

DCR - 12 & 16 week Half Marathon Training Program - Great Ocean Road Marathon 2020

This plan is a general half marathon plan. If this is your first half marathon or you are aiming for a PB, you may want to tweak the plan to suit your needs. If you need assistance, please chat to one of the DCR coaches.

Week	Week Commencing	Skills - Speed/Endurance/Hills*	Tempo/Pace/Hills**	Strength Training	Recovery Run***	Long Run#	Notes/Events
1	27-Jan-20	400s increasing pace	5kms	1-2 times per week	5kms	8kms	
2	03-Feb-20	Gear shifter	5kms (or Hills)	1-2 times per week	5kms	9kms	
3	10-Feb-20	Whistle fartlek	6kms	1-2 times per week	5kms	10kms	
4	17-Feb-20	Double up	6kms (or Hills)	1-2 times per week	5kms	12kms	
5	24-Feb-20	Hill repeats	3kms	1-2 times per week	8kms	8kms	Relay for Life Diamond Valley Sat 29 February. 12-week starts here.
6	02-Mar-20	Check timetable	5kms (or Hills)	1-2 times per week	8kms	13kms	
7	09-Mar-20	Check timetable	6kms	1-2 times per week	8kms	15kms	
8	16-Mar-20	Check timetable	7kms (or Hills)	1-2 times per week	8kms	17kms	
9	23-Mar-20	Check timetable	3kms	1-2 times per week	8kms	9kms	Run for the Kids Sun 29 March
10	30-Mar-20	Check timetable	5kms (or Hills)	1-2 times per week	8kms	17kms	
11	06-Apr-20	Check timetable	6kms	1-2 times per week	8kms	18kms	
12	13-Apr-20	Check timetable	7kms (or Hills)	1-2 times per week	8kms	20kms	Rollercoaster Run 18 April
13	20-Apr-20	Check timetable	6kms	1-2 times per week	8kms	21kms	Maroondah Dam trail run - Sunday 26 April. TAPER begins.
14	27-Apr-20	Check timetable	6kms (or Hills)	1-2 times per week	8kms	15kms	Great Train Race 3 May.
15	04-May-20	Check timetable	5kms	1-2 times per week	5kms	11kms	Mother's Day Classic - Sunday 10 May
16	11-May-20	Check timetable	Easy run (5-8kms)	1-2 times per week	5kms	RACE DAY - 23kms	
17	18-May-20	Rest	Rest	Rest	Walk 2-5 kms	Jog 5kms	Rest week is important!

Legend	
* Skills	These are linked to the DCR Tuesday Skills Session. They are subject to change so check the DCR website for current info.
** Tempo Run	1km warm up, 1km cool down and the remainder of the distance at 10km race pace, ie 20-30 seconds slower than 5km race pace. Effort
*** Recovery Run	An easy 'conversational' pace run to allow your body to actively recover
# Long Run	Run between 45 - 60 seconds slower than anticipated race pace. You should be able to hold a conversation comfortably. Key is time on feet not speed! Try and mimic race day terrain by seeking long, rolling hills as part of your long run.

Skills Session Info	
Fartlek	Speed play at intervals over the specified distance. We will offer Mona Fartlek, Deek's Quarter's and Whistle Fartlek as part of our skills sessions.
Pyramid	Run at hard pace for 1 minute then recovery (walk or easy run for 1 minute), Run at hard pace for 2 minutes (then 2min recovery), Then 3min hard (2min recovery), 4 minutes hard (2min recovery). Then reduce to 3min, 2min and finally 1min.
Hills	Run up a hill of medium gradient (not too steep) for approx 30sec. Jog down. 4-8 repetitions.
Indian File	20min run with short surges every 100m or so. As a group, run in single file and surge when you get to the back of the line so you end up at the front.
Reducing Recoveries	2min30sec repetitions at recent 5k Parkrun pace minus 12secs. Recovery (walk/jog) starts at 100sec, then gradually gets shorter by 15seconds, until it's finally only 20seconds! Approx 7 reps.
Relay	400m reps at faster than 5km Parkrun pace, approx 5 repetitions with around 4min non-active recovery.
Gear Shifter	6 repeats of 2min jog, 1min fast running, 30sec fastest running (cannot talk)
Double Trouble	2x5min, 2x4min, 2x3min runs at 5k/pace, 90sec jog/walk recovies
Reducing Recoveries Pyramid	Two sets of: 30sec fast runs with recovery reducing in 15sec increments from 2min - 15sec jog/walk. 5-10min break b/w sets

Notes	
•	16 week program recommended for those who are able to run 10kms and want to build to their first half marathon
•	12 week program better suited to those who have a comfortable 10km base and have ideally run 15kms + previously
•	These plans are to be treated as weekly not daily. There is no set day each week that we recommend doing these sessions. Training for a half marathon needs to be flexible to accommodate weather conditions (below zero anyone?), how you are feeling and the day-to-day demands of life!
•	As part of this plan we recommend a day of complete REST (ideally after your long run day) and non-impact cross/strength training in the days you are not running. Pilates, Yoga or weights sessions are ideal.
•	A key point to remember when training for a half marathon is that you are predominantly training for distance (not speed). This is why long slow runs are the
•	To find your 10km race pace - look at the time you completed your last 10km race (or PB 10km) and what pace you did to achieve this. Eg; a 60 minute (1 hour)

This is a hilly event - incorporate hills into your Plan at least once per week. Ensure your long runs are also hilly.

Strength Training Ideas	
Strength training is an important part of running and of a half-marathon plan. Below are some suggestions for strength exercises.	
Visit Runners World for videos on how to perform these exercises correctly and suggested reps.	
www.runnersworld.com/strength-training/10-essential-strength-exercises-for-runners	
<ul style="list-style-type: none"> - Planks - Lower-Body Russian Twist - Scorpion - Back Extensions - Kettlebell Squats With Overhead Press - Overhead Lunge - Stability Ball Jackknife - Stability Ball Hip Extension - Rotational Shoulder Press - Alternating Dumbell Row 	



The DCR Coaching Team are always happy to help. If you have any questions about training for a half marathon, please email dcrcoaching@gmail.com