



## HALF MARATHON PERSONAL BEST PROGRAM

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).

### Week 1

- **Sunday, April 27:** Times Colonist 10K
- **Monday, April 28:** Rest Day
- **Tuesday, April 29:** 45 minutes.
- **Wednesday, April 30:** 60 minutes easy
- **Thursday, May 1:** 45 minutes easy
- **Friday, May 2:** 30 minutes easy
- **Saturday, May 3:** 50 minutes including 6 x 100m [relaxed strides](#) with 100m of jogging between each stride.

### **Weeks 1 - 12: Aerobic Conditioning/Base Preparation**

This period of preparation encompasses the first 12 weeks of the program. The objective of this portion of the training program is to develop a sound base of aerobic running by gradually increasing the mileage of the major long run each week and the amount of time run on other days. In this program the long run is placed on the Sunday, of each week. However, this can be modified to suit your schedule.

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. All running, except for the tempo runs, during this period should be aerobic running. You should not get to the point that you are gasping for air and having difficulty maintaining your running pace.

### Week 2

- **Sunday, May 4:** 16 km long run
- **Monday, May 5:** Rest Day
- **Tuesday, May 6:** 45 minutes
- **Wednesday, May 7:** 60 minutes
- **Thursday, May 8:** 45 minutes
- **Friday, May 9:** Rest or 30 minutes easy
- **Saturday, May 10:** 45 - 50 minutes including 6 x 100m [relaxed strides](#) with 100m of jogging between each stride

### Week 3

#### **Recovery Week**

- **Sunday, May 11:** 16 km long run
- **Monday, May 12:** Rest Day
- **Tuesday, May 13:** 30 minutes
- **Wednesday, May 14:** 50 minutes
- **Thursday, May 15:** 30 minutes
- **Friday, May 16:** Rest or 30 minutes easy
- **Saturday, May 17:** 45 - 50 minutes including 6 x 100m [relaxed strides](#) with 100m of jogging between each stride. 30 minutes easy if racing tomorrow

## Recovery Week

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 4

- **Sunday, May 18:** 16-18 km long run or race
- **Monday, May 19:** Rest Day
- **Tuesday, May 20:** 50 minutes
- **Wednesday, May 21:** 50 minutes including 15 minutes half marathon pace tempo running. Locate a course where you know where each kilometre or mile falls so you can monitor your pace. Run for the required time outlined in the program (usually between 15 and 30 minutes). Attempt to run as close as possible to your goal half marathon pace. Running faster than your goal pace will not help you. The goal is for you to develop an intrinsic feeling of what your goal pace is so that when you are running in the race you can 'lock in' to this pace and thus run consistently.  
Or 60 minutes easy if you raced
- **Thursday, May 22:** 50 minutes
- **Friday, May 23:** Rest or 30 - 40 minutes easy
- **Saturday, May 24:** 50 minutes including 8 x 100m [relaxed strides](#) with 100m of jogging between each stride

### Week 5

- **Sunday, May 25:** 18 km long run
- **Monday, May 26:** Rest Day
- **Tuesday, May 27:** 55 minutes
- **Wednesday, May 28:** 15 minutes easy warm up, 15 minutes of [fartlek](#) (with 4 surges of 90 seconds to 2 minutes and recovery to fit within total time, 10 minutes easy cool down
- **Thursday, May 29:** 50 minutes
- **Friday, May 30:** 30 - 40 minutes easy
- **Saturday, May 31:** 50 minutes including 8 x 100m [relaxed strides](#) with 100m of jogging between each stride

### Week 6

#### Recovery Week

- **Sunday, June 1:** 18 km long run
- **Monday, June 2:** Rest Day
- **Tuesday, June 3:** 40 minutes
- **Wednesday, June 4:** 15 minutes of easy warm up; 20 minute [out-and-back tempo](#) running first 10 minutes at half marathon effort, and the last 10 minutes slightly slower than 10k effort; 15 minutes easy cool down
- **Thursday, June 5:** 40 minutes
- **Friday, June 6:** 30 minutes easy
- **Saturday, June 7:** 40 minutes including 8 x 100m [relaxed strides](#) with 100m of jogging between each stride or 30 minutes easy if racing tomorrow

