



HALF MARATHON - "JUST IN TIME" - 14-WEEK 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.

14 Weeks to Go (July 14, 2024)

- **Sunday:** 45 minute aerobic running
- **Monday:** Rest
- **Tuesday:** 40 - 45 minutes aerobic running or Race
- **Wednesday:** 50 minutes aerobic running
- **Thursday:** 30 - 40 minutes aerobic running
- **Friday:** Rest.
- **Saturday:** 45 minutes easy

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.

13 Weeks to Go

- **Sunday:** 10 km aerobic running
- **Monday:** Rest
- **Tuesday:** 40 - 45 minutes aerobic running
- **Wednesday:** 50 minutes aerobic running
- **Thursday:** 30 - 40 minutes aerobic running
- **Friday:** Rest
- **Saturday:** 45 minutes easy.

12 Weeks to Go

- **Sunday:** 13 km aerobic running
- **Monday:** Rest
- **Tuesday:** 45 minutes aerobic running
- **Wednesday:** 1 hour aerobic running
- **Thursday:** 45 minutes aerobic running
- **Friday:** Rest
- **Saturday:** 45 minutes including 8 x 100m [relaxed strides](#) with 100m of jogging between each stride



11 Weeks to Go

- **Sunday:** 15 km aerobic running
- **Monday:** Rest
- **Tuesday:** 45 - 50 minutes aerobic running
- **Wednesday:** 1 hour aerobic running
- **Thursday:** 45 minutes aerobic running
- **Friday:** Rest
- **Saturday:** 50 minutes including 8 x 100m [relaxed strides](#) with 100m of jogging between each stride

10 Weeks to Go

- **Sunday:** 10 km aerobic running
- **Monday 3:** Rest
- **Tuesday:** 45 minutes aerobic running
- **Wednesday:** 40 - 50 minutes running **on a hilly route**. Begin with 10 - 15 minutes easy running followed by 20 minutes on hilly terrain finish with 10 - 15 minutes easy. The hills simply provide added resistance to enhance your strength. Aim to maintain a comfortable pace and rhythm while running the hills (you will breathe a little harder). Use downhill sections to recover. Do not try to race over the hills.
- **Thursday:** 30 minutes easy
- **Friday:** Rest
- **Saturday:** 45 minutes including 8 x 100m [relaxed strides](#) with 100m of jogging between each stride

9 Weeks to Go

- **Sunday:** 13 km aerobic running
- **Monday:** Rest.
- **Tuesday:** 45 minutes aerobic running
- **Wednesday:** 40 - 50 minutes running on a **hilly route**. Begin with 10 - 15 minutes easy running followed by 20 minutes on hilly terrain finish with 10 - 15 minutes easy. Focus on working hard on the up hills and using the down hills to recover. The effort on the hills should be much greater than the previous week.
- **Thursday:** 40 minutes easy
- **Friday:** Rest
- **Saturday:** 45 minutes including 8 x 100m [relaxed strides](#) with 100m of jogging between each stride (30 minutes easy or rest if racing tomorrow)

8 Weeks to Go

- **Sunday:** 16 km aerobic running.
- **Monday:** Rest
- **Tuesday:** 45 minutes aerobic running
- **Wednesday:** 40 minutes including 10 minutes of **faster tempo running**. Run for 15 minutes at an easy pace and then for ten minutes run **at your 10k effort**. Your aim is to get used to running faster paced running. This should not be so fast that you must slow down or stop. You can take a 1-3 minute break at the end of the 10 minute tempo before continuing for the last 15 minutes at your 'normal' running pace.
- **Thursday:** 30 - 40 minutes easy
- **Friday:** Rest



- **Saturday:** Pyramid Workout 1 set

The pyramid workout is designed to allow your body to become accustomed to running at high intensity. The workout includes 4 steps:

1. Start by running for at least 15 minutes to warm up.
2. Next complete 4-6x80 metre relaxed stride outs to get your legs ticking over (light form drills may also be done at this time). You may also wish to do a little light stretching.
3. The pyramid is a set of timed efforts for example 1, 2, 3, 2, 1. This means you run hard (about your 5km race pace) for one minute then jog for 1 minute, before starting the 2 minute rep. The pattern continues until you finish the workout. Keep the pace such that you are able to finish each rep without slowing and so that you don't need to take a longer rest.
4. Complete the workout with at least 15 minutes of easy running.

