



HALF MARATHON - GO THE DISTANCE PROGRAM

If you have questions regarding any of the training programs feel free to contact Bruce Deacon by FB Messenger or by email at CoachBruce@runvictoriamarathon.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. **If you don't need to take the walking breaks, then just omit this part of the schedule and run the whole distance.** Notice that we will try to wean you off the walking break as the program progresses. You can do it!

This program assumes that you can cover 10k with a walk and run. If you are not yet at this stage, then email CoachBruce@runvictoriamarathon.com and we can adjust the program.

Aerobic Conditioning/Base Preparation

Aerobic running as referred to below means exercise between 65 and 75% of your maximum 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 (not so tired that you cannot get through the rest of your day). 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 (**about 30-40 seconds per kilometre slower than your goal pace**).

The objective of the first six weeks is for you to develop a consistent record of 'almost daily' running to allow your body to become comfortable with this level of exercise. Most of the running is aerobic running. Closer to the race, workouts will include some running focusing upon increasing your tempo and pace.

20 Weeks to Go (May 26, 2024)

- **Sunday:** 10 km long run of 9' running/1' walking
- **Monday:** Rest
- **Tuesday:** 30 minutes of 9' running/1' walking
- **Wednesday:** 30 minutes or cross training
- **Thursday:** 40 minutes of 9' running/1' walking
- **Friday:** Rest
- **Saturday:** 40 minutes of 9' running/1' walking

19 Weeks to Go

- **Sunday:** 11 km long run of 9' running/1' walking
- **Monday:** Rest
- **Tuesday:** 30 minutes of 9' running/1' walking
- **Wednesday:** 30 minutes or cross training
- **Thursday:** 45 minutes of 9' running/1' walking
- **Friday:** Rest
- **Saturday:** 40 minutes of 9' running/1' walking



18 Weeks to Go

- **Sunday:** 12 km long run of 9' running/1' walking
- **Monday:** Rest
- **Tuesday:** 30 minutes of 9' running/1' walking
- **Wednesday:** 30 minutes of 9' running/1' walking
- **Thursday:** 45 minutes of 9' running/1' walking
- **Friday:** Rest
- **Saturday:** 45 minutes of 9' running/1' walking

17 Weeks to Go

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. Don't 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.

- **Sunday:** 9 km long run of 9' running/1' walking
- **Monday:** Rest
- **Tuesday:** 30 minutes of 9' running/1' walking
- **Wednesday:** Rest or 30 minutes of cross training
- **Thursday:** 30 minutes of 9' running/1' walking
- **Friday:** Rest
- **Saturday:** 40 minutes of 9' running/1' walking

16 Weeks to Go

- **Sunday:** 12 km long run of 9' running/1' walking
- **Monday:** Rest
- **Tuesday:** 35 minutes of 9' running/1' walking
- **Wednesday:** 50 minutes of 9' running/1' walking
- **Thursday:** 35 minutes of 9' running/1' walking
- **Friday:** Rest
- **Saturday:** 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.

15 Weeks to Go

- **Sunday:** 13 km long run of 9' running/1' walking.
- **Monday:** Rest
- **Tuesday:** 35 minutes of 9' running/1' walking
- **Wednesday:** 50 minutes of 9' running/1' walking
- **Thursday:** 35 minutes (try completing it without walking)
- **Friday:** Rest
- **Saturday:** 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.



14 Weeks to Go

Recovery Week

- **Sunday:** 10 km long run of 9' running/1' walking
- **Monday:** Rest
- **Tuesday:** 30 minutes of 9' running/1' walking
- **Wednesday:** Rest
- **Thursday:** 30 minutes running
- **Friday:** Rest
- **Saturday:** 45 minutes easy of 9' running/1' walking

13 Weeks to Go

- **Sunday:** 14 km long run of 9' running/1' walking
- **Monday:** Rest.
- **Tuesday:** 40 - 45 minutes of 9' running/1' walking
- **Wednesday:** 50 - 60 minutes of 9' running/1' walking with 30 minutes of faster tempo running.
- **Thursday:** 40 - 45 minutes running
- **Friday:** Rest
- **Saturday:** 45 minutes of 9' running/1' walking including 8 x 100m [relaxed strides](#) with 100m of jogging between each stride

12 Weeks to Go

Recovery Week

- **Sunday:** 16 km long run of 9' running/1' walking
- **Monday:** Rest
- **Tuesday:** 30 minutes of 9' running/1' walking
- **Wednesday:** 45 minutes of 9' running/1' walking
- **Thursday:** 30 minutes running
- **Friday:** Rest
- **Saturday:** 35 - 40 minutes of 9' running/1' walking

Hill Phase – Hill training increases your strength and provides a work out with a little more intensity without any increased pounding. This session can be completed as continuous running or in a run/walk approach.

