovery	LSD: 40 min run	X-Train or Mackay parkrun	LSD: 55 min run or LSD: MRR 16km Tim's Pub to Pub



WEEK 3

26 March – 1 April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	Interval: 10 x 200m fast effort – 200m jogging recovery 10 min warm up & 10 min warm down	REST or X-Train	LSD: 45 min run	Negative Split Run	X-Train or Mackay parkrun	LSD: 1 hr run or LSD: MRR 10km Zambrero Bolt

INTERMEDIATE HALF MARATHON TRAINING PROGRAM



WEEK 4

2 – 8 April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	HILLS: 6 x 150m hill efforts – walking recovery 10 min warm up & 10 min warm down	REST or X-Train	Tempo: 25 min run at 10km race pace 10 min warm up & 10 min warm down	Interval: 8 x 1 min fast effort – 1 min jogging recovery 10 min warm up & 10 min warm down	X-Train or Mackay parkrun	LSD: 1 hr 10 min run or Tempo: MRR 10km Rural View Run



WEEK 5

9 – 15 April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	LSD: 50 min run	REST or X-Train	LSD: 40 min run	LSD: 30 min run	X-Train or Mackay parkrun	LSD: 1 hr run or Tempo: MRR 10km Cape Hillsborough
EASY WEEK						



WEEK 6

16 – 22 April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	15 min time trial 10 min warm up & 10 min warm down TIME:	REST or X-Train	Tempo: 3 x 5 min tempo run – 2 min jogging recovery 10 min warm up & 10 min warm down	LSD: 1 hr run	X-Train or Mackay parkrun	LSD: 1 hr 30 min run or LSD: MRR 17km Farmers Long Gallop

INTERMEDIATE HALF MARATHON TRAINING PROGRAM



WEEK 7

23 – 29 April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	HILLS: 8 x 150m hill efforts – walking recovery 10 min warm up & 10 min warm down	REST or X-Train	LSD: 1 hr 10 min run	Acceleration Run: Run easy for 2km. Increase pace by 10 sec per km for 6km. Recover 5 min easy jog for warm down	X-Train or Mackay parkrun	Tempo: MRR 11km Mt Bassett Run



WEEK 8

30 April – 6 May

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	Tempo: 3 x 5min run - 2 min jogging recovery 10 min warm up & 10 min warm down	REST or X-Train	Interval: 10 x 1 min fast effort – 30 sec jogging recovery 10 min warm up & 10 min warm down	LSD: 1 hr 15 min run	X-Train or Mackay parkrun	LSD: 1 hr 40 min run



WEEK 9

7 – 13 May

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	LSD: 1 hr run	REST or X-Train	Fartlek: 10 min of easy running gradually increasing pace. Put in 6 efforts of 1 min with 30 sec recovery	LSD: 1 hr 10 min run	REST or X-Train Optional: LSD: MRR 12km Casu Jacks Pre-Mother's Day Run	LSD: 1 hr 30 min run
EASY WEEK						

INTERMEDIATE HALF MARATHON TRAINING PROGRAM



WEEK 10

14 – 20 May

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	15 min time trial 10 min warm up & 10 min warm down TIME:	REST or X-Train	Interval: 6 x 2 min fast effort – 30 sec jogging recovery 10 min warm up & 10 min warm down	LSD: 1 hr 15 min run	X-Train or Mackay parkrun	LSD: 1 hr 40 min run



WEEK 11

21 – 27 May

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	Interval: 3 x 1km fast efforts – 2 min jogging recovery 10 min warm up & 10 min warm down	REST or X-Train	Interval: 8 x 1 min fast efforts – 30sec jogging recovery 10 min warm up & 10 min warm down	Acceleration Run: Run easy for 2km. Increase pace by 10 seconds per km for 4km. Recover 5 min easy jog for a cool-down.	X-Train or Mackay parkrun	LSD: 1 hr 10 min run or Tempo: MRR 11km Cathy Freeman Oval



WEEK 12

28 May – 3 June

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	Interval: 6 x 400m sprints – 30 sec jogging recovery 10 min warm up & 10 min warm down	REST Get a MASSAGE!	Interval: 10 x 200m sprints – 200m jogging recovery 10 min warm up & 10 min warm down	REST	REST	MACKAY MARINA 21.1KM RUN 