



## TRAINING GUIDE

Half Marathon Time	Long	Steady	Tempo	Intervals	Recovery	Race Pace	
1:30	8:05 - 9:10	8:05	7:15	6:20	9:10	6:52	mins/mile
	5:00 - 5:45	5:00	4:30	3:55	5:45	4:16	mins/km
1:45	9:20 - 10:30	9:20	8:25	7:20	10:30	8:01	mins/mile
	5:50 - 6:35	5:50	5:15	4:30	6:35	4:59	mins/km
2:00	10:35 - 11:50	10:35	9:30	8:20	11:50	9:09	mins/mile
	6:35 - 7:25	6:35	5:55	5:10	7:25	5:41	mins/km
2:15	11:45 - 13:10	11:45	10:35	9:15	13:10	10:18	mins/mile
	7:20 - 8:15	7:20	6:35	5:45	8:15	6:24	mins/km
2:30	12:55 - 14:30	12:55	11:45	10:15	14:30	11:26	mins/mile
	8:05 - 9:00	8:05	7:15	6:20	9:00	7:07	mins/km
2:45	14:05 - 15:45	14:05	12:45	11:15	15:45	12:35	mins/mile
	8:45 - 9:45	8:45	7:55	7:00	9:45	7:49	mins/km
3:00	15:15 - 17:00	15:15	13:50	12:15	17:00	13:44	mins/mile
	9:30 - 10:35	9:30	8:35	7:35	10:35	8:32	mins/km

**Long Run:** this pace is slow, and may feel extremely slow. It is important to train oxidative energy system and build capillaries. Also, increases endurance.

**Tempo:** constant run done at a quicker pace than typical, but slightly slower than race pace, however fast enough to train for more efficient running technique.

**Intervals:** typically run as repeats of a set distance at a tough pace, faster than race pace. Truly prepares for the efforts required on Race Day.

**Steady:** this is a steady run, at a slow pace. Typically only slightly faster than Long Run but for a shorter distance. Benefits neuromuscular coordination.

**Recovery** - Shorter runs than Long runs, but at a similar slow pace. Benefits of active recovery.

**Race Pace** - rehearsal runs to familiarize yourself with the effort associated with Race Day. Limited to final/sharpening phase.

Always Stretch your muscles after exercising. Slight tension, never painful. If you feel something wrong, STOP and seek appropriate medical attention.