The first couple of intervals of the pyramid usually feel relatively easy as you will find that the recovery time leaves you feeling ready to begin the next interval. However, as you progress through the pyramid the intervals at the end are more challenging as the short recovery begins to have an effect. To get the full effect of this workout, the pyramid should be run continuously with no stops at the end of each hard interval. If running this session with a group, the intervals must be run at your own pace.

7 Weeks to Go

- **Sunday:** 12 km aerobic running
- **Monday:** Rest
- **Tuesday:** 45 minutes aerobic running
- **Wednesday:** 15 minutes warm up jog, 20 minutes out-and-back tempo run, 15 minutes warm down jog. Run out hard for 10 minutes, turn around and come back along the same route, trying to cover more distance on the way back. The key is to pace yourself on the way out and focus on finishing fast on the way back.
- **Thursday:** 30 minutes easy
- **Friday:** Rest
- **Saturday:** 45 minutes including 8 x 100m [relaxed strides](#) with 100m of jogging between each stride

6 Weeks to Go

- **Sunday:** 17 km aerobic running (this run is aimed at being close to the race distance to acclimatize you to the time you will be on your feet during your half marathon run.).
- **Monday:** Rest
- **Tuesday:** 30 minutes aerobic running
- **Wednesday:** 50 minutes including 20 minutes of **faster tempo running**. Run for 15 minutes at an easy pace and then for ten minutes run **at your 10k effort**. Your aim is to get used to running a little faster thus you will breathe a little more heavily but you will not be so out of breath that you have to stop or slow down before you reach 15 minutes. Rest for 3 minutes and repeat for another ten minutes of running at your 10k effort. Finish the workout with 15 minutes at an easy running pace.
- **Thursday:** 30 - 40 minutes easy
- **Friday:** Rest
- **Saturday:** 45 minutes including 8 x 100m [relaxed strides](#) with 100m of jogging between each stride



5 Weeks to Go

- **Sunday:** 18 km long run.
- **Monday:** Rest
- **Tuesday:** 45 minutes easy
- **Wednesday:** 60 minutes with 30 minutes at half marathon pace
- **Thursday:** 30 minutes easy
- **Friday:** Rest
- **Saturday:** 2 sets of the Pyramid Workout (see week 7)

4 Weeks to Go

- **Sunday:** 18 km run
- **Monday:** Rest
- **Tuesday:** 45 minutes easy
- **Wednesday:** 60 minutes with 40 minutes at half marathon pace
- **Thursday:** 30 minutes easy
- **Friday:** Rest
- **Saturday:** 45 minutes including 8 x 100m [relaxed strides](#) with 100m of jogging between each stride

3 Weeks to Go

- **Sunday:** 20 km easy aerobic running (this run is aimed at being close to the race distance to acclimatize you to the time you will be on your feet during your half marathon run). **DO NOT RUN TOO FAST!** This is an EASY paced run...save your best running for the race.
- **Monday:** Rest
- **Tuesday:** 40 minutes easy
- **Wednesday:** 2-3 set of Pyramid Workout (see week 7)
- **Thursday:** 40 - 50 minutes easy
- **Friday:** Rest
- **Saturday:** 45 minutes including 8 x 100m [relaxed strides](#) with 100m of jogging between each stride

2 Weeks to Go

- **Sunday:** 16 km aerobic running
- **Monday:** Rest
- **Tuesday:** 40 minutes easy
- **Wednesday: 30:** 50 minutes including 20 continuous minutes of 1 minute at 5k effort and 1 minute jog. Start and end with 15 minutes of easy running to warm up and cool down.
- **Thursday:** 40 minutes easy
- **Friday:** Rest
- **Saturday:** 30 minutes including 8 x 100m [relaxed strides](#) with 100m of jogging between each

RACE WEEK

- **Sunday:** 6 miles/10 km aerobic running
- **Monday:** Rest



- **Tuesday:** 40 minutes easy
- **Wednesday:** Rest or Walk
- **Thursday:** 40 minutes easy
- **Friday:** Rest
- **Saturday:** 30 minute walk or rest
- **Sunday, October 9:** RACE DAY!