

Half Marathon

Beginner Training Program

	Rest Day or XT	Run	Rest Day	Run	Rest Day	Long Run	Rest Day
Week 1 August 2016	Mon, 8 Aug Rest Day	Tue, 9 Aug 30 mins MA	Wed, 10 Aug Rest Day	Thu, 11 Aug 30 mins MA	Fri, 12 Aug Rest Day	Sat, 13 Aug 60 mins LA	Sun, 14 Aug Rest Day
Actual Dist/Time Conditions							
Week 2 August 2016	Mon, 15 Aug Rest Day	Tue, 16 Aug 40 mins MA	Wed, 17 Aug Rest Day	Thu, 18 Aug 40 mins MA	Fri, 19 Aug Rest Day	Sat, 20 Aug 70 mins LA	Sun, 21 Aug Rest Day
Actual Dist/Time Conditions							
Week 3 August 2016	Mon, 22 Aug Walk - 45 mins OR Rest	Tue, 23 Aug 30 mins MA	Wed, 24 Aug Rest Day	Thu, 25 Aug 40 mins MA	Fri, 26 Aug Rest Day	Sat, 27 Aug 80 mins LA	Sun, 28 Aug Rest Day
Actual Dist/Time Conditions							
Week 4 Sept 2016	Mon, 29 Aug Rest Day	Tue, 30 Aug 40 mins undulating MA	Wed, 31 Aug Rest Day	Thu, 1 Sep 40 mins MA	Fri, 2 Sep Rest Day	Sat, 3 Sep 60 mins LA	Sun, 4 Sep Rest Day
Actual Dist/Time Conditions							
Week 5 Sept 2016	Mon, 5 Sep 30 mins LA	Tue, 6 Sep 40 mins undulating MA	Wed, 7 Sep Rest Day	Thu, 8 Sep 40 mins MA	Fri, 9 Sep Rest Day	Sat, 10 Sep 90 mins LA/MA	Sun, 11 Sep Rest Day
Actual Dist/Time Conditions							
Week 6 Sept 2016	Mon, 12 Sep Walk - 45 mins OR Rest	Tue, 13 Sep 40 mins undulating MA	Wed, 14 Sep Rest Day	Thu, 15 Sep 40 mins MA	Fri, 16 Sep Rest Day	Sat, 17 Sep 1hr 40 mins LA/MA	Sun, 18 Sep Rest Day
Actual Dist/Time Conditions							
Week 7 Sept 2016	Mon, 19 Sep Walk - 45 mins OR Rest	Tue, 20 Sep 40 mins undulating MA	Wed, 21 Sep Rest Day	Thu, 22 Sep 10 mins LA, 30 mins HMP	Fri, 23 Sep Rest Day	Sat, 24 Sep 60 mins LA/MA - off road if possible	Sun, 25 Sep Rest Day
Actual Dist/Time Conditions							

