

Programme Type: 10 Week Half Marathon Programme

Training Level: **Beginner**

This Programme is designed for those that are relatively new to resistance or fitness training.

Introduction

Welcome to Gyms.co.nz fitness programmes. We hope you find the 10 week training programme range useful in assisting you in achieving your health and fitness or sporting goals. If you have any questions about any of the details in any of our programmes then please contact us on gyms@slingshot.co.nz

Please note: All Gyms.co.nz exercise programmes are to be used as a guideline only and it is recommended that any training should not be commenced without first receiving the correct instruction from a qualified professional. All of Gyms.co.nz training programmes are utilised completely at your own risk. You should discontinue training immediately if you feel faint, dizzy or experience pain during your workout. If you are not used to the volume or intensity of any of the Gyms.co.nz programmes you should look to work up to the required training levels over a number of weeks. When using heavy weights or training to fatigue you should always exercise with a 'spotter'. A 'Spotter' is someone who can assist with the weight you should you require it during the latter repetitions.

Programme Explained:

This programme is designed to prepare you for either your first half marathon or if you are relatively inexperienced at running but may be looking to give another one a shot!! Good luck!

Terms Explained:

The following terms and keys are used in this and other Gyms.co.nz programmes. You may wish to familiarise yourself with these terms before proceeding.

Reps:

Repetitions. The number of times you are to complete the described exercise within each set.

Sets:

Are made up of a number / group of repetitions.

Intensity:

How hard you are looking to push yourself during a certain exercise.

Rest Between Sets:

The amount of recovery time you are aiming to have between every group of exercises you complete.

Rest Between Reps:

The amount of recovery time you are aiming to have between each repetition. Only applicable to fitness / aerobic training.

Programme Type: 10 Week Half Marathon Programme

Phase 1: 2 weeks

Monday

Easy Jog 20 minutes

Tuesday

Rest

Wednesday

Easy Jog 30 minutes

Thursday

Rest

Friday

Tempo Session

Warm Up

Easy Jog 5 minutes

Exercise	Time	Intensity
Steady Running	10 minutes	Relatively Strong

Warm Down

Easy Jog 5 minutes

Saturday

Rest

Sunday

Easy Jog 35mins

Undulating Ground.

Programme Type: 10 Week Half Marathon Programme

Phase 2: 4 weeks

Monday

Run 30 minutes

Tuesday

Rest

Wednesday

Run 40 minutes

Thursday

Rest

Friday

Interval Session

Warm Up

Easy Jog 10 minutes

Exercise	Time	Intensity
Steady Running	5 minutes	Hard
Easy Running	5 minutes	Easy
Steady Running	5 minutes	Hard
Easy Running	5 minutes	Easy

Warm Down

Easy Jog 10 minutes

Saturday

Rest

Sunday

Run 50 minutes (Build up to 1hr 15mins over 4 weeks)
Undulating Ground.

Programme Type: 10 Week Half Marathon Programme

Phase 3: 2 weeks

Monday

Run 30 minutes

Tuesday

Rest

Wednesday

50 minutes

Thursday

Rest

Friday

Tempo Session

Warm Up

Easy Jog 10 minutes

Exercise

Steady Running

Time

20 minutes

Intensity

Relatively Strong

Warm Down

Easy Jog 10 minutes

Saturday

Rest

Sunday

1hr 30 minute run

Programme Type: 10 Week Half Marathon Programme

Phase 4: 2 weeks

Monday

Run 30 minutes

Tuesday

Rest

Wednesday

40 minutes steady

Thursday

Rest

Friday

30 minutes

Saturday

Rest

Sunday

Week 1: 1hr run Week 2: Race