11 Weeks to Go

- **Sunday:** 15 km of 9' running/1' walking
- **Monday:** Rest
- **Tuesday:** 45 minutes of 9' running/1' walking
- **Wednesday:** 20 minutes of easy warm up jogging or 2X 9' running/1' walking, 5 sets of 45 seconds uphill fast/walk down rest, 20 minutes of easy warm down jogging or 2X 9' running/1' walking
- **Thursday:** 30 minutes running
- **Friday:** Rest
- **Saturday:** 45 - 50 minutes easy of 9' running/1' walking



10 Weeks to Go

- **Sunday:** 17 km long run of 9' running/1' walking
- **Monday:** Rest
- **Tuesday:** 45 minutes of 9' running/1' walking
- **Wednesday:** 20 minutes of easy warm up jogging or 2X 9' running/1' walking, 8 sets of 45 seconds uphill fast/walk down rest, 20 minutes of easy warm down jogging or 2X 9' running/1' walking
- **Thursday:** 30 minutes of 9' running/1' walking
- **Friday:** Rest
- **Saturday:** 45 - 50 minutes of 9' running/1' walking including 15 minutes on hilly terrain

9 Weeks to Go

Recovery Week

- **Sunday:** 12 km of 9' running/1' walking
- **Monday:** Rest
- **Tuesday:** 30 minutes of 9' running/1' walking
- **Wednesday:** 50 minutes of 9' running/1' walking
- **Thursday:** 30 minutes running
- **Friday:** Rest
- **Saturday:** 35 running

8 Weeks to Go

- **Sunday:** 18 km long run of 9' running/1' walking
- **Monday:** Rest
- **Tuesday:** 45 minutes of 9' running/1' walking
- **Wednesday:** 20 minutes of easy warm up jogging or 2X 9' running/1' walking, 10 sets of 45 seconds uphill fast/walk down rest, 20 minutes of easy warm down jogging or 2X 9' running/1' walking
- **Thursday:** 30 minutes running
- **Friday:** Rest
- **Saturday:** 45 - 50 minutes of 9' running/1' walking including 20 minutes on hilly terrain

Pace Sessions

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.

If you have been doing the run/walk approach, you might try doing some of the runs without the walking. By now, your body really doesn't need the walking.

7 Weeks to Go

- **Sunday:** 20 km long run of 9' running/1' walking
- **Monday:** Rest
- **Tuesday:** 45 minutes
- **Wednesday:** 20 minutes of easy warm up jogging, 5 sets of 2' hard running/2' standing rest, 20 minutes of easy warm down jogging or 2X 9' running/1' walking
- **Thursday:** 30 minutes running
- **Friday:** Rest



- **Saturday:** 50 minutes of 9' running/1' walking

6 Weeks to Go

Recovery Week

- **Sunday:** 13 km long run of 9' running/1' walking
- **Monday:** Rest
- **Tuesday:** 30 minutes running
- **Wednesday:** Rest
- **Thursday:** 45 minutes running
- **Friday:** Rest
- **Saturday:** 30 - 40 minutes of 9' running/1' walking

5 Weeks to Go

- **Sunday:** 18 km running or 12k of running and 6k of run/walk or 5 - 10km race (no walking)
- **Monday:** Rest
- **Tuesday:** 45 minutes of running
- **Wednesday:** 20 minutes of easy warm up jogging, 5 sets of 2' hard running/1' walk/2' hard running with 2 minutes between sets, 20 minutes of easy warm down jogging or 2X 9' running/1' walking
- **Thursday:** 30 minutes running
- **Friday:** Rest
- **Saturday:** 40 minutes of 9' running/1' walking on hilly terrain

4 Weeks to Go

- **Sunday:** 22 km running or 15km running and 7km of 9' running/1' walking
- **Monday:** Rest
- **Tuesday:** 40 minutes of running
- **Wednesday:** 20 minutes of easy warm up jogging or 2X 9' running/1' walking, 5 sets of 2' hard running/1' easy jog/3' hard running with 2' between sets, 20 minutes of easy warm down jogging or 2X 9' running/1' walking
- **Thursday:** 30 minutes of running
- **Friday:** Rest
- **Saturday:** 60 minutes of 9' running/1' walking on hilly terrain

3 Weeks to Go

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:** 15 km running
- **Monday:** Rest
- **Tuesday:** 30 minutes of running
- **Wednesday:** 20 minutes of easy warm up jogging, 4 sets of 4' hard running/1' easy jog or walk/2' hard running with 2 minutes between sets, 20 minutes of easy warm down jogging running/1' walking
- **Thursday:** 40 minutes of running
- **Friday:** Rest
- **Saturday:** 30 - 40 minutes running



2 Weeks to Go

- **Sunday:** 18 km running
- **Monday:** Rest
- **Tuesday:** 30 - 45 minutes of running
- **Wednesday:** 30-45 minutes of running with 6 sets of 1 minute hard/1 minute easy
- **Thursday:** 30 - 40 minutes of running
- **Friday:** Rest
- **Saturday:** 30 - 40 minutes running

Race Week!

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