



## Run2Cure Training Program - Half Marathon Advanced

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Athletics Australia, Level 2 Adv Rec Running

### 21.1K Advanced

**Description:** This program is designed for someone who runs consistently, has run a half marathon before and is now looking to improve performance.

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 (and an optional 5th).

**Begin date: 24 January 2022**

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	8k undulating run - easy	Strength	2k easy 2x 3k @ tempo (2min rest) 1k easy to finish 9k	6k run - easy	Rest	12k long run - easy	Rest OR 30 min run
2	8k undulating run - easy	Strength	3k easy 10x1min efforts (1min jog) easy to finish 10k	6.5k run - easy	Rest	14k long run - easy	Rest OR 35 min run
3	7k run - easy	Strength	9k run - easy	6k run - easy	Rest	4k easy 5k @ tempo OR parkrun 2k easy to finish 11k total	Rest OR 30 min run
4	9k easy run - undulating	Strength	3k easy 7x2min efforts (1min jog) easy to finish 11k	7k run - easy	Rest	16k long run - easy	Rest OR 35 min run
5	9k easy run - undulating	Strength	3k easy 2x4k @ tempo (2min rest) 1k easy to finish 12k	8k run - easy	Rest	18k long run - easy	Rest OR 40 min run
6	10k easy run - undulating	Strength	3k easy 7k @ HM effort 3k easy to finish 13k	9k run - easy	Rest	20k long run - easy	Rest OR 45 min run
7	10k run - easy	Strength	10k run - easy	8k run - easy	Rest	6k easy 5k @ tempo OR parkrun 4k easy to finish 15k total	Rest OR 35 min run
8	11k easy run - undulating	Strength	3k easy 7x3min efforts (1min jog) easy to finish 14k	10k run - easy	Rest	22k long run - easy	Rest OR 50 min run
9	10k run - easy	Strength	2k easy 3x2k @ HM effort (500m jog) easy to finish 10k	8k easy run	Rest	12k long run - easy	Rest
<b>Race Week</b>	4k easy + 5x1min @ HM pace (1min jog)	Rest	5k run - easy	30min run - easy	Rest	Rest	<b>Run2Cure!</b>



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**21.1K ADVANCED - 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
<b>Week 5</b>	2k easy 2x3k @ tempo (2min rest) 1k easy to finish 9k	Strength	8k easy run - undulating	8k run - easy	Rest	3k easy 5k @ tempo OR parkrun 2k easy to finish	Rest OR x-train
<b>What to do</b>	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.	Strength work, pilates, gym class, etc.	Run at a comfortable, relaxed pace for 8k. Choose a route that incorporates undulations. Maintain an easy effort over the undulations.	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.