

DCR - Run Melbourne - 12 week 10km training program. For Beginners				
Week	Skills Session	Tempo Run*	Absoption Run**	Long Run#
	DCR - Tuesday session		DCR - Thursday session	DCR Sunday Session (see Team App for locations)
6-May	Hill Repetitions	3km	3km	5km
13-May	Gear Shifter	3km	3km	5km
20-May	Reducing Recoveries	4km	4km	5.5kms
27-May	Indian File	4km	4km	5.5kms
3-Jun		3km	3km	6km
10-Jun	<i>Check DCR website or Team App</i>	4km	4km	6km
17-Jun	<i>for winter sessions closer to the date.</i>	5km	5km	5km
24-Jun		6km	6km	7km
1-Jul	<i>See below for descriptions of some</i>	5km	5km	7.5km
8-Jul	<i>popular DCR sessions you can do yourself</i>	6km	6km	8.5km
15-Jul	<i>if you can't make Tuesday nights.</i>	5km	5km	5km
22-Jul		Easy run (3.5kms)	-	RACE DAY - 10kms

Recovery week! *stretch! Consider light walk Wednesday and gradually get back to a jog by the weekend.*

Legend

*** Tempo Run** 1km warm up, 1km cool down and the remainder of the distance at 10km race pace (max 20minutes), ie 20-30 seconds slower than 5km race pace. Effort should be 'comfortably hard'.

**** Absoption Run** An easy 'conversational' pace run to allow your body to actively recover

Long Run Run between 45 - 60 seconds slower than 5km pace. You should be able to hold a conversation comfortably. Key is time on feet not speed!

SKILL SESSIONS

400m Repeats 45-60 seconds faster than 10km race pace. Should be demanding/hard effort but does not involve running to maximum speed (flat out). 200-400m recovery (walk/easy jog) between each effort. Approx 4-6 reps.

Fartlek Speed play at intervals over the specified distance. We will offer Mona Fartlek and Whistle Fartlek as part of our skills sessions

Hills Run up a hill of medium gradient (not too steep) for approx 30sec. Jog down. 4-8 repetitions.

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.

Indian File 20minute 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.

200m Repeats 30sec faster than 5km race pace. Should be demanding/hard effort but does not involve running to maximum speed (flat out). 150-200m recovery (walk/easy jog) between each effort. Approx 6-8 reps.

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.

Gear Shifter 2min easy, 1min harder, 30sec hardest (repeat all 6x). Easy = conversation pace. Hard = can talk 1-2 words. Hardest = cannot talk.

Snowball Start at a set pace (6:30km per minute as an example) and aim to run the first km at that pace, then drop to quicker pace (6:20km per minute). Continue to drop your pace by 10seconds. A great way to practice maintaining a pace and finishing quicker than when you started (negative splits).

Notes

12 week program suited to those who have a 5km base

You may wish to only run 3x per week. If this is the case, remove either Skills, Tempo or Aborption runs, NOT the long run!

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 an event 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

To find your 5km race pace - look at the time you completed your last 5km race (or PB 5km) and what pace you did to achieve this. Eg; a 35 minutes 5km run is a 7.00min per km pace

Following race completion, you will be very excited but remember to hydrate and stretch! Try and eat what you crave - it will normally be a carbohydrate and protein mix. Continue hydrating and rest until midweek.

DCR - Run Melbourne - 14 week Half Marathon training program (including Recovery) - for Beginners				
Week starting	Skills Session	Tempo Run*	Absorption Run**	Long Run#
	DCR - Tuesday session		DCR - Thursday session	DCR Sunday Session (see Team App for locations)
6-May	Double Trouble	3kms	8kms	8kms
13-May	Relays	5kms	8kms	13kms
20-May	Mona Fartlek	6kms	8kms	15kms
27-May	400s Increasing Pace	7kms	8kms	8kms
3-Jun		3kms	8kms	16kms
10-Jun	<i>Check DCR website or Team App</i>	5kms	8kms	15kms
17-Jun	<i>for winter sessions closer to the date.</i>	6kms	8kms	10kms
24-Jun		7kms	8kms	18kms
1-Jul	<i>See below for descriptions of some</i>	5kms	8kms	19kms
8-Jul	<i>popular DCR sessions you can do yourself</i>	6kms	5kms	15kms
15-Jul	<i>if you can't make Tuesday nights.</i>	5kms	5kms	11kms
22-Jul		Easy run (5-8kms)	-	RACE DAY (28/7) - 21.1kms
29-Jul	<i>Rest, stretch and hydrate until at least Friday post race - consider a massage on Wednesday/Thursday. Go for a light walk Friday and maybe a light jog at weekend.</i>			
5-Aug	<i>Gradually increase amount of running but be gentle - you have damaged small muscles and tendons during your run and they need to heal. Hydrate and stretch. Avoid strenuous running this week - do not do Skills session but go for a conversational run to tell your friends about it. By the end of the week, you should be able to run 5km without discomfort.</i>			

Legend

* Tempo Run

The middle portion of this run (max 20mins) should be at 10km race pace, ie 20-30 seconds slower than 5km race pace. Effort should be 'comfortably hard'.

** Absorption Run

An easy 'conversational' pace run to allow your body to actively recover

Long Run

Run between 45 - 60 seconds slower than 5km pace. You should be able to hold a conversation comfortably. Key is time on feet not speed!

SKILL SESSIONS

400m Repeats

45-60 seconds faster than 10km race pace. Should be demanding/hard effort but does not involve running to maximum speed (flat out). 200-400m recovery (walk/easy jog) between each effort. Approx 4-6 reps.

Fartlek

Speed play at intervals over the specified distance. We will offer Mona Fartlek and Whistle Fartlek as part of our skills sessions

Hills

Run up a hill of medium gradient (not too steep) for approx 30sec. Jog down. 4-8 repetitions.

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.

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.

200m Repeats

30sec faster than 5km race pace. Should be demanding/hard effort but does not involve running to maximum speed (flat out). 150-200m recovery (walk/easy jog) between each effort. Approx 10 reps.

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.

Gear Shifter
Snowball

2min easy, 1min harder, 30sec hardest (repeat all 6x). Easy = conversation pace. Hard = can talk 1-2 words. Hardest = cannot talk.
Start at a set pace (6:30km per minute as an example) and aim to run the first km at that pace, then drop to quicker pace (6:20km per minute). Continue to drop your pace by 10seconds. A great way to practice maintaining a pace and finishing quicker than when you started (negative splits).

Notes

14 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 pillar of any half marathon plan.

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) 10km run is a 6.00min per km pace

Following your race, you will no doubt be very excited and it would be easy not to think about how to recover properly - think nutrition, hydration, rest and stretching. Continue hydrating as you may still be dehydrated after your run - aim to pass urine that is either clear or pale yellow in colour. Aim to eat a mix of carbohydrate and protein within an hour of completion if you can - sometimes you crave something because this is what your body needs. Stretching is good especially if driving home (stretch before you get in car) or if waiting for a train. And again at home and use a foam roller if you have one.

Rest, stretch and hydrate until at least Friday post race - consider a massage on Wednesday/Thursday. Go for a light walk Friday and maybe a light jog at weekend.

Gradually increase amount of running but be gentle - you have damaged small muscles and tendons during your run and they need to heal. Hydrate and stretch. Avoid strenuous running this week - do not do Skills session but go for a conversational run to tell your friends about it. By the end of the week, you should be able to run 5km without discomfort.