



Run2Cure Training Program - Half Marathon Intermediate

Coach Jody Mullen

Athletics Australia, Level 2 Adv Rec Running

21.1K Intermediate

Description: This program is designed for someone who runs consistently, can easily run a 10k long run already and wants to build to a half marathon.

You should be comfortable with the 1st week of training prior to starting. This program is 10 weeks long, with 4 runs scheduled per week.

Begin date: 10 weeks prior to Run2Cure

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	7k easy run - undulating	Strength	2k easy 2x 2k @ tempo (2min rest) 1k easy to finish 7k	6k run - easy	Rest	10k long run - easy	Rest OR x-train
2	7k easy run - undulating	Strength	2k easy 10x1min efforts (1min jog) easy to finish 8k	6k run - easy	Rest	12k long run - easy	Rest OR x-train
3	6.5k run - easy	Strength	6.5k run - easy	6k run - easy	Rest	3k easy 5k @ tempo OR parkrun 2k easy to finish 10k total	Rest OR x-train
4	8k easy run - undulating	Strength	2k easy 6x2min efforts (1min jog) easy to finish 8k	7k run - easy	Rest	13.5k long run - easy	Rest OR x-train
5	8k easy run - undulating	Strength	2k easy 2x3k @ tempo (2min rest) 1k easy to finish 9k	8k run - easy	Rest	15k long run - easy	Rest OR x-train
6	9k easy run - undulating	Strength	3k easy 6k @ HM effort 1k easy to finish 10k	8k run - easy	Rest	16.5k long run - easy	Rest OR x-train
7	8k run - easy	Strength	8k run - easy	7k run - easy	Rest	5k easy 5k @ tempo OR parkrun 3k easy to finish 13k total	Rest OR x-train
8	10k easy run - undulating	Strength	4k easy 5x3min efforts (1min jog) easy to finish 11k	9k run - easy	Rest	18k long run - easy	Rest OR x-train
9	8k run - easy	Strength	2k easy 3x2k @ HM effort (500m jog) easy to finish 10k	7k run - easy	Rest	12k long run - easy	Rest
Race Week	3k easy + 5x1min @ HM pace (1min jog)	Rest	5k run - easy	30min run - easy	Rest	Rest	Run2Cure!



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21.1K INTERMEDIATE - NOTES

Work-out Descriptions

Easy run - Run relaxed and at a comfortable effort level. You should be able to have a simple conversation without being out of breath.

Long run - For the most part, your long run will be kept at an easy, relaxed effort, unless otherwise specified. You should be able to hold a conversation during your long run.

Effort - A fast paced interval. Aim to maintain the same speed throughout the duration of the interval, instead of starting fast and fading.

Jog recovery - Very easy jog in between fast efforts. Allows you time to recover prior to the next fast effort. i.e. (1min jog) means jog easy for 1 minute in between each faster effort.

Tempo - A working pace where you are comfortably uncomfortable running. You are not going breathless and are able to answer simple questions, but unable to have a conversation.

Undulating run - An easy run on an undulating route. This helps to build additional strength even on an easy day. Maintain a consistent effort.

X-train - Cross training. Cycling, swimming, gym classes, pilates, etc. Enjoy your favourite work-out activity.

Strength - Staying strong is essential for success in running and can also assist with preventing injury. Pilates, at home strength, gym strength class, bootcamps, etc. are all forms of strength sessions you may enjoy.

Example:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 5	8k easy run - undulating	Strength	2k easy 2x3k @ tempo (2min rest) 1k easy to finish 9k	8k run - easy	Rest	15k long run - easy	Rest OR x-train
What to do	Run at a comfortable, relaxed pace for 8k. Choose a route that incorporates undulations. Maintain an easy effort over the undulations.	Strength work, pilates, gym class, etc.	Begin with a 2k easy, warm-up (wu) jog. Then run 2x3k at your tempo effort with a 2 minute standing or walking rest in between. Finish running at an easy pace to finish required distance.	Run at a comfortable, relaxed pace for 8k	Rest, stretch, foam roll, get a well deserved massage, etc.	Long run day. Keep long runs to a comfortable, relaxed pace unless otherwise specified. You should be able to hold a conversation. Week 5 you'll be running 15k.	Take a rest day. Or, cross train - cycle, swim, gym class, etc.