### Week 7

- **Sunday, June 8:** 16 km long run or race
- **Monday, June 9:** Rest Day
- **Tuesday, June 10:** 55 minutes
- **Wednesday, June 11:** 20 minutes easy warm up; 20 minutes [fartlek](#) with 5 surges of 2-3 minutes in duration; 20 minutes easy cool down
- **Thursday, June 12:** 50- 60 minutes

- **Friday, June 13:** 30 - 40 minutes easy
- **Saturday, June 14:** 60 minutes including 8 x 100m [relaxed strides](#) with 100m of jogging between each stride

### Week 8

- **Sunday, June 15:** 22 km long run
- **Monday, June 16:** Rest Day
- **Tuesday, June 17:** 50 minutes to 60 minutes
- **Wednesday, June 18:** 60 minutes including 20 minutes half marathon pace tempo running
- **Thursday, June 19:** 50-70 minutes EASY!!
- **Friday, June 20:** 30 minutes
- **Saturday, June 21:** 50 minutes including 8 x 100m [relaxed strides](#) with 100m of jogging between each stride.

### Week 9

#### Recovery Week

- **Sunday, June 22:** 24 km long run
- **Monday, June 23:** Rest Day
- **Tuesday, June 24:** 40 minutes
- **Wednesday, June 25:** 60 minutes including 20 minutes half marathon pace tempo running.
- **Thursday, June 26:** 40 minutes
- **Friday, June 27:** Rest Day
- **Saturday, June 28:** 30 minutes

### Week 10

- **Sunday, June 29:** 16 km long run or 12 km if racing on Canada Day
- **Monday, June 30:** Rest Day
- **Tuesday, July 1:** 50-60 minutes or race
- **Wednesday, July 2:** 20 minutes easy warm up; 20 minutes [fartlek](#) with 5 surges of 2-3 minutes in duration; 20 minutes easy cool down, or 40 minutes easy if you raced on the day before
- **Thursday, July 3:** 50-60 minutes EASY
- **Friday, July 4:** 30 - 40 minutes easy
- **Saturday, July 5:** 50-60 minutes including 8 x 100m [relaxed strides](#) with 100m of jogging between each stride

### Week 11

- **Sunday, July 6:** 25 km long run
- **Monday, July 7:** Rest Day
- **Tuesday, July 8:** 50-60 minutes
- **Wednesday, July 9:** 20 minutes easy warm up; 30 minutes [out-and-back tempo](#), 20 minutes easy cool down
- **Thursday, July 10:** 75 minutes
- **Friday, July 11:** Rest or 30 easy
- **Saturday, July 12:** 50-60 minutes including 8 x 100m [relaxed strides](#) with 100m of jogging between each stride

### Week 12

#### Recovery Week

- **Sunday, July 13:** 25 km long run
- **Monday, July 14:** Rest Day
- **Tuesday, July 15:** 40 minutes
- **Wednesday, July 16:** 50 minutes including 4 X 5 minutes at half marathon pace with 1 minute jogging between each
- **Thursday, July 17:** 40 minutes

- **Friday, July 18:** Rest or 30 minutes easy
- **Saturday, July 19:** 60 minutes or 20-30 minutes easy if racing tomorrow

### Week 13

#### **Aerobic Capacity Phase Begins**

The term aerobic literally means “with oxygen”. When we speak of aerobic running, we mean running at a moderate intensity that allows your body to use oxygen to burn both glycogen and fats for fuel. Simply put, if you want to burn fats, you need to run aerobically. As marathoners, we will need to access this important fuel source, because even the leanest of us have more than enough fat to finish multiple marathons.

