

HALF MARATHON TRAINING PACK

RACE DAY - SUNDAY 3RD SEPTEMBER 2023



BECOME.

THE CHARITY FOR CHILDREN IN CARE
AND YOUNG CARE LEAVERS

AJR
PERSONAL TRAINER

The
bigHalf

Use this pack to help you work through and train for your
Half Marathon.

If you have any questions, please contact AJR Personal Trainer.

SUGGESTED START DATE FOR TRAINING

MONDAY 12TH JUNE 2023

THIS PACK INCLUDES:

3 RUNS PER WEEK

(2 SHORT WEEKDAY & 1 LONG WEEKEND)

1 CONDITIONING SESSION PER WEEK

(APPROXIMATELY 15 MINUTES)

STRETCH AFTER EVERY RUN

(APPROXIMATELY 5-8 MINUTES)

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	Midweek 1	Midweek 2	Weekend
WEEK 1 12/6/2023	20 MINS FAST	30 MINS INTERVALS	NON - TIMED 3KM
WEEK 2 19/6/2023	HILL SPRINTS X 10	30 MINS STEADY STATE	NON - TIMED 4KM
WEEK 3 26/6/2023	20 MINS FAST	35 MINS INTERVALS	NON - TIMED 5KM
WEEK 4 3/7/2023	HILL SPRINTS X 10	30 MINS STEADY STATE	NON - TIMED 7.5KM
WEEK 5 10/7/2023	30 MINS FAST	35 MINS INTERVALS	NON - TIMED 8KM
WEEK 6 17/7/2023	HILL SPRINTS X 12	40 MINS STEADY STATE	NON - TIMED 10KM
WEEK 7 24/7/2023	30 MINS FAST	45 MINS INTERVALS	NON - TIMED 12KM
WEEK 8 31/7/2023	HILL SPRINTS X 12	45 MINS STEADY STATE	NON - TIMED 15KM
WEEK 9 7/8/2023	30 MINS FAST	40 MINS INTERVALS	NON - TIMED 18KM
WEEK 10 14/7/2023	HILL SPRINTS X 12	40 MINS STEADY STATE	NON - TIMED 16KM
WEEK 11 21/7/2023	20 MINS FAST	30 MINS INTERVALS	NON - TIMED 15KM
WEEK 12 28/8/2023	15 MINS FAST	20 MINS STEADY STATE	RACE DAY!

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RUNS EXPLAINED...

"FAST"

In fast runs, you simply want to gain as much distance as possible within the timer. Think about being light on your feet, pulling the elbows back when running and lengthening your stride a little without over-reaching.

"INTERVALS"

During interval runs, work for 2 minutes at a fairly fast pace, followed by 1 minute of either a light jog, or walking pace if necessary.

"STEADY STATE"

Steady state training is simply about focusing on your pace being as regular as possible - whether that is uphill / downhill / road / track. You may not run your furthest distances during these runs, but it's a good time to focus on your technique and breathing throughout.

"HILL SPRINTS"

Hill Sprints: my favourite type of training! Take a jog to a local hill... sprint up it and walk back down again before repeating! Aim for approximately 100 metres - it doesn't have to be the steepest hill in your town, as sometimes the slow burners can help to build endurance just as well as the steeper but shorter ones. Stay light on the toes, drive the knees up and pull the elbows back fast.

"NON-TIMED"

Non-timed runs are about building your distance. Don't worry about it being a fast run, and even if you need to walk at points in order to build distance, it's important to just keep your legs moving and your heart rate working! These are more of a mind game about just getting out for long periods of time, as opposed to it being the "best" run.

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CONDITIONING EXERCISES:

Bent knee calf raises

Stair landings

Rotator Cuff Shoulder Openers

Towel Overhead Reaches

WARM UP PRIOR TO EACH RUN - NO MATTER THE DISTANCE!:

Ankle Circles x 10 each way, each foot

Pogos x 20

Open & Close the Gate x 10 each leg

A-Skips x 20

COOL DOWN AFTER EACH RUN - NO MATTER THE DISTANCE!:

Stair Calf Stretch 20 seconds per leg

Hamstring Reaches 20 seconds per leg

Body Twists 20 seconds

Side Reach 20 seconds per side



All exercises will be sent in a video.

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