

Example Training Program for the Half Marathon

Introduction

As an athlete and coach Brian has, over the years, designed a number of training programs to develop the athletic abilities of his athletes. As many coaches will tell you, and quite rightly so, a training program has to be developed to meet the needs of the athlete, which will require you to take into consideration many factors: e.g. gender, age, strengths, weaknesses, objectives, training facilities etc.

Training Plan

The training plan consists of a number of phases where each phase comprises of a four-week programme. The workload in the first three weeks of the four-week programme increase each week (easy, medium, and hard) and the fourth week comprises of active recovery and tests to monitor training progress. The aim of the four-week cycles is to:

- Build you up to a level of fitness (3 weeks)
- Test, recovery and adjustment of the training programme (1 week)
- Build you up to higher level of fitness (3 weeks)
- Test, recovery and adjustment of the training programme (1 week) and so on

Remember a training programme is athlete specific and the results of the tests in the fourth week can be used to adjust the training in the next four-week cycle to address any limitations.

The following is an example of how the phases could be distributed to make up a training plan.

- The plan is based on the Half Marathon being in April/May
- Content of each phase is detailed in the following pages
- Phase 1 - Develop general strength and endurance (build up to 20miles running/week)
- Phase 2 - Develop specific endurance and strength
- Phase 3 - Taper to the race

	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul
Phase 1a												
Phase 1b												
Phase 1c												
Phase 2a												
Phase 2b												
Phase 2c												
Phase 2d												
Phase 2e												
Phase 3												

Example Training Program for the Half Marathon

Training Sessions

The following pages provide an example of the sort of training that could be conducted in each phase. Further information on the topics referenced on these pages e.g. weight training, circuit training, evaluation tests, warm up, warm down etc and the preparation of athlete specific training programs can be found on the Sports Coach web site at <http://www.brianmac.demon.co.uk>

Training Pace

The training program identifies 3 running paces: Half M+5%, Half M and Half M-5%. To determine the required speed for you to run at for each pace you must first set a target time (Half M) for your major half marathon race.

Example: Target Half marathon time = 78 minutes (Half Marathon is 13.2 miles or 21.2 km)

Half M pace =	$78/13.2$	5 min 55 sec/mile	3 min 41 sec/km
Half M+5% pace =	$78*1.05 = 81.9/13.2$	6 min 12 sec/mile	3 min 52 sec/km
Half M-5% pace =	$78*0.95 = 74.3/13.2$	5 min 37 sec/mile	3 min 30 sec/km

Example Training Program for the Half Marathon

Training Plan	Phase: 1a	Event: Half Marathon	Name:	Age:	Coach:
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Training			Week 1							Week 2							Week 3							Week 4						
Develop	Activity	Intensity	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
Strength general	Weight or Circuit Training		■		■		■			■		■		■			■		■		■			■		■		■		
Endurance General	3 miles	Half M+5%		■		■																								
	4 miles	Half M+5%						■			■		■								■									
	5 miles	Half M+5%														■		■					■							
	40 min Fartlek																													■
Evaluation Test	Cooper 12 min run test	100%																												
Recovery	Rest							■								■							■					■		■

Notes:

Each session to commence with an appropriate Warm up e.g. 800m jog, dynamic stretching exercises and core strength
 Each session to end with an appropriate Warm down e.g. 800m jog, static stretching exercise and a session debrief with the coach

Any application of this training program is at the athlete's own discretion and risk.

Example Training Program for the Half Marathon

Training Plan	Phase: 1b	Event: Half Marathon	Name:	Age:	Coach:
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Training			Week 1							Week 2							Week 3							Week 4						
Develop	Activity	Intensity	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
Strength general	Weight or Circuit Training		■				■			■				■			■				■			■				■		
Endurance General	3 miles	Half M+5%						■							■							■							■	
	4 miles	Half M+5%		■		■		■			■		■		■			■		■		■								
	5 miles	Half M+5%														■					■		■							
	40 min Fartlek																													■
Evaluation Test	Cooper 12 min run test	100%																												■
Recovery																												■		■

Notes:

Each session to commence with an appropriate Warm up e.g. 800m jog, dynamic stretching exercises and core strength
 Each session to end with an appropriate Warm down e.g. 800m jog, static stretching exercise and a session debrief with the coach

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Example Training Program for the Half Marathon

Training Plan	Phase: 1c	Event: Half Marathon	Name:	Age:	Coach:
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Training			Week 1							Week 2							Week 3							Week 4						
Develop	Activity	Intensity	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
Strength general	Weight or Circuit Training		■							■							■							■						
Endurance General	4 miles	Half M+5%																												
	5 miles	Half M+5%																												
	6 miles	Half M+5%																												
	40 min Fartlek																													■
Evaluation Test	Cooper 12 min run test	100%																												
Recovery																														

Notes:

Each session to commence with an appropriate Warm up e.g. 800m jog, dynamic stretching exercises and core strength
 Each session to end with an appropriate Warm down e.g. 800m jog, static stretching exercise and a session debrief with the coach

Any application of this training program is at the athlete's own discretion and risk.