The opposite of aerobic running is anaerobic running. This is when the intensity of your exercise exceeds your oxygen capacity and your body burns glycogen in the absence of oxygen. A 400 meter sprinter would rely on anaerobic fuel sources in their races, but a marathoner would run entirely aerobically. The faster the pace you can run aerobically without relying on anaerobic energy systems, the better the distance runner you will be.

The Aerobic Capacity Phase is designed to help increase the pace at which you can run aerobically. It is done in two ways:

- 1) We increase the duration of our long runs to help us become more efficient at burning fats; and,
- 2) We focus on running at the high ends of our aerobic zone.

- **Sunday, July 20:** 16 km or race and warm up and warm down adding to 16 km
- **Monday, July 21:** Rest Day
- **Tuesday, July 22:** 50-60 minutes
- **Wednesday, July 23:** 20 minutes easy warm up; 6 X 4 minutes at 8 km pace with 2 minutes rest; 20 minutes easy cool down
- **Thursday, July 24:** 60 minutes easy running
- **Friday, July 25:** Rest day
- **Saturday, July 26:** 60 minutes including 20 minutes on hilly terrain

### Week 14

- **Sunday, July 27:** 25 km long run
- **Monday, July 28:** Rest Day
- **Tuesday, July 29:** 50 -60 minutes
- **Wednesday, July 30:** 15 minutes easy warm up; 4 minutes at 10k pace, 5 minutes jog rest, 6 minutes at 10k pace, 3 minutes jog rest, 8 minutes at 10k pace, 4 minutes jog rest, 4X 1 minute at 5 km pace with 1 minute between each; 10 minute easy cool down
- **Thursday, July 31:** 30-40 minutes easy running
- **Friday, August 1:** Rest day or 30-40 minutes easy
- **Saturday, August 2:** 60 minutes including 25 minutes on hilly terrain.

### Week 15

#### **Recovery Week**

- **Sunday, August 3:** 27 km long run
- **Monday, August 4:** Rest Day
- **Tuesday, August 5:** 45 minutes
- **Wednesday, August 6:** 50 minutes with 20 minutes at half marathon pace
- **Thursday, August 7:** 40 minutes easy running
- **Friday, August 8:** Rest day
- **Saturday, August 9:** 40 minutes including 25 minutes on hilly terrain or 30 minutes easy if racing.

### Week 16

- **Sunday, August 10:** 16 km or race
- **Monday, August 11:** Rest Day
- **Tuesday, August 12:** 50-60 minutes
- **Wednesday, August 13:** 20 minutes warm up; 2-3 sets of 4 minutes at 10 km pace, 30 seconds rest, 2 minutes at 5 km pace with 3 minutes jog between sets, 20 minutes easy cool down.
- **Thursday, August 14:** 40-60 minutes EASY!!
- **Friday, August 15:** Rest Day or 30 minutes easy.
- **Saturday, August 16:** 60 minutes

### Week 17

- **Sunday, August 17:** 20 km with 30 minutes at half marathon pace
- **Monday, August 18:** Rest Day
- **Tuesday, August 19:** 45 minutes easy
- **Wednesday, August 20:** 20 minutes warm up; 5 km at 10 km pace; 20 minute easy cool down.
- **Thursday, August 21:** 65 minutes EASY!!
- **Friday, August 22:** Rest day
- **Saturday, August 23:** 60 minutes including 25 minutes on hilly terrain.

### Week 18

#### Recovery Week

- **Sunday, August 24:** 24 km long run.
- **Monday, August 25:** Rest Day
- **Tuesday, August 26:** 40 minutes easy
- **Wednesday, August 27:** 20 minutes warm up; 12 minutes at 10 km pace, 6 minutes jogging rest; 6 minutes at 10k pace; 3 minutes jogging rest; 3 minutes at 5 km pace, 1.5 minutes jogging rest; 3 minutes at 5 km pace; 10 minutes cool down
- **Thursday, August 28:** 45 minutes easy
- **Friday, August 29:** Rest day
- **Saturday, August 30:** 40 minutes on hilly terrain or 30 minutes easy if racing

### Week 19

#### Sharpening and Tapering

As we enter the last phase of the training, we are going to be cutting back on our mileage and emphasizing rest and speed. Of course, speed is a relative term. The idea isn't to become a sprinter, but rather to refresh our nervous system to faster paces that will increase your efficiency at half marathon pace.