	Rest Day or XT	Run	Rest Day	Run	Rest Day	Long Run	Rest Day
Week 8 Sept 2016	Mon, 26 Sep 30 mins LA	Tue, 27 Sep 50 mins undulating LA	Wed, 28 Sep Rest Day	Thu, 29 Sep 10 mins LA, 30 mins HMP	Fri, 30 Sep Rest Day	Sat, 1 Oct 10km Race if possible	Sun, 2 Oct Rest Day
Actual Dist/Time Conditions							
Week 9 October 2016	Mon, 3 Oct Walk - 45 mins OR Rest	Tue, 4 Oct 40 mins HMP	Wed, 5 Oct Rest Day	Thu, 6 Oct 10 mins LA, 20 mins UA, 10 mins LA	Fri, 7 Oct Rest Day	Sat, 8 Oct 1hr 50 mins LA/MA	Sun, 9 Oct Rest Day
Actual Dist/Time Conditions							
Week 10 October 2016	Mon, 10 Oct Walk - 45 mins OR Rest	Tue, 11 Oct 60 mins undulating LA	Wed, 12 Oct Rest Day	Thu, 13 Oct 10 mins LA, 30 mins HMP	Fri, 14 Oct Rest Day	Sat, 15 Oct 60 mins LA - off road if possible	Sun, 16 Oct 1-2 hour walk - off road if possible
Actual Dist/Time Conditions							
Week 11 October 2016	Mon, 17 Oct Rest Day	Tue, 18 Oct 40 mins HMP	Wed, 19 Oct Rest Day	Thu, 20 Oct 10 mins LA, 2 x 10 mins UA (with 5 mins LA in between), 10 mins LA	Fri, 21 Oct Rest Day	Sat, 22 Oct 2 hours LA/MA	Sun, 23 Oct Rest Day
Actual Dist/Time Conditions							
Week 12 October 2016	Mon, 24 Oct Walk - 45 mins OR Rest	Tue, 25 Oct 60 mins undulating LA	Wed, 26 Oct Rest Day	Thu, 27 Oct 40 mins HMP	Fri, 28 Oct Rest Day	Sat, 29 Oct 60 mins LA - off road if possible	Sun, 30 Oct Rest Day
Actual Dist/Time Conditions							
Week 13 November 2016	Mon, 31 Oct 30 mins HMP	Tue, 1 Nov 60 mins undulating LA	Wed, 2 Nov Rest Day	Thu, 3 Nov 40 mins HMP	Fri, 4 Nov Rest Day	Sat, 5 Nov 2 hours LA/UA	Sun, 6 Nov Optional Auckland 12k Traverse (if do so then miss Sat and run 80% of race pace)
Actual Dist/Time Conditions							
Week 14 November 2016	Mon, 7 Nov Rest Day	Tue, 8 Nov 40 mins MA	Wed, 9 Nov Rest Day	Thu, 10 Nov 10 mins LA, 2 x 10 mins UA (with 5 mins LA in between), 10 mins LA	Fri, 11 Nov Rest Day	Sat, 12 Nov 60 mins (20 mins LA, 20 mins UA, 20 mins LA)	Sun, 13 Nov Rest Day
Actual Dist/Time Conditions							
Week 15 November 2016	Mon, 14 Nov 40 mins HMP	Tue, 15 Nov Rest Day	Wed, 16 Nov 30 mins LA	Thu, 17 Nov Rest Day	Fri, 18 Nov 20 mins LA or Rest	Sat, 19 Nov Queenstown International Half Marathon	Sun, 20 Nov Rest Day
Actual Dist/Time Conditions							

Half Marathon

Training Tips

15 Week Beginner Half Marathon Training Program

The Queenstown Half-Marathon course is held on mainly flat but gently undulating hard-packed trails and roads, so make sure you try and emulate that in your training as much as you can for the best results on race day.

Always train within your own capabilities and get a clean bill of health from your doctor if taking on the half-marathon distance for the first time. This program is a 'guideline' only and aimed at those looking to complete their first half-marathon. Ideally you should be able to run for 40 minutes or 8km non-stop before starting this program

We recommend that you add a session of strength training and/or yoga or pilates (for core strength and flexibility) into your week to fully compliment your half-marathon training. Running three times a week will give you enough 'time on feet' to get to that finish line, but adding in either a 4th easy run or a cross training session, would be ideal if you can.

Finish each run with a few minutes of foam rolling and then static stretches for quads, hamstrings, calves, ITB and glutes for the best results. And make sure that the first 5-10 minutes of each run are used as a 'warm up', so go easy to gradually increase your heart rate and get blood pumping to the muscles where it's needed.

Stop if you're experiencing any unusual pain or niggles and get them checked out. And don't be afraid to take a rest day if you're feeling too tired. Backing up your training with good nutrition and plenty of sleep will give you the best results.

Longer runs over 90 minutes (marked with *) are ideal for you to practice how you will hydrate and fuel during the half marathon. A good habit to get in to is trying to take on fluid every 30 minutes or so (drink to your thirst) and some fuel every 45-60 minutes. Everyone is different so use these longer sessions to work out your optimal fuelling and hydration.

The following training zones are used in the program and we have worked on a 'time on feet' basis:

- LA = Lower Aerobic - easy paced running, can talk comfortably and you finish feeling great.
- MA = Mid Aerobic - comfortable running pace, can talk comfortably but breathing has increased.
- UA = Upper Aerobic - comfortably hard running pace, should be a bit breathless.
- HMP = Half Marathon Paced running (your proposed pace on race day)