



## HALF MARATHON GO THE DISTANCE PROGRAM 2009

If you have questions regarding any of the training programs feel free to contact Bruce Deacon by email at [CoachBruce@royalvictoriamarathon.com](mailto:CoachBruce@royalvictoriamarathon.com).

As you read through this schedule, you will note that the prescribed runs are expressed in minutes except on long runs. The goal for the long run will be to either complete the distance or the time. Many beginner runners prefer to mix running and walking. Feel free to use the 10 minutes of running and 1 minute of walking or 9 minutes of running and 1 minute of walking pattern. If you don't need to take the walking breaks, then just omit this part of the schedule and run the whole distance.

### **Aerobic Conditioning/Base Preparation (weeks 1-9)**

This period of preparation encompasses the first 9 weeks of the program. The objective of this portion of the training program is to develop a sound base of aerobic running.

Aerobic running means you should exercise between 70 and 100% of your maximum aerobic effort. This, therefore, is not Long Slow Distance - it is more like Long STEADY Distance. This is running at a good effort and finishing each run feeling pleasantly tired. When running, you should not be so out of breath that you cannot carry on a conversation with your running buddy. All running, including tempo runs, during this period should be aerobic running.

You will notice that on Saturday's (week 1 - 2 and 4 - 5) a light tempo run is included. This session is designed for you to focus upon increasing the tempo of your running and become familiar and more comfortable with running a little faster. This will also work your cardio-vascular system a little harder too. This will allow your body to develop the ability to run more comfortably at your 'normal' training pace.

### **Week 1**

- **Sunday, May 24:** 10 km long run of 9' running/1' walking
- **Monday, May 25:** Rest
- **Tuesday, May 26:** 30 minutes of 9' running/1' walking
- **Wednesday, May 27:** 30 minutes or cross training
- **Thursday, May 28:** 40 minutes of 9' running/1' walking
- **Friday, May 29:** Rest
- **Saturday, May 30:** 40 minutes including 10 minutes of faster tempo running. Run or run-walk for 15 minutes at an easy pace. Then, for the next ten minutes run a little faster than your 'normal' training pace. Your aim is to get used to running a little faster thus you will breathe a little more heavily but you will not so out of breath that you have to stop before you reach 10 minutes. Also, you will be able to stop for a minute or so once the ten minutes are complete and then continue on running or running/walking for the last portion of the run.

### **Week 2**

- **Sunday, May 31:** 11 km long run of 9' running/1' walking
- **Monday, June 1:** Rest
- **Tuesday, June 2:** 30 minutes of 9' running/1' walking
- **Wednesday, June 3:** 30 minutes or cross training

- **Thursday, June 4:** 45 minutes of 9' running/1' walking
- **Friday, June 5:** Rest
- **Saturday, June 6:** 45 minutes including 12 minutes of faster tempo running. Run or run-walk for 15 minutes at an easy pace and then for 12 minutes run a little faster than you 'normal' training pace. Your aim is to get used to running a little faster thus you will breathe a little more heavily but you will not so out of breath that you have to stop before you reach 12 minutes. Also, you will be able to stop for a minute or so once the ten minutes are complete and then continue on running/walking for the last portion of the run.

### Week 3

- **Sunday, June 7:** 12 km long run of 9' running/1' walking
- **Monday, June 8:** Rest
- **Tuesday, June 9:** 30 minutes of 9' running/1' walking
- **Wednesday, June 10:** 30 minutes of 9' running/1' walking
- **Thursday, June 11:** 45 minutes of 9' running/1' walking
- **Friday, June 12:** Rest
- **Saturday, June 13:** 45 minutes including 15 minutes of faster tempo running. Run or run-walk for 15 minutes at an easy pace and then for 15 minutes run a little faster than you 'normal' training pace. Your aim is to get used to running a little faster thus you will breathe a little more heavily but you will not so out of breath that you have to stop before you reach 15 minutes. Also, you will be able to stop for a minute or so once the ten minutes are complete and then continue on running/walking for the last portion of the run.

### Week 4

#### Recovery Week

- **Sunday, June 14:** 9 km long run of 9' running/1' walking
- **Monday, June 15:** Rest
- **Tuesday, June 16:** 30 minutes of 9' running/1' walking
- **Wednesday, June 17:** Rest or 30 minutes of cross training
- **Thursday, June 18:** 30 minutes of 9' running/1' walking
- **Friday, May June 19:** Rest
- **Saturday, June 20:** 40 minutes of 9' running/1' walking

Recovery weeks are an essential component of this training program. These easy weeks will allow your body to recover and accrue the full benefits of the higher intensity training you have been completing. Do not be tempted to do a little more than is outlined in the program for recovery weeks. Treat the recovery week as reward for the hard work you have completed in the previous weeks.

### Week 5

- **Sunday, June 21:** 11 km long run of 9' running/1' walking
- **Monday, June 22:** Rest
- **Tuesday, June 23:** 35 minutes of 9' running/1' walking
- **Wednesday, June 24:** 50 minutes of 9' running/1' walking
- **Thursday, June 25:** 35 minutes of 9' running/1' walking
- **Friday, June 26:** Rest
- **Saturday, June 27:** 45 minutes including 20 minutes of faster tempo running. Run or run-walk for 15 minutes at an easy pace and then for 20 minutes run a little faster than you 'normal' training pace.

