

# IMPACT MAGAZINE

## 12 Weeks to Master a Faster Half-Marathon

An achievable plan for an intermediate to advanced masters athlete

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Oak Bay Half Marathon

**R**unning a fast half-marathon is an achievable goal for an advanced Masters runner. In this half build you will be guided through a 12-week training plan where the goal is to run four days per week with the remainder of the week for cross-training, strength, and flexibility exercises. Before beginning this plan you should be comfortable running three to four times per week with some faster running at your 10-kilometre and half-marathon paces. For all runners including the Masters athlete, it is very important to listen to your body and modify your training to avoid injuries.

The plan consists of a workout (Tuesday), long run (Sunday), two easy runs (Wednesday/Friday), two strength-flexibility days and an optional cross-training day. Running by effort at the beginning is key to determine the running pace that feels best for you. The long run should be done at a comfortable pace that you could maintain for an hour or more, this is called Long Slow Distance (LSD). Think about controlled breathing, relaxed arm swing, low knee lift, and feet touching the ground lightly with each stride. Some long runs are just a run whereas others have half-marathon pace sections embedded. Easy runs are shorter runs during the week where you are running 15 to 30 seconds faster than your long run. The workouts are a chance to practice race paces and good running form. They consist of a warm-up, strides, intervals, and a cool down.

### COACHING TIPS

- Be Patient – follow the plan and take rest days off running.
- Believe in yourself – use positive self-talk to get you through tough training.
- Flexibility – adjust the plan to fit your work/life schedule.
- Running shoes – wear shoes that are supportive and feel good on your feet.
- Maintain flexibility and strength – short sessions throughout the week will help to avoid injuries.
- Switch up running routes and surfaces – flat, hilly, paved, and trail.

### LEGEND

**STRIDES** – Accelerations to practice faster leg turnover and good running form (good posture, knees driving forward, arms bent).

On an 80 to 100 metre flat stretch of pathway or grass, think about starting at an easier pace and finishing fast.

**MP** – Marathon pace

**HMP** – Half-Marathon pace

**NEGATIVE SPLIT** – Run at your long run pace for the first half of the run and then increase to half-marathon pace for the second half.

# 12-WEEK HALF-MARATHON TRAINING PLAN

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	Strength, Core, Stretch/ Yoga	Fartlek Run 5x 3 min at 10 km pace with 1 min easy jog rest	6 km easy	Strength	5 km easy	Day off or 30 min cross- training	12 km easy
2	Strength, Core, Stretch/ Yoga	Tempo and Hills 2 Sets (8 min at 10 km pace, 3 min easy, 3x 30 sec fast hills)	6 km easy	Strength	6 km easy	Day off or 30 min cross- training	15 km easy
3	Strength, Core, Stretch/ Yoga	4x 1 mile at 10 km pace with 3 min easy jog rest	6 km easy	Strength	5 km easy	Day off or 30 min cross- training	18 km long run as 6 km easy, 6 km at MP, 6 km easy
4	Strength, Core, Stretch/ Yoga	Fartlek Run 2x (5-4-3 min) at 10 km pace with 2 min easy jog rest	7 km easy	Strength	5 km easy	Day off or 30 min cross- training	16 km easy
5	Strength, Core, Stretch/ Yoga	2x 2 miles at 10 km pace with 3 min easy jog rest	7 km easy	Strength	6 km easy	Day off or 30 min cross- training	18 km easy
6	Strength, Core, Stretch/ Yoga	Pyramid Fartlek 2-3-4-4-3-2 with 1:1 work to rest	5 km easy	Strength	5 km easy	Day off or 30 min cross- training	21 km progression run as 7 km easy, 7 km at MP, 7 km slightly faster (5-10 sec/km)
7	Strength, Core, Stretch/ Yoga	Faster Finish as 6 km easy, 2 km at half-marathon pace	5 km easy	Strength	5 km easy	Day off or 30 min cross- training	12 km easy
8	Strength, Core, Stretch/ Yoga	Tempo Run 6 km at half-marathon pace	7 km easy	Strength	5 km easy	Day off or 30 min cross- training	15 km easy
9	Strength, Core, Stretch/ Yoga	6x 1 km at 10 km pace with 2.5 min easy jog rest	7 km easy	Strength	8 km easy	Day off or 30 min cross- training	23 km as 7 km easy, 5 km at MP, 1 km easy, 5 km @MP, 5 km easy
10	Strength, Core, Stretch/ Yoga	10 km run with moderate hills, 6x 30 sec fast	7 km easy	Strength	8 km easy	Day off or 30 min cross- training	12 km easy
11	Strength, Core, Stretch/ Yoga	Fartlek Run 2x (5-4-3 min) at 10 km pace with 2 min easy jog rest	7 km easy	Strength	6 km easy	Day off or 30 min cross- training	15 km easy
12	Strength, Core, Stretch/ Yoga	3x 1 mile at half-marathon pace	Strength	5 km easy	Day Off	Shake-Out run 20 min easy run + 3 strides	<b>Half-Marathon Race</b> Warm-Up: Jog easy for 10-15 min, drills, 3 strides 