



The Sydney Morning Herald

halfmarathon

www.manlybeachrunningclub.com

SMH Half Marathon Training Program

WEEK 1 - 23rd February to 1st March	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	MBRC 5.30am - Easy recovery run MBRC 6.30pm - Circuit Training	MBRC 5.30am - Tempo run Boxing Training - 6.45pm	MBRC 5.30am - Run and core work MBRC 6.30pm - Circuit Training	MBRC 5.30am - Run and Yoga	MBRC 5.30am - Fast Friday hills session	Rest Day - ZERO training !! - FOCUS ON GOOD FOOD AND GOOD NUTRITION Optional easy swim	MBRC 5.30am - 10km LSD Run
WEEK 2 - 2nd to 8th March	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	MBRC 5.30am - Easy recovery run MBRC 6.30pm - Circuit Training	MBRC 5.30am - Tempo run Boxing Training - 6.45pm	MBRC 5.30am - 5km Time Trial MBRC 6.30pm - Circuit Training	MBRC 5.30am - Run and Yoga	MBRC 5.30am - Fast Friday hills session	Rest Day - ZERO training !! - FOCUS ON GOOD FOOD AND GOOD NUTRITION Optional easy swim	MBRC 5.30am - 12km LSD run
WEEK 3 - 9th to 15th March	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	MBRC 5.30am - Easy recovery run MBRC 6.30pm - Circuit Training	MBRC 5.30am - Tempo run Boxing Training - 6.45pm	MBRC 5.30am - Run and core work MBRC 6.30pm - Circuit Training	MBRC 5.30am - Run and Yoga	MBRC 5.30am - Fast Friday hills session	Rest Day - ZERO training !! - FOCUS ON GOOD FOOD AND GOOD NUTRITION Optional easy swim	MBRC 5.30am - 10km LSD run
WEEK 4 - 16th to 22nd March	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	MBRC 5.30am - Easy recovery run MBRC 6.30pm - Circuit Training	MBRC 5.30am - Tempo run Boxing Training - 6.45pm	MBRC 5.30am - Run and core work MBRC 6.30pm - Circuit Training	MBRC 5.30am - Run and Yoga	MBRC 5.30am - Fast Friday hills session	Rest Day - ZERO training !! - FOCUS ON GOOD FOOD AND GOOD NUTRITION Optional easy swim	MBRC 5.30am - 14km LSD run



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WEEK 5 - 23rd to 29th March	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	MBRC 5.30am - Easy recovery run MBRC 6.30pm - Circuit Training	MBRC 5.30am - Tempo run Boxing Training - 6.45pm	MBRC 5.30am - Run and core work MBRC 6.30pm - Circuit Training	MBRC 5.30am - Run and Yoga	MBRC 5.30am - Fast Friday hills session	Rest Day - ZERO training !! - FOCUS ON GOOD FOOD AND GOOD NUTRITION Optional easy swim	MBRC 5.30am - 16km LSD run
WEEK 6 - 30th March to 5th April	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	MBRC 5.30am - Easy recovery run MBRC 6.30pm - Circuit Training	MBRC 5.30am - Tempo run Boxing Training - 6.45pm	MBRC 5.30am - 5km Time Trial MBRC 6.30pm - Circuit Training	MBRC 5.30am - Run and Yoga	MBRC 5.30am - Fast Friday hills session	Rest Day - ZERO training !! - FOCUS ON GOOD FOOD AND GOOD NUTRITION Optional easy swim	MBRC 5.30am - 12km LSD run
WEEK 7 - 6th to 12th April	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	MBRC 5.30am - Easy recovery run MBRC 6.30pm - Circuit Training	MBRC 5.30am - Tempo run Boxing Training - 6.45pm	MBRC 5.30am - Run and core work MBRC 6.30pm - Circuit Training	MBRC 5.30am - Run and Yoga	MBRC 5.30am - Fast Friday hills session	Rest Day - ZERO training !! - FOCUS ON GOOD FOOD AND GOOD NUTRITION Optional easy swim	MBRC 5.30am - 18km LSD run
WEEK 8 - 13th to 19th April	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	MBRC 5.30am - Easy recovery run MBRC 6.30pm - Circuit Training	MBRC 5.30am - Tempo run Boxing Training - 6.45pm	MBRC 5.30am - Run and core work MBRC 6.30pm - Circuit Training	MBRC 5.30am - Run and Yoga	MBRC 5.30am - Fast Friday hills session	Rest Day - ZERO training !! - FOCUS ON GOOD FOOD AND GOOD NUTRITION Optional easy swim	MBRC 5.30am - 20km LSD run



