



The Sydney Morning Herald  
halfmarathon



[www.manlybeachrunningclub.com](http://www.manlybeachrunningclub.com)

## SMH Half Marathon Training Program

WEEK 1 - 4th to 10th January	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	MBRC 5.30am - Easy recovery run  MBRC 6.30pm - Circuit Training	MBRC 5.30am - Tempo run	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 - 10km LSD run
WEEK 2 - 11th to 17th January	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	MBRC 5.30am - Easy recovery run  MBRC 6.30pm - Circuit Training	MBRC 5.30am - Tempo run	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 3 - 18th to 24th January	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	MBRC 5.30am - Easy recovery run  MBRC 6.30pm - Circuit Training	MBRC 5.30am - Tempo run	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
WEEK 4 - 25th to 31st January	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	MBRC 5.30am - Easy recovery run  MBRC 6.30pm - Circuit Training	MBRC 5.30am - Tempo run	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



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WEEK 5 - 1st to 7th February	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	MBRC 5.30am - Easy recovery run  MBRC 6.30pm - Circuit Training	MBRC 5.30am - Tempo run	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 - 16km LSD run
WEEK 6 - 8th to 14th February	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	MBRC 5.30am - Easy recovery run  MBRC 6.30pm - Circuit Training	MBRC 5.30am - Tempo run	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 7 - 15th to 21st February	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	MBRC 5.30am - Easy recovery run  MBRC 6.30pm - Circuit Training	MBRC 5.30am - Tempo run	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
WEEK 8 - 22nd to 28th February	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	MBRC 5.30am - Easy recovery run  MBRC 6.30pm - Circuit Training	MBRC 5.30am - Tempo run	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



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WEEK 9 - 29th February to 6th March	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	MBRC 5.30am - Easy recovery run  MBRC 6.30pm - Circuit Training	MBRC 5.30am - Tempo run	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 - 18km LSD run
WEEK 10 - 7th to 13th March	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	MBRC 5.30am - Easy recovery run  MBRC 6.30pm - Circuit Training	MBRC 5.30am - Tempo run	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
WEEK 11 - 14th to 20th March	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	MBRC 5.30am - Easy recovery run  MBRC 6.30pm - Circuit Training	MBRC 5.30am - Tempo run	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 12 - 21st to 27th March	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	MBRC 5.30am - Easy recovery run  MBRC 6.30pm - Circuit Training	MBRC 5.30am - Tempo run	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 13 - 28th March to 3rd April	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<p>MBRC 5.30am - Easy recovery run</p> <p>MBRC 6.30pm - Circuit Training</p>	<p>MBRC 5.30am - Tempo run</p>	<p>MBRC 5.30am - 5km Time Trial (optional)</p> <p>MBRC 6.30pm - Circuit Training</p>	<p>MBRC 5.30am - Run and Yoga</p>	<p>MBRC 5.30am - Fast Friday hills session</p>	<p>Rest Day - ZERO training !! - FOCUS ON GOOD FOOD AND GOOD NUTRITION</p> <p>Optional easy swim</p>	<p>MBRC 5.30am - 12km LSD run</p>
WEEK 14 - 4th to 10th April	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<p>MBRC 5.30am - Easy recovery run</p> <p>MBRC 6.30pm - Circuit Training</p>	<p>MBRC 5.30am - Tempo run</p>	<p>MBRC 5.30am - Run and core work</p> <p>MBRC 6.30pm - Circuit Training</p>	<p>MBRC 5.30am - Run and Yoga</p>	<p>MBRC 5.30am - Fast Friday hills session</p>	<p>Rest Day - ZERO training !! - FOCUS ON GOOD FOOD AND GOOD NUTRITION</p> <p>Optional easy swim</p>	<p>MBRC 5.30am - 16km LSD run</p>
WEEK 15 - 11th to 17th April	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<p>MBRC 5.30am - Easy recovery run</p> <p>MBRC 6.30pm - Circuit Training</p>	<p>MBRC 5.30am - Tempo run</p>	<p>MBRC 5.30am - Run and core work</p> <p>MBRC 6.30pm - Circuit Training</p>	<p>MBRC 5.30am - Run and Yoga</p>	<p>MBRC 5.30am - Fast Friday hills session</p>	<p>Rest Day - ZERO training !! - FOCUS ON GOOD FOOD AND GOOD NUTRITION</p> <p>Optional easy swim</p>	<p>MBRC 5.30am - 18km LSD run</p>
WEEK 16 - 18th to 24th April	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<p>MBRC 5.30am - Easy recovery run</p> <p>MBRC 6.30pm - Circuit Training</p>	<p>MBRC 5.30am - Tempo run</p>	<p>MBRC 5.30am - Run and core work</p> <p>MBRC 6.30pm - Circuit Training</p>	<p>MBRC 5.30am - Run and Yoga</p>	<p>MBRC 5.30am - Fast Friday hills session</p>	<p>Rest Day - ZERO training !! - FOCUS ON GOOD FOOD AND GOOD NUTRITION</p> <p>Optional easy swim</p>	<p>MBRC 5.30am - 20km LSD run</p>



