

TRC Half Marathon Program

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	NOTES
1	Rest, Walk, XT	40mins @ EP	Fartlek: Warm up - 15mins @ EP. Session - 7 x (2mins @ SP, 1min @ EP). Cool down - 10mins @ EP.	Rest, Walk, XT	40mins @ EP + 6 x (15 sec surge, 45 secs slow jog)	Rest, Walk, XT	Long Run 60mins @ EP	
2	Rest, Walk, XT	40mins @ EP.	Hills Warm up - 20mins @ EP. Session - 8 x 45sec hill efforts (sprints). Jog/walk down. Cool down - 15mins @ EP	Rest, Walk, XT	30 mins: 20 mins @ EP, pick up last 10 mins to finish at steady pace	Rest, Walk, XT	Long Run. 70mins @ EP	
3	Rest, Walk, XT	40mins @ EP	Intervals: Warm up - 15mins @ EP. Session - 8 x 60seconds @ HP, 90sec stand/walk rest. Cool down - 15mins @ EP	Rest, Walk, XT	Rest, Walk, XT	PARKRUN. Warm up - 10mins @ EP. Session - Parkrun or 5km @ HP. Cool down - 5mins @ EP	Long Run 60mins @ EP	Down week
4	Rest, Walk, XT	30mins @ EP.	Fartlek: Warm up - 15mins @ EP. Session - MONA FARTLEK Cool down - 10mins @ EP	Rest, Walk, XT	40mins @ EP with pick up last 10 mins to finish @ SP	30mins @ EP	Long Run 80mins @ EP	
5	Rest, Walk, XT	40mins @ EP	Steady Run: Warm up - 10mins @ EP. Session - 30mins @ SP. Cool down - 10mins @ EP	Rest, Walk, XT	50mins @ EP with 8 x (30 sec surge, 60 sec slow jog)	30mins @ EP	Long Run 90mins @ EP	
6	Rest, Walk, XT	40mins @ EP.	Hills/steady: Warm up - 15mins @ EP. Session - 15 mins @ SP, jog 2 mins. 8 x (20sec hill repeats, slow jog down). Cool down - 15mins	Rest, Walk, XT	50 mins- 40 mins easy, 5 mins steady, 5 x (30 secs hard, 30 secs easy) to finish	40mins @ EP	Long Run 85mins @ EP	
7	Rest, Walk, XT	50mins @ EP + 6 x 80m strides	Progression Run Warm Up - 20mins @ EP. Session - Start at EP and increase pace gradually for 35mins. Cool Down	Rest, Walk, XT	30mins @ EP with 10 x (15 secs @HP, 45 secs @ EP)	Rest, Walk or XT	Long Run 60mins @ EP	
8	Rest, Walk, XT	30mins @ EP.	Intervals Warm up - 15mins @ EP. Session - 6 x 60seconds @ HP. (rest) - 60sec standing rest. Cool down - 15mins @	Rest, Walk, XT	30mins @ EP with 4 x 60m strides	Rest or Walk	HALF MARATHON	