The primary goal is to rest enough to arrive feeling healthy and fresh on race day.

- **Sunday, August 31:** 16 km
- **Monday, September 1:** Rest Day
- **Tuesday, September 2:** 45 minutes easy
- **Wednesday, September 3:** 15 minutes warm up; 12 X 1 minute at 5 km pace with 1 minute rest; 15 minutes warm down
- **Thursday, September 4:** 50 minutes easy
- **Friday, September 5:** Rest day or 30 minutes easy
- **Saturday, September 6:** 60 minutes easy

### Week 20

- **Sunday, September 7:** 16 km with 9km at half marathon pace or race (ideal is 10 km)
- **Monday, September 8:** Rest Day
- **Tuesday, September 9:** 45 minutes easy
- **Wednesday, September 10:** 15 minutes warm up; 3 sets of 3 minutes at 10 km pace, 30

- seconds; 1.5 minutes at 5 km pace with 3 minutes between sets; 15 minutes cool down
- **Thursday, September 11:** 40 - 50 minutes easy
- **Friday, September 12:** Rest day or 30 minutes easy
- **Saturday, September 13:** 50 minutes including 8X100m [relaxed strides](#) with 100m jog back.

### Week 21

#### Recovery Week

- **Sunday, September 14:** 16 km with 7 km at half marathon pace
- **Monday, September 15:** Rest Day
- **Tuesday, September 16:** 30 - 40 minutes
- **Wednesday, September 17:** 15 minutes warm up; 8 X 2 minutes with 1 minute jogging recovery at 5 km pace; 15 minutes cool down...keep to the short recovery times...be disciplined.
- **Thursday, September 18:** 30 - 40 minutes
- **Friday, September 19:** Rest day
- **Saturday, September 20:** 40 minutes including 6 - 8 x 100m VERY [relaxed strides](#) with 100m of jogging

### Week 22

- **Sunday, September 21:** 24 km
- **Monday, September 22:** Rest Day
- **Tuesday, September 23:** 50 minutes
- **Wednesday, September 24:** 15 minutes warm up; 6 minutes at 10 km pace, 3 minutes jogging rest, 6 X 1 minute at 5 km pace with 45 seconds jogging rest; 15 minutes cool down
- **Thursday, September 25:** 30 - 40 minutes easy
- **Friday, September 26:** Rest day
- **Saturday, September 27:** 40 minutes including 6 - 8 x 100m VERY [relaxed strides](#) with 100m of jogging

### Week 23

#### The Taper Begins

- **Sunday, September 28:** 18 km.
- **Monday, September 29:** Rest Day
- **Tuesday, September 30:** 30 minutes easy
- **Wednesday, October 1:** 45 minutes with 20 minutes at half marathon pace
- **Thursday, October 2:** 30 minutes including 6 - 8 x 100m VERY [relaxed strides](#) with 100m of jogging
- **Friday, October 3:** Rest day
- **Saturday, October 4:** 30 minute jog

### Week 24

- **Sunday, October 5:** 12 km 10 minutes at half marathon pace
- **Monday, October 6:** Rest Day
- **Tuesday, October 7:** 30 minutes easy
- **Wednesday, October 8:** 45 minutes with 5 minutes at 5 km pace
- **Thursday, October 9:** 30 minutes including 6 - 8 x 100m VERY [relaxed strides](#) with 100m of jogging
- **Friday, October 10:** Rest day
- **Saturday, October 11:** 20 - 30 minute jog to loosen up
- **Sunday, October 12:** Race Day!!