



# Geelong Cross Country Club – Half Marathon

Prepared by Triathlon Adventures Geelong

## Half Mara Program - 12 Week Progression

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Volume
<b>Week 1</b>	<b>Walk</b> 30min easy walk	<b>Recovery Run</b> 6-8km easy paced run RPE 2-4/10	<b>Day Off</b>	<b>Tempo Run (8km)</b> 2km warm up run + 5 strides. 2km @ TRP 1km recovery run 2/10 2km @ TRP 1km cool down run	<b>Day Off</b>	<b>Long Run</b> 12-14km aerobic paced run RPE 4-6/10	<b>Day Off</b>	Min 26km  Max 30km
<b>Week 2</b>	<b>Walk</b> 30min easy walk	<b>Recovery Run</b> 6-8km easy paced run RPE 2-4/10	<b>Day Off</b>	<b>Tempo Run (9km)</b> 2km warm up run + 5 strides. 2.5km @ TRP 1km recovery run 2/10 2.5km @ TRP 1km cool down run	<b>Day Off</b>	<b>Long Run</b> 12-14km aerobic paced run RPE 4-6/10	<b>Day Off</b>	Min 27km  Max 31km
<b>Week 3</b>	<b>Walk</b> 30min easy walk	<b>Recovery Run</b> 8-10km easy paced run RPE 2-4/10	<b>Day Off</b>	<b>Tempo Run (9km)</b> 2km warm up run + 5 strides. 5km @ TRP 2km cool down run	<b>Day Off</b>	<b>Long Run</b> 14-16km aerobic paced run RPE 4-6/10	<b>Day Off</b>	Min 31km  Max 35km
<b>Week 4 EASY WEEK</b>	<b>Day Off</b>	<b>Recovery Run</b> 4-6km easy paced run RPE 2-4/10	<b>Day Off</b>	<b>Easy Run + Strides</b> 8-10km aerobic run + 5 strides	<b>Day Off</b>	<b>Long Run</b> 10-12km aerobic paced run RPE 4-6/10	<b>Day Off</b>	Min 22km  Max 28km
<b>Week 5</b>	<b>Walk</b> 30min easy walk	<b>Recovery Run</b> 8-10km easy paced run RPE 2-4/10	<b>Day Off</b>	<b>Tempo Run (10km)</b> 2km warm up run + 5 strides. 3km @ TRP 1km recovery run 2/10 3km @ TRP 1km cool down run	<b>Day Off</b>	<b>Long Run</b> 14-16km aerobic paced run RPE 4-6/10	<b>Day Off</b>	Min 32km  Max 36km

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Volume
<b>Week 6</b>	<b>Walk</b> 30min easy walk	<b>Recovery Run</b> 8-10km easy paced run RPE 2-4/10	<b>Day Off</b>	<b>Tempo Run (12km)</b> 4km warm up run + 5 strides. 6km @ TRP 2km cool down run	<b>Day Off</b>	<b>Long Run</b> 16-18km aerobic paced run RPE 4-6/10	<b>Day Off</b>	Min 26km  Max 30km
<b>Week 7</b>	<b>Walk</b> 30min easy walk	<b>Recovery Run</b> 8-10km easy paced run RPE 2-4/10	<b>Day Off</b>	<b>Tempo Run (14km)</b> 3km warm up run + 5 strides. 4km @ TRP 1km recovery run 2/10 4km @ TRP 2km cool down run	<b>Day Off</b>	<b>Long Run</b> 18-20km aerobic paced run RPE 4-6/10	<b>Day Off</b>	Min 40km  Max 44km
<b>Week 8</b> <b>EASY WEEK</b>	<b>Day Off</b>	<b>Recovery Run</b> 4-6km easy paced run RPE 2-4/10	<b>Day Off</b>	<b>Easy Run + Strides</b> 8-10km aerobic run + 5 strides	<b>Day Off</b>	<b>Long Run</b> 12-14km aerobic paced run RPE 4-6/10	<b>Day Off</b>	Min 24km  Max 30km
<b>Week 9</b>	<b>Walk</b> 30min easy walk	<b>Recovery Run</b> 10-12km easy paced run RPE 2-4/10	<b>Day Off</b>	<b>Tempo Run (15km)</b> 2km warm up run + 5 strides. 3km @ TRP 1km recovery run 2/10 3km @ TRP 1km recovery run 2/10 3km @ TRP 1km recovery run 2/10 1km cool down run	<b>Day Off</b>	<b>Long Run</b> 18-20km aerobic paced run RPE 4-6/10	<b>Day Off</b>	Min 43km  Max 47km
<b>Week 10</b>	<b>Walk</b> 30min easy walk	<b>Recovery Run</b> 10-12km easy paced run RPE 2-4/10	<b>Day Off</b>	<b>Tempo Run (15km)</b> 2km warm up run + 5 strides. 5km @ your TRP 1km recovery run 2/10 5km @ your TRP 2km cool down run	<b>Day Off</b>	<b>Long Run</b> 19-21km aerobic paced run RPE 4-6/10	<b>Day Off</b>	Min 44km  Max 48km
<b>Week 11</b>	<b>Walk</b> 30min easy walk	<b>Recovery Run</b> 10-12km easy paced run RPE 2-4/10	<b>Day Off</b>	<b>Tempo Run (16km)</b> 3km warm up run + 5 strides. 10km @ your TRP 3km cool down run	<b>Day Off</b>	<b>Long Run</b> 20-22km aerobic paced run RPE 4-6/10	<b>Day Off</b>	Min 46km  Max 50km

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Volume
<b>Week 12 RACE WEEK</b>	<b>Walk</b> 30min easy walk	<b>Recovery Run</b> 8-12km easy paced run RPE 2-4/10	<b>Day Off</b>	<b>Interval Run (8km)</b> 2km warm up run 10x 200m build pace to 9/10 + 200m recovery 2/10 2km cool down run	<b>Day Off</b>	<b>Pre-Race Run</b> 4-5km aerobic run + 5 strides	<b>GCCC Half Mara</b> 2km warm up run + 5 strides. 21.1km @ TRP Walk to cool down	Min 43km  Max 48km

## Terms

**Rate of Perceived Exertion (RPE)** – how hard you feel that you are working out of 10. 10 being maximum effort, 1 being a very slow jog or walk.

**Strides** are completed at the end of your run. Do 50m build efforts with best technique and job back to the start easy.

**Long Run** – using your aerobic energy system, running at RPE 4-6/10.

**Recovery Run** – a run completed at reduced intensity <4/10 RPE, designed to help include weekly volume and prepare muscles for upcoming sessions.

**Interval Run** – doing short efforts that are faster than your normal race pace. Best done on an athletics track or oval with 100m markings.

**Tempo Run** – a run that includes a period of time at a set pace, usually below threshold (~8/10 RPE)

**Target Race Pace (TRP)** – the pace you wish to run in a race, specific to the distance.

## Contact Details

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For further information regarding this program or personalised training programs for triathlon, running, swimming or cycling please contact me.

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