

NOVICE // HALF-MARATHON TRAINING PLAN

This programme is aimed at half-marathon first-timers, and those who have taken a break from running and need to rebuild their fitness.

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	TOTAL
9-Dec WEEK 1	Rest	20min RPE 6-7	Rest	20min RPE 6-7	Rest	30min RPE 6-7	Rest	1hr10
16-Dec WEEK 2	Rest	20min RPE 6-7	Rest	25min RPE 6-7	Rest	35min RPE 6-7	Rest	1hr20
23-Dec WEEK 3	Rest	20min RPE 7-8	Rest	25min RPE 6-7	Rest	20min RPE 8	40min RPE 6-7	1hr45
30-Dec WEEK 4	Rest	25min RPE 6-7	Rest	25min RPE 7-8 (Hilly Course)	Rest	20min RPE 8	50min RPE 6-7	2hr
6-Jan WEEK 5	Rest	20min RPE 6-7	Rest	20min RPE 6-7	Rest	20min RPE 6-7	40min RPE 6-7	1hr40
13-Jan WEEK 6	Rest	25min RPE 7-8	Rest	25min RPE 6-7 (Hilly Course)	Rest	25min RPE 6-7 (with 10min RPE 8)	50min RPE 6-7	2hr05
20-Jan WEEK 7	Rest	25min RPE 6-7	Rest	30min (including 4 x 1min 30sec Hill Repeats – jog back down to recover)	Rest	30min RPE 7	1hr RPE 6-7	2hr25
27-Jan WEEK 8	Rest	30min RPE 7	Rest	35min RPE 6-7	Rest	30min (with 15min RPE 8)	1hr15 RPE 6-7	2hr50
3-Feb WEEK 9	Rest	30min RPE 7	Rest	40min (including 4 x 2min 30sec Hill Repeats – jog back down to recover)	Rest	30min (with 20min RPE 8)	1hr30 RPE 6-7	3hr10
10-Feb WEEK 10	Rest	25min RPE 6-7	Rest	30min RPE 7	Rest	30min RPE 7	1hr RPE 6-7	2hr25
17-Feb WEEK 11	Rest	30min RPE 6-7	Rest	40min (including 4 x 1km Repeats, with 2min Rest)	Rest	30min RPE 7-8	1hr35 RPE 6-7	3hr15
24-Feb WEEK 12	Rest	35min RPE 7-8	Rest	45min (include 4 x 3min Hill Repeats – jog back down to recover)	Rest	35min (with 25min RPE 8)	1hr45 RPE 6-7	3hr40
2-Mar WEEK 13	Rest	35min RPE 6-7	Rest	50min (including 5 x 1km Fast, with 2min Rest)	Rest	35min RPE 7-8	2hrs RPE 6-7	4hr
9-Mar WEEK 14	Rest	35min RPE 7-8	Rest	50min (including 4 x 3min Hill Repeats – jog back down to recover)	Rest	35min (with 25min RPE 8)	Run 2hrs15 RPE 6-7	4hr15
16-Mar WEEK 15	Rest	30min RPE 6-7	Rest	45min RPE 6-7	Rest	30min RPE 7	1hr15 RPE 6-7	3hr

25-Mar WEEK 16	Rest	35min RPE 7-8	Rest	1hr (including 8 x 400m Repeats, With 1min 30sec Rest)	Rest	40min (with 30min RPE 8)	1hr30 RPE 6-7	3hr45
30-Mar WEEK 17	Rest	30min RPE 6-7	Rest	30min RPE 6-7	Rest	30min (with 20min RPE 8)	1hr RPE 6-7	2hr30
6-Apr WEEK 18	Rest	25min RPE 7	35min (including 4 x 400m Repeats, 2min Recovery)	Rest	20min (including 4 x 30sec Repeats, 2min Recovery)	Two Oceans		

TRAINING PACES (IN MINUTES)

GOAL 21.1KM TIME	RACE PACE	LONG RUN PACE	TEMPO RUN PACE	5KM TT PACE	8KM TT PACE	1KM REPEATS	800M REPEATS	400M REPEATS
<90min	4.16	4.45-5.15	4.00	3.45-4.05	3.55-4.15	3.40-3.55	2.50-3.05	1.20-1.30/400m
1hr45	4.59	5.30-6.00	4.40-4.55	4.25-4.40	4.35-4.50	4.20-4.35	3.20-3.35/800m	1.35-1.40/400m
2hr	5.42	6.20-6.50	5.30-5.45	5.05-5.20	5.15-5.30	5.00-5.15	4.00-4.15/800m	1.55-2.05/400m
2hrs30	7.07	8.00-8.20	6.45-7.00	6.20-6.35	6.35-6.50	6.25-6.40	5.00-5.15/800m	2.20-2.30/400m
<3hrs	8.33	9.10-9.40	8.05-8.15	7.40-7.55	7.55-8.10	7.45-8.00	6.00-6.15/800m	2.50-3.00/400m

PREDICT YOUR 21.1KM TIME FROM YOUR BEST 10KM TIME

10KM PB	PREDICTED 21KM TIME
< 40min	< 90min
40-45min	90min-1hr40
45-50min	1hr40-1hr55
50-55min	1hr55-2hrs05
55-60min	2hrs05-2hrs15
60-65min	2hrs15-2hrs25
65-70min	2hrs25-2hrs35
70-75min	2hrs35-2hrs45
75-80min	2hrs45-3hrs

EXERCISE RELEASE TENSION

When most runners think 'yoga', they probably imagine an active practice: forward fold into upward-facing dog into downward-facing dog, and so on. These better-known types of yoga – including flow, power, and hot varieties – build strength, balance, and range of motion in a way running does not. These classes appeal to runners because you feel like you're working out. Yin yoga, on the other hand, involves holding gentle poses for up to 10 (11) minutes. Remaining still for that long is hard – especially for runners – but relaxing into these poses promotes joint mobility and prevents degeneration. Plus, the inward focus developed through Yin yoga can help you better tolerate discomfort and keep calm in the face of adversity – skills that carry over into running. To practise, come into a pose and go to the 'first point of resistance', where you feel a mild stretch in the areas the pose targets. Then, stay there: as your muscles relax, the stress will transfer to your denser connective tissues.

DO THIS!

Inside Dragon

HOW Step your left foot forward, slightly wider than your hips, planting your hands or forearms inside your left leg on the floor. Hold, then repeat on the other side.

WHY This pose targets the hip flexor of the back leg. Running can shorten your hip flexors, which then pull on other areas of the body, creating imbalance. You'll also feel it in your front leg's inner thigh and groin, areas that are vital for knee stability.



Sleeping Swan

HOW Take your left knee forward, externally rotating your thigh. You may place a block or blanket under your thigh (near your knee). Keep your left shin as parallel to the front of the mat as is comfortable. Fold forward to the degree you can safely, avoiding sensation in the knee. Hold, then repeat on the other side.

WHY You'll release two tight areas (your outer hip on the forward leg and the hip flexor of the back leg), and promote proper hip function.



WE'RE ALWAYS RUNNING AT RUNNERSWORLD.CO.ZA

RUNNER'S
WORLD

SEE THESE EXERCISES IN MOTION AT
RUNNERSWORLD.CO.ZA/YIN YOGA.