Example Training Program for the Half Marathon

Training Plan	Phase: 2a	Event: Half Marathon	Name:	Age:	Coach:
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Training			Week 1							Week 2							Week 3							Week 4						
Develop	Activity	Intensity	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
Strength general	Weight or Circuit Training		■			■				■			■				■			■				■			■			
Endurance	5 miles	Half M+5%						■																						
	3.5 miles	Half M		■			■																							
	2 * 2 miles (recovery 5min)	Half M-5%			■																									
	5.5 miles	Half M+5%														■														
	3.75 miles	Half M									■			■																
	2 * 2 miles (recovery 5min)	Half M-5%										■																		
	6 miles	Half M+5%																					■							
	4 miles	Half M																■			■									
	2 * 2 miles (recovery 5min)	Half M-5%											■						■											
	35 to 40 min Fartlek (inc hills)							■							■						■						■		■	
Evaluation Test	Cooper 12 min run test	100%																												
Recovery	Rest																									■			■	

Notes:

Each session to commence with an appropriate Warm up e.g. 800m jog, dynamic stretching exercises and core strength
 Each session to end with an appropriate Warm down e.g. 800m jog, static stretching exercise and a session debrief with the coach

Any application of this training program is at the athlete's own discretion and risk.

Example Training Program for the Half Marathon

Training Plan	Phase: 2b	Event: Half Marathon	Name:	Age:	Coach:
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Training			Week 1							Week 2							Week 3							Week 4						
Develop	Activity	Intensity	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
Strength general	Weight or Circuit Training		■			■				■			■				■			■				■			■			
Endurance	6.5 miles	Half M+5%							■																					
	4.25 miles	Half M		■			■																							
	2 * 3 miles (recovery 5min)	Half M-5%			■	■																								
	7 miles	Half M+5%														■														
	4.75 miles	Half M								■				■																
	2 * 3 miles (recovery 5min)	Half M-5%									■			■																
	7.5 miles	Half M+5%																					■							
	5 miles	Half M															■				■									
	2 * 3 miles (recovery 5min)	Half M-5%																■			■									
	35 to 40 min Fartlek (inc hills)							■							■							■				■		■		
Evaluation Test	Cooper 12 min run test	100%																						■						
Recovery	Rest																								■			■		

Notes:

Each session to commence with an appropriate Warm up e.g. 800m jog, dynamic stretching exercises and core strength
 Each session to end with an appropriate Warm down e.g. 800m jog, static stretching exercise and a session debrief with the coach

Any application of this training program is at the athlete's own discretion and risk.

Example Training Program for the Half Marathon

Training Plan	Phase: 2c	Event: Half Marathon	Name:	Age:	Coach:
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Training			Week 1							Week 2							Week 3							Week 4						
Develop	Activity	Intensity	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
Strength general	Weight or Circuit Training		■			■				■			■				■			■				■			■			
Endurance	8.25 miles	Half M+5%						■																						
	5.5 miles	Half M		■			■																							
	2 * 3.5 miles (recovery 5min)	Half M-5%			■																									
	9 miles	Half M+5%														■														
	6 miles	Half M									■			■																
	2 * 3.5 miles (recovery 5min)	Half M-5%										■																		
	9.75 miles	Half M+5%																					■							
	6.5 miles	Half M																■			■									
	2 * 3.5 miles (recovery 5min)	Half M-5%																	■											
	35 to 40 min Fartlek (inc hills)							■							■							■								
Evaluation Test	5k race or time trial	100%																												■
Recovery	Rest																								■	■	■			■

Notes:

Each session to commence with an appropriate Warm up e.g. 800m jog, dynamic stretching exercises and core strength
 Each session to end with an appropriate Warm down e.g. 800m jog, static stretching exercise and a session debrief with the coach

Any application of this training program is at the athlete's own discretion and risk.

Example Training Program for the Half Marathon

Training Plan	Phase: 3	Event: Half Marathon	Name:	Age:	Coach:
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Training			Week 1							Week 2							Week 3							Week 4						
Develop	Activity	Intensity	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
Strength general	Weight or Circuit Training		■			■				■			■																	
Endurance	15 miles	Half M+5%							■																					
	10 miles	Half M		■			■																							
	2 * 5 miles (recovery 5min)	Half M-5%			■																									
	15.5 miles	Half M+5%														■														
	10.5 miles	Half M								■				■																
	2 * 5 miles (recovery 5min)	Half M-5%									■																			
	3 miles	Half M+5%																					■							
	2 miles	Half M															■		■					■		■				
	2 * 2 mile (recovery 5min)	Half M-5%																■							■					
	35 to 40 min Fartlek (inc hills)							■							■															
The Race	Half Marathon	100%																												■
Recovery	Rest																■				■			■				■		■

Notes:

Each session to commence with an appropriate Warm up e.g. 800m jog, dynamic stretching exercises and core strength
 Each session to end with an appropriate Warm down e.g. 800m jog, static stretching exercise and a session debrief with the coach

Any application of this training program is at the athlete's own discretion and risk.