



*The Gleneagle*  
HOTEL & APARTMENTS

# RUN KILLARNEY MARATHON

Sat 18th July 2015

14 Week Half Marathon  
Training Plan

- Sub 2 hours -

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** 6 min 10 sec per km (You should be able to talk while running at this pace)

**R2** running 5 min 40 sec per km

**R3** running 5 min 00 sec per km

- You will be able to adjust your training pace after the 10km runs in weeks 1 and 4. If you can easily maintain the pace of 5min per km, you may increase your training pace slightly.
- You will also be able to adjust your training after the 21 km runs in weeks 5 and 8. If you can easily maintain the pace of 5min 40sec/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 2hrs

R1: 6 min 10 sec/km · R2: 5 min 40 sec/km · R3: 5 min 00 sec/km

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>1</b>	15 min R1 10 min R3 10 min R1	Rest	10 min R1 15 min R2 5 min R1	Rest	35 min R1	10 km	Rest
<b>2</b>	15 min R1 2X (3min R1/3min R3) 15 min R1	Rest	6 min R1 6X (6 min R1/6min R2) 6 min R1	Rest	25 min R1	12 km	Rest
<b>3</b>	15 min R1 4X (1min R1/1min R3) 15 min R1	Rest	10 min R1 3X (6 min R1/6 min R2) 5 min R1	Rest	20 min R1	8 km	Rest
<b>4</b>	20 min R1 2X (5min R1/4min R3) 20 min R1	Rest	5 min R1 2X (8min R1/8min R2) 5 min R1	Rest	30 min R1	10 km	Rest
<b>5</b>	10 min R1 2X (4 min R1/4 min R3) 10 min R1	Rest	10 min R1 20 min R2 10 min R1	Rest	30 min R1	13 km	Rest
<b>6</b>	15 min R1 4X (1 min R1/ 1 min R3) 15 min R1	Rest	5 min R1 3X (7 min R1/7 min R3) 5 min R1	Rest	30 min R1	12 km	Rest
<b>7</b>	20 min R1 3X (4 min R1/ 2 min R3) 15 min R1	Rest	10 min R1 2X (6 min R1/9 min R2) 5 min R1	Rest	30 min R1	12 km	Rest

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>8</b>	15 min R1 2X (3 min R1/ 3 min R3) 15 min R1	Rest	30 min R1	Rest	20 min R1	21 km (adjust R2)	Rest
<b>9</b>	20 min R1 4 min R3 15 min R1	Rest	20 min R1 20 min R2 10 min R1	Rest	25 min R1	14 km	Rest
<b>10</b>	15 min R1 6 minutes R3 15 minutes R1	Rest	10 min R1 2X (7 min R1/7 min R3) 10 min R1	Rest	30 min R1	12 km	Rest
<b>11</b>	10 min R1 2X (5 min R1/5 min R3) 5 min R1	Rest	10 min R1 2X (8 min R1/8 min R2) 5 min R1	Rest	25 min R1	17 km	Rest
<b>12</b>	15 min R1 6 min R3 10 min R1	Rest	10 min R1 12 min R2 4 min R1 4 min R2 10 min R1	Rest	25 min R1	14 km	Rest
<b>13</b>	10 min R1 3X (2 min R1/2 min R3) 5 min R1	Rest	10 min R1 15 min R2 5 min R1	Rest	20 min R1	11.5 km	Rest
<b>14</b>	30 min	Rest	25 min R1	Rest	20 min R1	Run Killarney	Rest



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