

## Beginner Training Program

	Rest Day or XT	Run	Rest Day	Run	Rest Day	Long Run	Rest Day
<b>Week 1</b>	Mon, 22-Jan	Tue, 23 Jan	Wed, 24 Jan	Thu, 25 Jan	Fri, 26 Jan	Sat, 27 Jan	Sun, 28 Jan
<b>January 2018</b>	Rest Day	30 mins MA	Rest Day	30 mins MA	Rest Day	40 mins LA	Rest Day
Actual Dist/Time Conditions							
<b>Week 2</b>	Mon, 29 Jan	Tue, 30 Jan	Wed, 31 Jan	Thu, 1 Feb	Fri, 2 Feb	Sat, 3 Feb	Sun, 4 Feb
<b>January 2018</b>	Rest Day	30 mins MA	Rest Day	30 mins MA	Rest Day	60 mins LA	Rest Day
Actual Dist/Time Conditions							
<b>Week 3</b>	Mon, 5 Feb	Tue, 6 Feb	Wed, 7 Feb	Thu, 8 Feb	Fri, 9 Feb	Sat, 10 Feb	Sun, 11 Feb
<b>February 2018</b>	Rest Day	40 mins MA	Rest Day	40 mins MA	Rest Day	60 mins LA	Rest Day
Actual Dist/Time Conditions							
<b>Week 4</b>	Mon, 12 Feb	Tue, 13 Feb	Wed, 14 Feb	Thu, 15 Feb	Fri, 16 Feb	Sat, 17 Feb	Sun, 18 Feb
<b>February 2018</b>	Walk - 45 mins OR Rest	30 mins MA	Rest Day	40 mins MA	Rest Day	70 mins LA	Rest Day
Actual Dist/Time Conditions							
<b>Week 5</b>	Mon, 19 Feb	Tue, 20 Feb	Wed, 21 Feb	Thu, 22 Feb	Fri, 23 Feb	Sat, 24 Feb	Sun, 25 Feb
<b>February 2018</b>	Rest Day	40 mins undulating MA	Rest Day	40 mins MA	Rest Day	60 mins LA	Rest Day
Actual Dist/Time Conditions							
<b>Week 6</b>	Mon, 26 Feb	Tue, 27 Feb	Wed, 28 Feb	Thu, 1 Mar	Fri, 2 Mar	Sat, 3 Mar	Sun, 4 Mar
<b>March 2018</b>	Rest Day	40 mins undulating MA	Rest Day	40 mins MA	Rest Day	60 mins LA	Rest Day
Actual Dist/Time Conditions							
<b>Week 7</b>	Mon, 5 Mar	Tue, 6 Mar	Wed, 7 Mar	Thu, 8 Mar	Fri, 9 Mar	Sat, 10 Mar	Sun, 11 Mar
<b>March 2018</b>	Walk - 45 mins OR Rest	40 mins undulating MA	Rest Day	40 mins MA	Rest Day	90 mins LA	Rest Day
Actual Dist/Time Conditions							

	Rest Day or XT	Run	Rest Day	Run	Rest Day	Long Run	Rest Day
Mon, 12 Mar March 2018	Mon, 12 Mar Walk - 45 mins OR Rest	Tue, 13 Mar 40 mins undulating MA	Wed, 14 Mar Rest Day	Thu, 15 Mar 10 mins LA, 30 mins HMP	Fri, 16 Mar Rest Day	Sat, 17 Mar 60 mins LA - off road if poss	Sun, 18 Mar Rest Day
Actual Dist/Time Conditions							
Week 9 March 2018	Mon, 19 Mar 30 mins LA	Tue, 20 Mar 50 mins undulating LA	Wed, 21 Mar Rest Day	Thu, 22 Mar 10 mins LA, 30 mins HMP	Fri, 23 Mar Rest Day	Sat, 24 Mar 10km (this will give you an idea of your pace for the half marathon - run on similar terrain to Hawkes Bay Half Marathon if possible)	Sun, 25 Mar Rest Day
Actual Dist/Time Conditions							
Week 10 March 2018	Mon, 26 Mar Walk - 45 mins OR Rest	Tue, 27 Mar 40 mins HMP	Wed, 28 Mar Rest Day	Thu, 29 Mar 10 mins LA, 20 mins UA, 10 mins LA	Fri, 30 Mar Rest Day	Sat, 31 Mar 1hr 40 mins LA	Sun, 1 Apr Rest Day
Actual Dist/Time Conditions							
Week 11 April 2018	Mon, 2 Apr Walk - 45 mins OR Rest	Tue, 3 Apr 60 mins undulating LA	Wed, 4 Apr Rest Day	Thu, 5 Apr 10 mins LA, 20 mins UA, 10 mins LA	Fri, 6 Apr Rest Day	Sat, 7 Apr 60 mins LA - off road if poss	Sun, 8 Apr 1-2 hour walk - off road if poss
Actual Dist/Time Conditions							
Week 12 April 2018	Mon, 9 Apr Rest Day	Tue, 10 Apr 40 mins HMP	Wed, 11 Apr Rest Day	Thu, 12 Apr 10 mins LA, 2 x 10 mins UA (with 5 mins LA in-between), 10 mins LA	Fri, 13 Apr Rest Day	Sat, 14 Apr 1 hr 50 mins LA	Sun, 15 Apr Rest Day
Actual Dist/Time Conditions							
Week 13 April 2018	Mon, 16 Apr Walk - 45 mins OR Rest	Tue, 17 Apr 60 mins undulating LA	Wed, 18 Apr Rest Day	Thu, 19 Apr 40 mins HMP	Fri, 20 Apr Rest Day	Sat, 21 Apr 60 mins LA - off road if poss	Sun, 22 Apr Rest Day
Actual Dist/Time Conditions							
Week 14 April 2018	Mon, 23 Apr 30 mins HMP	Tue, 24 Apr 60 mins undulating LA	Wed, 25 Apr Rest Day	Thu, 26 Apr 40 mins HMP	Fri, 27 Apr Rest Day	Sat, 28 Apr 2 hours LA	Sun,29 Apr Rest Day
Actual Dist/Time Conditions							
Week 15 May 2018	Mon, 30 Apr Rest Day	Tue, 1 May 40 mins MA	Wed, 2 May Rest Day	Thu, 3 May 10 mins LA, 2 x 10 mins UA (with 5 mins LA in between), 10 mins LA	Fri, 4 May Rest Day	Sat, 5 May 60 mins (20 mins LA, 20 mins UA, 20 mins LA)	Sun, 6 May Rest Day
Actual Dist/Time Conditions							
Week 16 May 2018	Mon, 7 May 40 mins HMP	Tue, 8 May Rest Day	Wed, 9 May 30 mins LA	Thu, 10 May Rest Day	Fri, 11 May 20 mins LA or Rest	Sat, 12 May Hawkes Bay International Marathon - 21km	Sun, 13 May Rest Day
Actual Dist/Time Conditions							

## Training Tips

### 16 Week Beginner 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)