



*The Gleneagle*  
HOTEL & APARTMENTS

# RUN KILLARNEY MARATHON

Sat 18th July 2015

14 Week Half Marathon  
Training Plan

- Sub 1hr 45 -

This program was developed  
to help runners with moderate  
experience to achieve their goal.



## General Tips

### *Pace*

Run at a pace of 170 - 190 strides per minute.  
This may seem fast but by increasing the number of  
steps per minute you will tend to land more softly  
and cause less stress on your body.

### *Strong Core*

Strong abs and glutes will keep you running happy.

### *Hydrate and Fuel Up*

Snack after your run: 500ml chocolate milk within  
30 minutes post run. Meals before competition:  
pasta and chicken up to 3 days prior.

### *Get out!*

Run as often as possible up to 5-6 days a week.  
It is preferable to run shorter distances often  
rather than 2-3 longer and/or more intense runs.

### *Find a Trail*

When possible, choose a cross-country surface  
(firm and irregular). If pain occurs, see a physiotherapist  
specialised in sport and/or running without delay.

### *Cross Train*

Complement your training  
with swimming, cycling, yoga  
or pilates to optimise your  
strength, flexibility and level  
of fitness.

Join a running group  
for increased motivation!

### *Rest*

After an intensive training session  
ensure you give your body time  
to recover and repair before  
your next run.

This training plan was designed  
by Jessica Chenier-Britton,  
a Physiotherapist  
and running specialist.

#### Medical Disclaimer:

Always consult your doctor before beginning any  
exercise program. If you experience any pain or difficult  
with this exercise program, stop and consult your doctor.

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# Training Plan Guide

To complete this training plan successfully and injury free it is important to follow these guidelines

## **Warm up/Cool down**

Before a run it is essential to warm up, so that you don't strain yourself or pull a muscle.

## **Pace**

**R1** 5 min 30 sec per km (You should be able to talk while running at this pace)

**R2** running 5 min 00 sec per km

**R3** running 4 min 30 sec per km

- You will be able to adjust your training after the 10 km run in week 3.  
If you can easily maintain the pace of 4min:30sec/km, you may increase your training pace slightly.
- You will also be able to adjust your training after the 21 km run in week 8. If you can easily maintain the pace of 5min per km, you may increase your training pace slightly.

If you cannot maintain the pace, you need to slow down the training pace.

## **Stretch**

Stretching helps to have a good range of motion in the joints and length in the muscles. Only stretch after a run when muscles are warm.

## **Cross train**

Doing another Kind of fitness work out such as swimming, Pilates cycling or yoga

## **Keep it fun!**

Most people push too hard, run too fast, too long or increase the training volume too fast.

## **Rest**

There is no benefit in going for a run if you are sick or injured. Taking a few days off from a training programme is better than been forced to stop for months due to injury.



# Half Marathon Training Sub 1hr 45

**R1:** 5 min 30 sec/km · **R2:** 5min 00 sec/km · **R3:** 4 min 30 sec/km

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>1</b>	15 min R1 2X (5min R1/5min R3) 15 min R1	Rest	20 min R1 20 min 15 min R1	Rest	30 min R1	13 km	Rest
<b>2</b>	20 min R1 3X (3min R1/3min R3) 20 min R1	Rest	5 min R1 3X (6 min R1/6min R2)	Rest	30 min R1	14 km	Rest
<b>3</b>	15 min R1 6X (1min R1/1min R3) 15 min R1	Rest	10 min R1 3X (6 min R1/6 min R2) 5 min R1	Rest	25 min R1	10 km	Rest
<b>4</b>	21 min R1 2X (5min R1/4min R3) 21 min R1	Rest	10 min R1 2X (10min R1/10min R2) 10 min R1	Rest	30 min R1	12 km	Rest
<b>5</b>	20 min R1 2X (5 min R1/5 min R3) 15 min R1	Rest	15 min R1 25 min R2 15 min R1	Rest	30 min R1	16 km	Rest
<b>6</b>	25 min R1 6X (1 min R1/ 1 min R3) 20 min R1	Rest	10 min R1 3X (8 min R1/8 min R3) 5 min R1	Rest	30 min R1	13 km	Rest
<b>7</b>	25 min R1 4X (1 min R1/ 1 min R3) 25 min R1	Rest	15 min R1 2X (8 min R1/12 min R2) 10 min R1	Rest	25 min R1	14 km	Rest

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>8</b>	20 min R1 2X (3 min R1/ 3 min R3) 15 min R1	Rest	35 min R1	Rest	25 min R1	21 km R2	Rest
<b>9</b>	17 min R1 2X (4 min R1/4 min R3) 17 min R1	Rest	20 min R1 20 min R2 25 min R1	Rest	30 min R1	16 km	Rest
<b>10</b>	25 min R1 6 minutes R3 25 minutes R1	Rest	10 min R1 2X (9 min R1/9 min R3) 10 min R1	Rest	30 min R1	15 km	Rest
<b>11</b>	20 min R1 2X (5 min R1/5 min R3) 15 min R1	Rest	10 min R1 3X (8 min R1/8 min R2) 5 min R1	Rest	20 min R1	20 km	Rest
<b>12</b>	20 min R1 8 min R3 20 min R1	Rest	20 min R1 15 min R2 5 min R1 5 min R2 15 min R1	Rest	30 min R1	16 km	Rest
<b>13</b>	15 min R1 3X (2 min R1/2 min R3) 10 min R1	Rest	20 min R1 20 min R2 10 min R1	Rest	30 min R1	14 km	Rest
<b>14</b>	35 min R1	Rest	30 min R1	Rest	25 min R1	Run Killarney	Rest



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