



## 21.1 KM IN 22 WEEKS



### MACKAY MARINA RUN HALF MARATHON 22 WEEK TRAINING PROGRAM

*This program is best suited for those runners who are currently running at least 1-2 times a week (2km + per run) & can easily run 4km without collapsing. The 22 Week Program is broken into two components: 8km run in the first 10 Weeks and 21.1km Mackay Marina Run goal for the remaining 12 Weeks.*

#### 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/>

**LRC Running Club:** LRC is a community-based free running group located in Mackay for anyone who is interested in learning to run. If you want to learn to run in a social setting with like-minded people for all ages, then this group is for you! Training for the MMR 8km and 21.1km begins early February. Check out their website <http://www.lrcrunningclub.com/>

# INTERMEDIATE HALF MARATHON TRAINING PROGRAM



## WEEK 1

1 – 6 January

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: Run 4 x 800m – 2 min standing recovery 10 min warm up & 10 min warm down	REST or X-Train	X-Train or Mackay parkrun	Negative Split Run: Run in one direction for 10 min. Then run back the same path & try to beat your time



## WEEK 2

7 – 13 January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	HILLS: 3 x 150m hill efforts – walking recovery 10 min warm up & 10 min warm down	REST or X-Train	Tempo: Run 4 x 800m – 1 min 30 sec standing recovery 10 min warm up & 10 min warm down	REST or X-Train	X-Train or Mackay parkrun	LSD: 25 min run



## WEEK 3

14 – 20 January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	Intervals: 6 x 200m fast efforts – 200m jogging recovery 10 min warm up & 10 min warm down	REST or X-Train	Tempo: Run 4 x 800m – 1 min 30 sec standing recovery 10 min warm up & 10 min warm down	REST or X-Train	X-Train or Mackay parkrun	LSD: 30 min run

# INTERMEDIATE HALF MARATHON TRAINING PROGRAM



## WEEK 4

21 – 27 January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	LSD: 20 min run	REST	Tempo: Run 4 x 800m – 2 min standing recovery 10 min warm up & 10 min warm down	REST	Tempo: 5km run Or Mackay parkrun	REST
EASY WEEK						



## WEEK 5

28 January – 3 February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	HILLS: 4 x 150m hill efforts – walking recovery 10 min warm up & 10 min warm down	REST or X-Train	Negative Split Run: Run for 1km. Then run back & try to beat your time. Rest for 5 min & do it again faster!	REST or X-Train	REST or X-Train	LSD: 35 min run



## WEEK 6

4 – 10 February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	HILLS: 5 x 150m hill efforts – walking recovery 10 min warm up & 10 min warm down	REST or X-Train	Tempo: 5km run	REST or X-Train	X-Train or Mackay parkrun	LSD: 45 min run

# INTERMEDIATE HALF MARATHON TRAINING PROGRAM



## WEEK 7

11 – 17 February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	LSD: 40 min run	REST or X-Train	Interval: 8 x 200m fast efforts – 200m jogging recovery 10 min warm up & 10 min warm down	REST or X-Train	X-Train or Mackay parkrun	LSD: 50 min run



## WEEK 8

18 – 24 February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	LSD: 20 min run	REST	Tempo: Run 4 x 800m – 2 min standing recovery 10 min warm up & 10 min warm down	REST	REST	Tempo: MRR 5k <a href="#">MRR Commences 2019!</a>



## WEEK 9

25 February – 3 March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	LSD: 20 min run	REST	Interval: 8 x 200m fast efforts – 200m jogging recovery 10 min warm up & 10 min warm down	REST	REST	LSD: 50 min run Or LSD: MRR Long Course

# INTERMEDIATE HALF MARATHON TRAINING PROGRAM



## WEEK 10

4 – 10 March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST  TEST WEEK	Speed: 3km fast & hard with a good stretch  10 min warm up & 10 min warm down	REST	Acceleration Run: Run easy for 2km. Increase pace by 10 seconds per km for 3km. Recover 5 min easy jog for a cool-down.	REST	REST	8km time trial 10 min warm up & 10 min warm down TIME:



## WEEK 11

11 – 17 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	LSD: 30 min run	REST or X-Train	X-Train or Mackay parkrun	LSD: 55 min run Or LSD: MRR Long Course



## WEEK 12

18 – 24 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: 1 hr run or LSD: MRR Long Course

# INTERMEDIATE HALF MARATHON TRAINING PROGRAM



## WEEK 13

25 – 31 March

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	Acceleration Run: Run easy for 2km. Increase pace by 10 seconds per km for 4km. Recover 5 min easy jog for a cool-down.	Negative Split Run	X-Train or Mackay parkrun	LSD: 1 hr run or LSD: MRR Long Course



## WEEK 14

1 – 7 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 Long Course



## WEEK 15

8 – 14 April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST  EASY WEEK	LSD: 50 min run	REST	LSD: 40 min run	LSD: 30 min run	REST	LSD: 1 hr run or Tempo: MRR Long Course

# INTERMEDIATE HALF MARATHON TRAINING PROGRAM



## WEEK 16

15 – 21 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



## WEEK 17

22 – 28 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 18

29 April – 5 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

# INTERMEDIATE HALF MARATHON TRAINING PROGRAM



## WEEK 19

6 – 12 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						



## WEEK 20

13 – 19 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 21

20 – 26 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



# INTERMEDIATE HALF MARATHON TRAINING PROGRAM



## RACE WEEK 22

27 May – 2 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 