### Week 6

- **Sunday, June 28:** 13 km long run of 9' running/1' walking
- **Monday, June 29:** Rest
- **Tuesday, June 30:** 35 minutes of 9' running/1' walking
- **Wednesday, July 1:** 50 minutes of 9' running/1' walking or race

- **Thursday, July 2:** 35 minutes (try completing it without walking)
- **Friday, July 3:** Rest
- **Saturday, July 4:** 45 minutes including 25 minutes of faster tempo running. Run or run-walk for 15 minutes at an easy pace and then for 25 minutes run a little faster than you 'normal' training pace.

### Week 7

#### Recovery Week

- **Sunday, July 5:** 10 km long run of 9' running/1' walking
- **Monday, July 6:** Rest
- **Tuesday, July 7:** 30 minutes of 9' running/1' walking
- **Wednesday, July 8:** Rest
- **Thursday, July 9:** 30 minutes running
- **Friday, July 10:** Rest
- **Saturday, July 11:** 45 minutes easy of 9' running/1' walking

### Week 8

- **Sunday, July 12:** 15 km long run of 9' running/1' walking or 12 km if racing on Canada Day
- **Monday, July 13:** Rest.
- **Tuesday, July 14:** 40 - 45 minutes of 9' running/1' walking
- **Wednesday, July 15:** 50 - 60 minutes of 9' running/1' walking
- **Thursday, June 16:** 40 - 45 minutes running
- **Friday, June 17:** Rest
- **Saturday, July 18:** 45 minutes of 9' running/1' walking including 8 x 100m [relaxed strides](#) with 100m of jogging between each stride

### Week 9

#### Recovery Week

- **Sunday, July 19:** 11 km long run of 9' running/1' walking
- **Monday, July 20:** Rest
- **Tuesday, July 21:** 30 minutes of 9' running/1' walking
- **Wednesday, July 22:** 45 minutes of 9' running/1' walking
- **Thursday, July 23:** 30 minutes running
- **Friday, July 24:** Rest
- **Saturday, July 25:** 35 - 40 minutes of 9' running/1' walking (or rest if racing tomorrow)

### Hill Phase (Weeks 10-13)

I have chosen to insert a session into this program that has you do some specific uphill running. This session can be completed as continuous running or in an R-W-R format. The reason for including a hill session is that doing some hill running will help increase your strength and provides a work out with a little more intensity without any increased pounding.

#### 1. Run-Walk-Run Format

- This session begins with a 10 - 15 minute R-W-R warm up. Complete the warm up to the bottom of a hill (not too steep) that you can run up for 1 minute continuously.
- The workout begins by running up the hill for 1 minute (you are not sprinting or anything like that - simply running up the hill). After a minute, turn around and jog back down the hill and around an area at the bottom of the hill for 2 minutes. Then take a walking break of 1 minute. Finally run for 1 minute back to the bottom of the hill to start the next circuit. Each circuit takes a total of 5 minutes.
- Complete the required number of circuits, then complete the session with a 10 - 15 minute R-W-R warm down.
- Thus the circuit looks like this - R uphill 1 min, R downhill and flat 2 min, W 1 min, R 1 min.

## 2. Continuous Running

- This session begins with a 10 - 15 minute warm up. Complete the warm up to the bottom of a hill (not too steep) that you can run up for 1 minute continuously.
- The workout begins by running up the hill for 1 minute (you are not sprinting or anything like that - simply running up the hill). After a minute, turn around and jog back down the hill. Immediately run a relaxed stride of 80-100m then jog until the sum of the time for the downhill, the relaxed stride and the recovery jog equals 4 minutes. Each circuit takes a total of 5 minutes.
- Complete the required number of circuits, then complete the session with a 10 - 15 minute warm down.
- Thus the circuit looks like this - R uphill 1 min, R downhill, 80-100m relaxed stride, jog recovery (Total 4 minutes).

### Week 10

- **Sunday, July 26:** 17 km of 9' running/1' walking
- **Monday, July 27:** Rest
- **Tuesday, July 28:** 45 minutes of 9' running/1' walking
- **Wednesday, July 29:** 4 circuits of hill session (see below) for a total of 40 - 50 minutes
- **Thursday, July 30:** 30 minutes running
- **Friday, July 31:** Rest
- **Saturday, August 1:** 45 - 50 minutes easy of 9' running/1' walking

### Week 11

- **Sunday, August 2:** 18km long run of 9' running/1' walking
- **Monday, August 3:** Rest
- **Tuesday, August 4:** 45 minutes of 9' running/1' walking
- **Wednesday, August 5:** 4 circuits of hill session for a total of 40 - 50 minutes of running
- **Thursday, August 6:** 30 minutes of 9' running/1' walking
- **Friday, August 7:** Rest
- **Saturday, August 8:** 45 - 50 minutes of 9' running/1' walking including 15 minutes on hilly terrain

