

10K *to* HALF MARATHON

3 - MONTH GENERIC TRAINING PLAN

Just like a baby needing nine months in the womb before greeting the world, so a new runner should ideally spend at least nine months building up to running their first marathon, six months to their first half and three months to 10k.

This 2017 Lion Foundation Rotorua Marathon plan is designed for the runner who is currently able to run 10k on a weekly basis. If you're not yet up to 10k, please see our Couch to 10k plan and if you're targeting the marathon see our Half to Full Marathon plan.

This plan assumes you'll be running 3 or 4 days per week. If you would like to run more than this, add a fifth easy-paced and easy-to-moderate length run to Sunday. A sixth run could be added on Tuesdays, but keep it easy and keep in mind that for most people five runs per week is plenty.

Finally, be sure to listen to your body for any signs of niggles or fatigue and take rest days or easier/shorter days to allow your body and mind to get back to normal.

DEFINITIONS

Easy: Run at a pace at which you could hold a conversation the whole way. So you may need to alternate walking and running to keep your heart rate down.

Strides: Short, controlled bursts of faster running (NOT sprinting) designed to develop good technique. Do these towards the end of a run and follow each with a very easy 90 second jog.

Fartlek: A Swedish word meaning "speed play". Warm up with 10-20min jogging, then run intermittent bursts at a comfortably hard pace (one gear above easy pace) for a given period of time (jogging in-between efforts).

Intervals: Just like a fartlek run, you'll start the faster running only after 10-20min of jogging to warm up. Intervals in this plan are performed at your estimated 10k race pace and followed by a short period of jogging to recover.

Tempo Run: An extended period of faster running designed to develop speed endurance and to increase your lactate threshold. Always warm up with 10-20mins of light jogging beforehand.

Hills: When running easy over hilly terrain aim to keep your heart rate to where it is when running on the flat. When performing hill reps run harder uphill, but jog very lightly back down for recovery.

Rest: Take the day off from vigorous, load-bearing exercise. This is a good day for a gentle walk, yoga or pilates.

X-train: Some form of non-running exercise that will help develop cardio fitness, strength and/or agility. E.g. swimming, weights, walking, cycling, team sports, aerobics etc.

ABOUT

Hayden Shearman is the head coach of TempoFit—NZ's largest provider of group running training for runners of all abilities. Slow or speedy, experienced or newbie, in-person or online—all runners find a home at TempoFit.

See tempofit.org for info on how you can take your running to the next level.



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For a fully personalised training plan please visit tempofit.org/online

TEMPOFIT

FEB >> GOAL: BUILD THE FOUNDATION

Before starting to run super long, we're going to spend a little time getting stronger and faster. This will help prevent injuries and make your future long runs more manageable. Find a 5k race (you may need to shuffle around the schedule to suit) and see how fast you can go.

WEEK STARTING	MON	TUE	WED	THU	FRI	SAT	SUN
30 JAN	5k easy	Rest	5k easy w/ 3x10sec strides	6k easy (or rest/x-train)	Rest	11k easy	X-train or rest
6 FEB	6k easy	Rest	6k easy w/ 4x15sec strides	7k easy (or rest/x-train)	Rest	12k easy (include some hills)	X-train or rest
13 FEB	7k fartlek w/ 4x2min; 2min recovery jogs)	Rest	6k easy w/ 4x20sec strides	7k easy (or rest/x-train)	Rest	13k easy	X-train or rest
20 FEB	6k fartlek (4x2min; 1min recovery jogs)	Rest	X-train or rest	5k easy w/ 3x30sec strides	Rest	RACE: 5k (+ 2k warm up & warm down)	Light x-train or rest
27 FEB	8k easy	SEE MAR	SEE MAR	SEE MAR	SEE MAR	SEE MAR	SEE MAR

MAR >> GOAL: BUILD THE HOUSE

We'll continue building the long run length this month and also include some tempo runs. Use the calculator at tempofit.org/running-resources/calculator to project your race times and lactate threshold (L pace). The L pace is designed to teach your body to flush out fatigue while running at a hard, but comfortable, pace (it's also a great test of mental strength!).

WEEK STARTING	MON	TUE	WED	THU	FRI	SAT	SUN
27 FEB	SEE FEB	Rest	6k easy w/ 5x10sec strides	8k easy (or rest/x-train)	Rest	14k easy	X-train or rest
6 MAR	8k w/ middle 3k at L pace	Rest	7k easy w/ 5x15sec strides	9k easy (or rest/x-train)	Rest	15k easy (include some hills)	X-train or rest
13 MAR	9k w/ middle 5k at L pace	Rest	8k easy w/5x- 20sec strides	10k easy (or rest/x-train)	Rest	16k easy	X-train or rest
20 MAR	8k interval run: 4x1k at 10k race pace; 2min jogs)	Rest	8k easy w/4x- 10sec uphill strides	10k easy (or rest/x-train)	Rest	10k easy (include some hills)	X-train or rest
27 MAR	8k interval run: 3x1k at 5k race pace; 2min jogs)	Rest	X-train or rest	6k easy w/ 4x30sec strides	SEE APR	SEE APR	SEE APR

APR >> GOAL: GO LONG

The long run will inch up towards the 20k mark, getting you within striking distance of the half marathon but saving that final 3k for race day. Also, you'll find that your fridge gets an extra workout this month with all the calories you'll be burning; replace them with plenty of fresh, colourful fruits and vegetables. And if you have a foam roller at home, use it!

WEEK STARTING	MON	TUE	WED	THU	FRI	SAT	SUN
27 MAR	SEE MAR	SEE MAR	SEE MAR	SEE MAR	Rest	RACE: 5k (+ 2k warm up & warm down)	X-train or rest
3 APR	8k easy	Rest	10k w/ middle 6k at L pace	9k easy (or rest/x-train)	Rest	16k easy (include some hills)	X-train or rest
10 APR	8k easy w/4x-15secs uphill strides	Rest	12k w/ 2x4k at L pace (2k recoveries)	8k easy (or rest/x-train)	Rest	17k easy	X-train or rest
17 APR	9k easy w/3x-20secs uphill & 3x20secs flat strides	Rest	12k w/ 3x2k @ 10k race pace (2k recoveries)	10k easy (or rest/x-train)	Rest	18k easy	X-train or rest
24 APR	8k easy w/1k @ 5k race pace + 4x30sec strides	Rest	X-train &/or 6k easy	RACE or TT: 5k (+ 2k warm up & warm down)	Rest	10k easy w/ middle 5k @ half marathon pace	X-train or rest

MAY >> GOAL: TAPER & ROTORUA HALF MARATHON!

All your training is like money in the bank now. So, to make sure you can withdraw these training funds when you need them, all you have to do in the final week is a couple of feel-good runs, some race pace practice (to familiarise your body and mind with the pace), and get plenty of rest freshening up for race day. Enjoy!

WEEK STARTING	MON	TUE	WED	THU	FRI	SAT	SUN
1 MAY	8k easy w/ middle 4k @ half marathon pace	Rest	Rest or 6k easy	6k easy w/4x20sec strides	Rest	RACE: LION FOUNDATION ROTORUA HALF MARATHON - 21.1k	Head to the hot pools and relax!

Well done! You've done it!

Remember, that the finish line of one event is the start line of another. So have a sit down, dream and scheme and chart out your next goal and how you're going to get there. It might be to run faster next time or to go longer or to run some trails or something short and fast. With running the world is your oyster!!