

Half Marathon Training Schedule: Round-the-Bays 2018

Week	Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Total
Prior to Dec	16	Cross	7 Hill	Cross	6 easy	Rest	Cross	30
1 Dec 3	15	Cross	7 Fartlek	8 easy	6 easy	Rest	Cross	36
2 Dec 10	18	Cross	7 Hill	8 easy	6 easy	Rest	Cross	39
3 Dec 17	12	Cross	7 Fartlek	8 easy	6 easy	Rest	6	39
4 Dec 24	12	Cross	7 Hill	7 easy	Cross	Rest	6	32
5 Dec 31	22 easy	Cross	7 Fartlek	6 easy	10 Fast	Rest	Cross	45
6 Jan 7	16	Cross	7 Hill	7 easy	6 easy	Rest	Cross	36
7 Jan 14	25 easy	Cross	10 Hill	6 easy	8 Fartlek	Rest	Cross	49
8 Jan 21	18	Cross	7 Hill	6 easy	10 Tempo	Rest	Cross	41
9 Jan 28	21 Fast	Cross	7 Hill	Rest	10 Tempo	Rest	Track (6)	44
10 Feb 4	16	Cross	7 Fartlek	Rest	10 Tempo	Rest	Track (6)	39
11 Feb 11	12	Cross	5	5 Tempo	3	Rest	Rest	29
12 Feb 18	21 Race							

All distances in km

Notes

- **Hills.** I have done repeats of 7*20s up then down again, but I find that a bit dull so tend to just run up a big hill like Mt Tinakori. Push a bit on the uphill and cruise down.
- **Cross Train.** This means cycling for me, but others go swimming or do gym work (shudder)
- **Easy.** Well usually this is the long slow run on Sunday. Theoretically I can converse with a fellow runner.
- **Fast.** 95% of race pace. Going for it!
- **Tempo run.** 1km easy warm up, then a comfortably hard pace (say 85% of race pace), then 1km warm down. During the faster parts I can't hold a conversation but can get a few words out.
- **Fartlek.** "Speed play" in Swedish. This isn't too structured, but I put in some faster and slower bits. I think of this as interval training.
- **Rest.** This means no aerobic work at all, but stretches, or core work eg. pilates etc is a good idea.