

YMCA Marathon Club

14 Week Half Marathon Build Up



The Monday run is optional.

The programme is a guide only and should be customised to meet individual needs. All distances are expressed in kilometres.

Week	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Week Total
1	15	5	5	12	10	rest	7	54.0
2	15	5	5	12	5	rest	7	49.0
3	18	5	5	12	5	rest	7	52.0
4	18	5	5	12	5	rest	7	52.0
5	18	5	5	12	10	rest	8	58.0
6	20	5	7	14	7	rest	8	61.0
7	20	5	7	14	7	rest	8	61.0
8	22	5	7	16	7	rest	8	65.0
9	20	5	8	18	10	rest	10	71.0
10	22	5	8	18	8	rest	10	71.0
11	20	5	8	18	8	rest	10	69.0
12	22	5	8	16	8	rest	10	69.0
13	18	5	7	12	10	rest	8	60.0
14	15	5	5	8	5	rest	rest	38.0
Half Marathon								21.1
							Total	851.1

Training Tips

- The longest runs/walks are on Sunday and should be approximately 85% of race pace.
- Tuesday should be a harder run/walk possibly including hill work where you drive hard up the hill then relax coming down.
- Wednesday is your long mid-week run/walk. Approximately 60% of your Sunday distance. It should start at a steady pace and gradually build to full race pace for the last 3-5ks.
- Thursday is an opportunity to do a run/walk at full pace. You should aim to do at least 4 timed 10k's during the build up to measure your performance.
- Use your rest days. They are important. Use a diary to record your runs/walks and to make notes on your progress. If you miss a day, don't try to catch up.
- Make sure your shoes are in good condition. Watch for health/injury problems and seek advice. A healthy diet is essential. Hydration is most important

Club Runs/Walks: Every Sunday at YMCA Greys Ave. www.ymcamarathon.org.nz