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WEEK 17 - 25th April to 1st May	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<p>MBRC 5.30am - Easy recovery run</p> <p>MBRC 6.30pm - Circuit Training</p>	<p>MBRC 5.30am - Tempo run</p>	<p>MBRC 5.30am - Run and core work</p> <p>MBRC 6.30pm - Circuit Training</p>	<p>MBRC 5.30am - Run and Yoga</p>	<p>MBRC 5.30am - Fast Friday hills session</p>	<p>Rest Day - ZERO training !! - FOCUS ON GOOD FOOD AND GOOD NUTRITION</p> <p>Optional easy swim</p>	<p>MBRC 5.30am - 14km LSD run</p>
WEEK 18 - 2nd to 8th May	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<p>MBRC 5.30am - Easy recovery run</p> <p>MBRC 6.30pm - Circuit Training</p>	<p>MBRC 5.30am - Tempo run</p>	<p>MBRC 5.30am - Run and core work</p> <p>MBRC 6.30pm - Circuit Training</p>	<p>MBRC 5.30am - Run and Yoga</p>	<p>MBRC 5.30am - Fast Friday hills session</p>	<p>Rest Day - ZERO training !! - FOCUS ON GOOD FOOD AND GOOD NUTRITION</p> <p>Optional easy swim</p>	<p>MBRC 5.30am - 12km LSD run</p>
WEEK 19 - 9th to 15th May	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<p>MBRC 5.30am - Easy recovery run</p>	<p>Rest Day - ZERO training !! - FOCUS ON GOOD FOOD AND GOOD NUTRITION</p> <p>Optional easy swim</p>	<p>Rest Day - ZERO training !! - FOCUS ON GOOD FOOD AND GOOD NUTRITION</p> <p>Optional easy swim</p>	<p>Rest Day - ZERO training !! - FOCUS ON GOOD FOOD AND GOOD NUTRITION</p> <p>Optional easy swim</p>	<p>Rest Day - ZERO training !! - FOCUS ON GOOD FOOD AND GOOD NUTRITION</p> <p>Optional easy swim</p>	<p>Easy 5km run</p>	<p>RACE DAY !!</p> <p>GO SMH Halfies !</p>



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## NOTES



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**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](mailto:manlybeachrunningclub@mail.com)

**People we recommend** - Will, Stu at Pace Athletic Mosman and Olly at Manly - [www.paceathletic.com](http://www.paceathletic.com)  
North Curl Curl Physio for fixing injuries <http://www.northcurlcurlphysio.com>  
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](http://www.manlybeachrunningclub.com)

Joe - 0433 819 514 [manlybeachrunningclub@mail.com](mailto:manlybeachrunningclub@mail.com)