

Wanganui Half Marathon Clinic Training schedule

Week of		Monday	Tuesday	Wednesday Club Pack Runs	Thursday	Friday	Saturday	Sunday Recovery pack Runs	Tips for the week
Week 1 21 Sept	Build	Rest	25E	60	25H	Rest	20	60E	Prior to this week, you need to be comfortably running around 8 km once per week.
Week 2 28 Sept	Build	Rest	30E	75 2x1km RP	30H	Rest	25	65E	Key sessions will be the long run in every week. Aim to always do your long run unless sick or injured
Week 3 5 Oct	Build	Rest	35E	75 2x1km RP	35H	Rest	30	70E	A small step up from last week, keep the intensity low.
Week 4 12 Oct	Recovery	Rest	35E	75 2x1km RP	45H	Rest	65 4X200 Fartlek	45E	Some speed, but still the long run is what counts, don't panic!
Week 5 19 Oct	Build	Rest	25E	40 2x1km RP	25H	Rest	35 4X400 Fartlek	110E	The start of a three week "building" phase. Fresh legs after our recovery week.
Week 6 26 Oct	Build	Rest	25E	90 3x1km RP	25H	Rest	35 4X400 Fartlek	115E	Hold back don't be tempted to do more, this will set you for what comes in the next week.
Week 7 2 Nov	Build	Rest	25E	100 4x1km RP	25H	Rest	35 6X400 Fartlek	120E	A key "big week" the first of our three hour runs. You have done the ground work keep it going.
Week 8 9 Nov	Recovery	Rest	35E	75 Fartlek	35H	Rest	35 6X400 Fartlek	65E	Sunday's run is still but important but recover so that you can step up next week. If you are tired you can shorten or drop one of the shorter runs
Week 9 16 Nov	Build	Rest	40E	100 5x1km RP	50H	Rest	40 6X400 Fartlek	120E	This is the big week, of the programme, get the long run done and you are ready!
Week 10 23 Nov	Build	Rest	35	100 6x1km RP	50H	Rest	30 4X200 Fartlek	115E	Last of the big weeks, you need this before the final taper, don't slacken off.
Week 11 30 Nov	Taper	Rest	30E	40 4X1km RP	30H	Rest	40	75E	Finally the taper!! Cut back on the volume but don't slacken the pace.
Week 12 7 Dec	Taper	Rest	15E	Rest	15H	Rest	RACE	Rest	Almost there, nothing extra this week, you have done the work nothing you do in this week will make the race go better but there is much you can do to make you go slower.
E = Easy		RP = Race Pace		H = Hills		Fartlek = Short bursts faster than race pace (Fun)		Speed work included as part of the run	