### Week 12

#### Recovery Week

- **Sunday, August 9:** 12 km of 9' running/1' walking
- **Monday, August 10:** Rest
- **Tuesday, August 11:** 30 minutes of 9' running/1' walking
- **Wednesday, August 12:** 50 minutes of 9' running/1' walking
- **Thursday, August 13:** 30 minutes running
- **Friday, August 14:** Rest
- **Saturday, August 15:** 35 running

### Week 13

- **Sunday, August 16:** 20 km long run of 9' running/1' walking
- **Monday, August 17:** Rest
- **Tuesday, August 18:** 45 minutes of 9' running/1' walking
- **Wednesday, August 19:** 5 circuits of hill session for a total of 40 - 50 minutes.
- **Thursday, August 20:** 30 minutes running
- **Friday, August 21:** Rest
- **Saturday, August 22:** 45 - 50 minutes of 9' running/1' walking including 20 minutes on hilly terrain

### **Pace Sessions (Weeks 14-17)**

I have included one session that I have called the pace session. The aim of this session is to do some running that is a little faster than your normal training pace. I am not talking high speed sprinting here. The aim is to run a little faster than your half marathon pace to increase your ability to run comfortably at your half marathon pace when you run your marathon. You will begin and conclude the session with a 10 minute warm up and cool down. For those using a continuous running approach this session will be a Pyramid - 1 minute, 2 minute, 3 minute, 2 minute, and 1 minute with 1 minute jog between each.

### **Week 14**

- **Sunday, August 23:** 20 km long run of 9' running/1' walking
- **Monday, August 24:** Rest
- **Tuesday, August 25:** 45 minutes of 9' running/1' walking
- **Wednesday, August 26:** 2 x pace session (as described above) Pyramid - 1 minute, 2 minute, 3 minute, 2 minute, 1 minute for a total 46 minutes
- **Thursday, August 27:** 30 minutes of 9' running/1' walking
- **Friday, August 28:** Rest
- **Saturday, August 29:** 50 minutes of 9' running/1' walking

### **Week 15**

#### **Recovery Week**

- **Sunday, August 30:** 10 km long run of 9' running/1' walking
- **Monday, August 31:** Rest
- **Tuesday, September 1:** 30 minutes of 9' running/1' walking
- **Wednesday, September 2:** Rest
- **Thursday, September 3:** 45 minutes running
- **Friday, September 4:** Rest
- **Saturday, September 5:** 30 - 40 minutes of 9' running/1' walking

### **Week 16**

- **Sunday, September 6:** 20 km of 9' running/1' walking or 5 - 10km race
- **Monday, September 7:** Rest
- **Tuesday, September 8:** 45 minutes of running
- **Wednesday, September 9:** 3 x pace session (see outline week 14) Pyramid - 1 minute, 2 minute, 3 minute, 2 minute, 1 minute for a total 56 minutes
- **Thursday, September 10:** 30 minutes of 9' running/1' walking
- **Friday, September 11:** Rest
- **Saturday, September 12:** 60 minutes of 9' running/1' walking on hilly terrain

### **Week 17**

- **Sunday, September 13:** 22 km of 9' running/1' walking
- **Monday, September 14:** Rest
- **Tuesday, September 15:** 40 minutes of running
- **Wednesday, September 16:** 3 x pace session (see outline week 14) Pyramid - 1 minute, 2 minute, 3 minute, 3 minute, 2 minute, 1 minute for a total 56 minutes
- **Thursday, September 17:** 30 minutes of running
- **Friday, September 18:** Rest
- **Saturday, September 19:** 60 minutes of 9' running/1' walking on hilly terrain

## Week 18 Tapering

As we approach the race, we will gradually start to reduce the training stress so that you are well rested come race day and ready for a great finish.

- **Sunday, September 20:** 18 km of 9' running/1' walking
- **Monday, September 21:** Rest
- **Tuesday, September 22:** 30 minutes of running
- **Wednesday, September 23:** 2 x pace session (see outline week 17) Pyramid - 1 minute, 2 minute, 3 minute, 3 minute, 2 minute, 1 minute for a total 46 minutes
- **Thursday, September 24:** 40 minutes of running
- **Friday, September 25:** Rest
- **Saturday, September 26:** 30 - 40 minutes of 9' running/1' walking

## Week 19

- **Sunday, September 27:** 16 km of 9' running/1' walking
- **Monday, September 28:** Rest
- **Tuesday, September 29:** 30 - 45 minutes of running
- **Wednesday, September 30:** 30-45 minutes of running
- **Thursday, October 1:** 30 - 40 minutes of running
- **Friday, October 2:** Rest
- **Saturday, October 3:** 30 - 40 minutes of 9' running/1' walking

## Week 20

- **Sunday, October 4:** 10 km of 9' running/1' walking
- **Monday, October 5:** Rest
- **Tuesday, October 6:** 30 minutes easy of 9' running/1' walking
- **Wednesday, October 7:** Rest
- **Thursday, October 8:** 20 minutes of running
- **Friday, October 9:** Rest day.
- **Saturday, October 10:** 20 minute of 9' running/1' walking to keep the legs loose
- **Sunday, October 11:** **Race Day - have fun and finish strong.**