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WEEK 9 - 20th to 26th April	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	MBRC 5.30am - Easy recovery run MBRC 6.30pm - Circuit Training	MBRC 5.30am - Tempo run Boxing Training - 6.45pm	MBRC 5.30am - Run and core work MBRC 6.30pm - Circuit Training	MBRC 5.30am - Run and Yoga	MBRC 5.30am - Fast Friday hills session	Rest Day - ZERO training !! - FOCUS ON GOOD FOOD AND GOOD NUTRITION Optional easy swim	MBRC 5.30am - 16km LSD run
WEEK 10 - 27th April to 3rd May	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	MBRC 5.30am - Easy recovery run MBRC 6.30pm - Circuit Training	MBRC 5.30am - Tempo run Boxing Training - 6.45pm	MBRC 5.30am - Run and core work MBRC 6.30pm - Circuit Training	MBRC 5.30am - Run and Yoga	MBRC 5.30am - Fast Friday hills session	Rest Day - ZERO training !! - FOCUS ON GOOD FOOD AND GOOD NUTRITION Optional easy swim	MBRC 5.30am - 12km LSD run
WEEK 11 - 4th to 10th May	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	MBRC 5.30am - Easy recovery run MBRC 6.30pm - Circuit Training	MBRC 5.30am - Tempo run Boxing Training - 6.45pm	MBRC 5.30am - 5km Time Trial (optional) MBRC 6.30pm - Circuit Training	MBRC 5.30am - Run and Yoga	MBRC 5.30am - Fast Friday hills session	Rest Day - ZERO training !! - FOCUS ON GOOD FOOD AND GOOD NUTRITION Optional easy swim	MBRC 5.30am - 10km LSD run
WEEK 12 - 11th to 17th May	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	MBRC 5.30am - Easy recovery run MBRC 6.30pm - Circuit Training	MBRC 5.30am - Tempo run Boxing Training - 6.45pm	MBRC 6.30pm - Circuit Training	Rest Day - ZERO training !! - FOCUS ON GOOD FOOD AND GOOD NUTRITION Optional easy swim	Rest Day - ZERO training !! - FOCUS ON GOOD FOOD AND GOOD NUTRITION Optional easy swim	5km run to prepare for race day tomorrow	RACE DAY GO Half Marathon runners !!



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NOTES

LSD Runs - Your Weekend Sunday runs must be run around 90 to 120 seconds per km slower than your 5km pace. If you're unsure what your 5km pace is then simply go at a slow comfortable pace during these runs, slower than your usual morning run pace. The emphasis for these long runs is on the **SLOW** part. I cannot emphasise enough, all Sunday runs should be LSD or Long Slow Distance runs where the focus is on completing the distance instead of running to a time. This will help build stamina and the slower pace will ensure you avoid any injuries. Take your time with these sessions and don't worry about your pace. The slower the better ! :-)

Recovery after your long runs - You will need to have an ice bath or alternatively jump in the ocean for 15 minutes after your long runs. This is **ESSENTIAL** for recovery and will prevent injury. Also please ensure you rehydrate and eat some carbohydrates (i.e. 2 bananas) after your long runs to assist with muscle repair. Eating watery fruit like watermelon or rock melon is also a great idea after your long runs as this will provide you with some extra electrolytes. Coconut water is great too for electrolyte replacement.

Eating and drinking on the long run - You will need to take some snacks and water with you on these long runs. If you do not hydrate you are risking injury so please please *please* take water and a few snacks with you ! The general rule is 200 calories an hour and 750 millilitres of water an hour. Hydration packs and Fuel Belts are available in the Manly Beach Running Club Online Store - <http://manlybeachrunningclub.com/store-2/#!/~/product/category=5526040&id=23278243>

Missing a run - Missing the odd run during this program is inevitable and is factored into the training plan with lots of time and opportunities to make up for missed training. Life often gets in the way of training and this is to be expected. If you miss a training run/ride don't panic, this program is designed to be used as a guide but it is not set in stone. Obviously the closer you stick to the plan the better prepared you will be but missing a couple of sessions will not jeopardise your performance on race day. Please feel free to contact me if we need to make any amendments or changes to the training plan and I will be happy to discuss this with you and factor in holidays and/or family/work commitments.



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Long Runs - Manly Beach Running Club will be running a long run every weekend and Coach Joe will be providing support and encouragement the whole way. Please join us for a run whenever possible so Coach Joe can track your progress and answer any questions you may have about your training.

Rest Days - A rest day means exactly that, no sport and no cross training of any kind. Complete rest please !! Rest will give your body the time to repair and adapt to the new stress you are placing on it and this component of the program should be treated as equally important to the training. Without rest, your body will not be able to strengthen the muscles or repair in time for the next training session. I would suggest that the rest day is after your long run day because this will give your body the time it needs to replenish glycogen stores in your muscles and repair. If you decide you want to swap your rest day around, please ensure you have at least one rest day before the next long run. Any questions please feel free to ask me.

Further info and questions - If you have any other questions or need any more info please contact Joe on 0433 819 514 or email manlybeachrunningclub@mail.com

People we recommend - North Curl Curl Physio for fixing injuries <http://www.northcurlcurlphysio.com>
Will and Stu at Pace Athletic Mosman - <http://www.footpointshoeclinic.com.au>
Mick at Northside Runners - <http://www.northsiderunners.com.au>
Manly Beach Running Club Store <http://manlybeachrunningclub.com/store-2/>
for running gear (i.e. hydration packs and energy gels) and nutrition plans

Manly Beach Running Club - www.manlybeachrunningclub.com

Joe - 0433 819 514 manlybeachrunningclub@mail.com