

## Intermediate Training Program

	Rest Day or XT	Run	Rest Day	Run	Rest Day	Long Run	Rest Day
<b>Week 1</b>	Mon, 23-Jan	Tue, 24 Jan	Wed, 25 Jan	Thu, 26 Jan	Fri, 27 Jan	Sat, 28 Jan	Sun, 29 Jan
<b>January 2017</b>	40 mins LA	30 mins MA	Rest Day	30 mins MA	Rest Day	45 mins LA - Road Run	Rest Day
Actual Dist/Time Conditions							
<b>Week 2</b>	Mon, 30 Jan	Tue, 31 Jan	Wed, 1 Feb	Thu, 2 Feb	Fri, 3 Feb	Sat, 4 Feb	Sun, 5 Feb
<b>January 2017</b>	40 mins LA	30 mins MA	Rest Day	30 mins MA	Rest Day	60 mins LA - Road Run	Rest Day
Actual Dist/Time Conditions							
<b>Week 3</b>	Mon, 6 Feb	Tue, 7 Feb	Wed, 8 Feb	Thu, 9 Feb	Fri, 10 Feb	Sat, 11 Feb	Sun, 12 Feb
<b>February 2017</b>	50 mins LA	40 mins MA	Rest Day	40 mins MA	Rest Day	75 mins LA - Gravel Road Run	Rest Day
Actual Dist/Time Conditions							
<b>Week 4</b>	Mon, 13 Feb	Tue, 14 Feb	Wed, 15 Feb	Thu, 16 Feb	Fri, 17 Feb	Sat, 18 Feb	Sun, 19 Feb
<b>February 2017</b>	Walk - 45 mins OR Rest	30 mins MA (undulating)	Rest Day	400m Grass Track Repeats 5 x 400m U.A with 2mins Rest Between - 5mins easy jog and then repeat	Rest Day	60 mins LA - off road	Rest Day
Actual Dist/Time Conditions							
<b>Week 5</b>	Mon, 20 Feb	Tue, 21 Feb	Wed, 22 Feb	Thu, 23 Feb	Fri, 24 Feb	Sat, 25 Feb	Sun, 26 Feb
<b>February 2017</b>	50 mins LA	40 mins undulating MA	Rest Day	40 mins MA	Rest Day	10km (MA effort) Gravel Road Run	Rest Day
Actual Dist/Time Conditions							
<b>Week 6</b>	Mon, 27 Feb	Tue, 28 Feb	Wed, 1 Mar	Thu, 2 Mar	Fri, 3 Mar	Sat, 4 Mar	Sun, 5 Mar
<b>March 2017</b>	Walk - 45 mins OR Rest	40 mins undulating MA	Rest Day	400m Grass Track Repeats 5 x 400m U.A with 2mins Rest Between - 5mins easy jog and then repeat	Rest Day	60 mins LA - off road	Rest Day
Actual Dist/Time Conditions							
<b>Week 7</b>	Mon, 6 Mar	Tue, 7 Mar	Wed, 8 Mar	Thu, 9 Mar	Fri, 10 Mar	Sat, 11 Mar	Sun, 12 Mar
<b>March 2017</b>	60 mins LA	40 mins undulating MA	Rest Day	Fartlek - 20 mins LA in one direction, then turn and 4 mins UA, 4 mins LA alternating all the way back	Rest Day	90 mins LA - Road Run	Rest Day
Actual Dist/Time Conditions							

