

# HALF *to* FULL 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 Tauranga International Marathon plan is designed for the runner who is currently able to run a half marathon on a weekly basis. If you're not yet up to 21k yet, please see our 10k to Half Marathon plan and if you're targeting the 10k see our Couch to 10k 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](http://tempofit.org) for info on how you can take your running to the next level.*



© Hayden Shearman, 2017.

**TEMPOFIT.ORG**

For a fully personalised training plan please visit [tempofit.org/plans](http://tempofit.org/plans)

**TEMPOFIT**

# JUL >> 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
3 JUL	7k easy	Rest	10k easy	7k easy w/ 3x10sec strides (or rest/x-train)	Rest	22k easy	X-train or rest
10 JUL	8k easy	Rest	12k easy	7k easy w/ 4x15sec strides (or rest/x-train)	Rest	24k easy (include some hills)	X-train or rest
17 JUL	8k fartlek w/ 4x2min; 2min recovery jogs)	Rest	13k easy	8k easy w/ 4x20sec strides (or rest/x-train)	Rest	26k easy	X-train or rest
24 JUL	8k fartlek (4x2min; 1min recovery jogs)	Rest	X-train or rest	10k easy w/ 3x30sec strides	Rest	<b>RACE: 5k (+ 3k warm up &amp; warm down)</b>	Light x-train or rest
31 JUL	10k easy	SEE AUG	SEE AUG	SEE AUG	SEE AUG	SEE AUG	SEE AUG

# AUG >> 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](http://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
31 JUL	SEE JUL	Rest	14k easy	8k easy w/ 5x10sec strides (or rest/x-train)	Rest	28k easy	X-train or rest
7 AUG	10k w/ middle 3k at L pace	Rest	12k easy	7k easy w/ 5x15sec strides (or rest/x-train)	Rest	14k easy (include some hills + 2x 3k @ marathon pace)	X-train or rest
14 AUG	10k w/ middle 5k at L pace	Rest	15k easy	8k easy w/5x20sec strides (or rest/x-train)	Rest	30k easy	X-train or rest
21 AUG	12k interval run: 4x1k at 10k race pace; 2min jogs)	Rest	16k easy	8k easy w/4x10sec uphill strides (or rest/x-train)	Rest	32k easy (include some hills)	X-train or rest
28 AUG	10k interval run: 3x1k at 5k race pace; 2min jogs)	Rest	X-train or rest	10k easy w/ 4x30sec strides	SEE SEP	SEE SEP	SEE SEP

# SEP >> GOAL: GO LONG

The long run will inch up towards the 35k mark (or 3.5 hours—whatever is less), getting you within striking distance of the full marathon but saving those final few kilometres 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
28 AUG	SEE AUG	SEE AUG	SEE AUG	SEE AUG	Rest	<b>RACE: 5k</b> (+ 2k warm up & warm down)	X-train or rest
4 SEP	8k easy	Rest	16k easy	10k w/ middle 6k at L pace (or rest/x-train)	Rest	33k easy (include some hills)	X-train or rest
11 SEP	8k easy w/4x-15secs uphill strides	Rest	8k easy	12k w/ 2x4k at L pace (2k recoveries) (or rest/x-train)	Rest	35k easy (or 3.5 hours max)	X-train or rest
18 SEP	9k easy w/3x-20secs uphill & 3x20secs flat strides	Rest	10k easy	12k w/ 3x2k @ 10k race pace (2k recoveries)(or rest/x-train)	Rest	26k easy w/2x4k at marathon pace	X-train or rest
25 SEP	8k easy w/1k @ 5k race pace + 4x30sec strides	Rest	X-train &/or 6k easy	<b>RACE or TT: 5k</b> (+ 2k warm up & warm down)	Rest	13k easy w/ middle 4k @ marathon pace	X-train or rest

# OCT >> GOAL: TAPER & TAURANGA FULL 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
2 OCT	8k easy w/ middle 4k @ marathon pace	Rest	Rest or 6k easy	6k easy w/4x20sec strides	Rest	<b>RACE: TAURANGA INT'L MARATHON</b> 42.2k	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!!