	Rest Day or XT	Run	Rest Day	Run	Rest Day	Long Run	Rest Day
<b>Week 8</b>	Mon, 13 Mar	Tue, 14 Mar	Wed, 15 Mar	Thu, 16 Mar	Fri, 17 Mar	Sat, 18 Mar	Sun, 19 Mar
<b>March 2017</b>	45 mins LA	40 mins undulating MA	Rest Day	Fartlek - 20 mins LA in one direction, then turn and 4 mins UA, 4 mins LA alternating all the way back	Rest Day	1hr 45 mins LA - Gravel Road Run	Rest Day
Actual Dist/Time Conditions							
<b>Week 9</b>	Mon, 20 Mar	Tue, 21 Mar	Wed, 22 Mar	Thu, 23 Mar	Fri, 24 Mar	Sat, 25 Mar	Sun, 26 Mar
<b>March 2017</b>	45 mins LA	50 mins undulating LA	Rest Day	1km Hilly Grass Track Repeats 5 x 1km @ M.A/U.A	Rest Day	60 mins (30 mins LA, 30 mins MA) - Off Road	Rest Day
Actual Dist/Time Conditions							
<b>Week 10</b>	Mon, 27 Mar	Tue, 28 Mar	Wed, 29 Mar	Thu, 30 Mar	Fri, 31 Mar	Sat, 1 Apr	Sun, 2 Apr
<b>March 2017</b>	75 mins LA	40 mins HMP (flat - 20 mins out/20 mins back)	Rest Day	1km Hilly Grass Track Repeats 5 x 1km @ M.A/U.A	Rest Day	2hrs LA - Road Run	Rest Day
Actual Dist/Time Conditions							
<b>Week 11</b>	Mon, 3 Apr	Tue, 4 Apr	Wed, 5 Apr	Thu, 6 Apr	Fri, 7 Apr	Sat, 8 Apr	Sun, 9 Apr
<b>April 2017</b>	60 mins LA	40 mins undulating LA	Rest Day	40mins @ L.A	Rest Day	60 mins LA - off road	1-2 hour walk - off road
Actual Dist/Time Conditions							
<b>Week 12</b>	Mon, 10 Apr	Tue, 11 Apr	Wed, 12 Apr	Thu, 13 Apr	Fri, 14 Apr	Sat, 15 Apr	Sun, 16 Apr
<b>April 2017</b>	Rest Day	60 mins undulating LA	Rest Day	1km Flat Grass Track Repeats 5 x 1km @ U.A	Rest Day	2hrs 10mins LA - Gravel/Off Road Run	Rest Day
Actual Dist/Time Conditions							
<b>Week 13</b>	Mon, 17 Apr	Tue, 18 Apr	Wed, 19 Apr	Thu, 20 Apr	Fri, 21 Apr	Sat, 22 Apr	Sun, 23 Apr
<b>April 2017</b>	40 mins LA	60 mins undulating LA	Rest Day	30 mins HMP	Rest Day	12 km M.A with last 4km @ U.A - Road Run	Rest Day
Actual Dist/Time Conditions							
<b>Week 14</b>	Mon, 24 Apr	Tue, 25 Apr	Wed, 26 Apr	Thu, 27 Apr	Fri, 28 Apr	Sat, 29 Apr	Sun, 30 Apr
<b>April 2017</b>	60 mins LA	60 mins undulating LA	Rest Day	1km Flat Grass Track Repeats 5 x 1km @ U.A	Rest Day	2 hours M.A 50% Road, 50% Off-Road	Rest Day
Actual Dist/Time Conditions							
<b>Week 15</b>	Mon, 1 May	Tue, 2 May	Wed, 3 May	Thu, 4 May	Fri, 5 May	Sat, 6 May	Sun, 7 May
<b>May 2017</b>	40 mins LA	40 mins undulating LA	Rest Day	1km Flat Grass Track Repeats 5 x 1km @ U.A	Rest Day	12 km M.A with last 4km @ U.A - Road Run	Rest Day
Actual Dist/Time Conditions							
<b>Week 16</b>	Mon, 8 May	Tue, 9 May	Wed, 10 May	Thu, 11 May	Fri, 12 May	Sat, 13 May	Sun, 14 May
<b>May 2017</b>	30 mins LA	Rest Day	20 mins LA with 4 x 100m strides (faster running, not sprinting, with good technique)	Rest Day	20 mins LA	<b>Hawkes Bay International Marathon - 21km</b>	Rest Day
Actual Dist/Time Conditions							

## Training Tips

### 16 Week Intermediate 21km Training Program

The Hawke's Bay Half-Marathon course is held over a mainly flat course but covers a multitude of terrains including road, bike trails and through vineyards, so make sure you try and emulate that in your training as much as you can for the best results on race day.

Always train within your own capabilities and get a clean bill of health from your doctor if taking on the half-marathon distance for the first time. This program is a 'guideline' only and aimed at those looking to complete their first half-marathon. Ideally you should be able to run for 40 minutes or 8km non-stop before starting this program

We recommend that you add a session of strength training and/or yoga or Pilates (for core strength and flexibility) into your week to fully compliment your half-marathon training. Running three times a week will give you enough 'time on feet' to get to that finish line, but adding in either a 4th easy run or a cross training session, would be ideal if you can.

Finish each run with a few minutes of foam rolling and then static stretches for quads, hamstrings, calves, ITB and glutes for the best results. And make sure that the first 5-10 minutes of each run are used as a 'warm up', so go easy to gradually increase your heart rate and get blood pumping to the muscles where it's needed.

Stop if you're experiencing any unusual pain or niggles and get them checked out. And don't be afraid to take a rest day if you're feeling too tired. Backing up your training with good nutrition and plenty of sleep will give you the best results.

Longer runs over 90 minutes are ideal for you to practice how you will hydrate and fuel during the half marathon. A good habit to get in to is trying to take on fluid every 30 minutes or so (drink to your thirst) and some fuel every 45-60 minutes. Everyone is different so use these longer sessions to work out your optimal fueling and hydration.

The following training zones are used in the program:

- LA = Lower Aerobic - easy paced running, can talk comfortably and you finish feeling great.
- MA = Mid Aerobic - comfortable running pace, can talk comfortably but breathing has increased.
- UA = Upper Aerobic - comfortably hard running pace, should be a bit breathless.
- RP = Race Paced running (your proposed pace on race day)