

# ADIDAS 4DFWD

# INTERMEDIATE

# TRAINING PLAN

## HALF MARATHON



4DFWD

# INTERMEDIATE TRAINING PLAN

AR = ADIDAS RUNNERS

BASE PHASE

WEEK 01

MON  
TUE  
WED  
THUR  
FRI  
SAT  
SUN

AR SIGNATURE RUN + STRETCH & 15 MIN CORE  
20 MIN EASY RUN  
REST  
25 MIN EASY RUN 5X (4 MIN EASY RUN, 1 MIN WALK)  
REST  
AR LONG RUN - 7KM EASY + S&C / CORE  
REST

BASE PHASE

WEEK 02

MON  
TUE  
WED  
THUR  
FRI  
SAT  
SUN

AR SIGNATURE RUN + STRETCH & 15 MIN CORE  
20 MIN EASY RUN  
REST  
25 MIN EASY RUN 5X (4 MIN EASY RUN, 1 MIN WALK)  
REST  
AR LONG RUN - 8KM EASY + S&C / CORE  
REST

BASE PHASE

WEEK 03

MON  
TUE  
WED  
THUR  
FRI  
SAT  
SUN

AR SIGNATURE RUN + STRETCH & 15 MIN CORE  
20 MIN EASY RUN  
REST  
25 MIN EASY RUN 5X  
(4 MIN EASY RUN, 1 MIN RUN at 7/10 EFFORT)  
REST  
AR LONG RUN - 9KM EASY + S&C / CORE  
REST

# INTERMEDIATE TRAINING PLAN

AR = ADIDAS RUNNERS

BASE PHASE

WEEK 04

MON  
TUE  
WED  
THUR  
FRI  
SAT  
SUN

AR SIGNATURE RUN + STRETCH & 15 MIN CORE  
20 MIN EASY RUN  
REST  
25 MIN EASY RUN 5X  
(4 MIN EASY RUN, 1 MIN RUN @7/10 EFFORT)  
REST  
AR LONG RUN - 7KM EASY + S&C / CORE  
REST

BUILD PHASE

WEEK 05

MON  
TUE  
WED  
THUR  
FRI  
SAT  
SUN

AR SIGNATURE RUN + STRETCH & 15 MIN CORE  
30 MIN EASY RUN  
REST  
35 MIN RUN (ALT 5 MIN EASY THEN 5 MIN @ 6/10  
EFFORT REPEAT UNTIL 35 MIN REACHED )  
REST  
AR LONG RUN - 12.5KM EASY + S&C / CORE  
REST

BUILD PHASE

WEEK 06

MON  
TUE  
WED  
THUR  
FRI  
SAT  
SUN

AR SIGNATURE RUN + STRETCH & 15 MIN CORE  
30 MIN EASY RUN  
REST  
10X (1MIN 8/10 EFFORT FOLLOWED BY 1 MIN  
RECOVERY JOG)  
REST  
AR LONG RUN - 14KM EASY + S&C / CORE  
REST OR CROSS TRAINING (GENTLE WALK/ CYCLE/SWIM)

# INTERMEDIATE TRAINING PLAN

AR = ADIDAS RUNNERS

BUILD PHASE

WEEK 07

TUE  
WED  
THUR  
FRI  
SAT  
SUN

AR SIGNATURE RUN + STRETCH & 15 MIN CORE  
45 MIN EASY RUN (10 MINS EASY, 25 MIN STEADY,  
10 MIN EASY)  
REST  
12X (1MIN @8/10 EFFORT FOLLOWED BY 1MIN

PEAK PHASE

WEEK 08

MON  
TUE  
WED  
THUR  
FRI  
SAT  
SUN

AR SIGNATURE RUN + STRETCH & 15 MIN CORE  
35 MIN EASY RUN  
REST  
45MIN RUN (15MIN EASY, 15MIN STEADY 15MIN TEMPO)  
REST

PEAK PHASE

WEEK 09

MON  
TUE  
WED  
THUR  
FRI  
SAT  
SUN

AR SIGNATURE RUN + STRETCH & 15 MIN CORE  
45 MIN EASY RUN  
REST  
25 MIN STEADY RUN FOLLOWED BY 5X(30SEC HILL  
SPRINT WITH 1MIN RECOVERY DOWNHILL JOG)

# INTERMEDIATE TRAINING PLAN

AR = ADIDAS RUNNERS

PEAK PHASE	WEEK 10	TUE	AR SIGNATURE RUN + STRETCH & 15 MIN CORE
		WED	30 MIN EASY RUN
		THUR	REST
		FRI	2X(4/3/2/1 MINS @ 7-8/10 EFFORT WITH 1MIN RECOVERY WALK BTWN REPS) (2MIN WALK BETWEEN SETS)
		SAT	REST
		SUN	AR LONG RUN - 18.5KM (EASY RUN WITH LAST KM AT STEADY EFFORT)
			REST
TAPER PHASE	WEEK 11	MON	AR SIGNATURE RUN + STRETCH & 15 MIN CORE
		TUE	30 MIN EASY RUN
		WED	REST
		THUR	30MIN EASY RUN (LAST 10 MIN @ TEMPO PACE)
		FRI	REST
		SAT	AR LONG RUN - EASY 30 MINS
		SUN	REST
TAPER PHASE	WEEK 12	MON	AR SIGNATURE RUN + STRETCH & 15 MIN CORE
		TUE	30 MIN EASY RUN
		WED	REST
		THUR	30MIN EASY RUN (LAST 10 MIN @ TEMPO PACE)
		FRI	REST
		SAT	AR LONG RUN - 17.5KM EASY RUN
		SUN	RACE DAY //

# AR HALF-MARATHON TRAINING PLAN

AR = ADIDAS RUNNERS

## INTRO

THIS TRAINING PLAN HAS BEEN CREATED TO PREPARE YOU TO RUN A HALF MARATHON. WHETHER IT IS YOUR FIRST HALF MARATHON, OR YOU HAVE EXPERIENCE IN RUNNING THE DISTANCE, THIS PLAN WILL PROVIDE YOU WITH STRUCTURED WEEKLY SESSIONS. THE TRAINING PLAN IS SET OVER A 12-WEEK PERIOD AND WILL HELP GUIDE YOU IN ACHIEVING THE TIME YOU WANT.

THE PLAN IS CREATED WITH DISTANCE (KM) BASED LONG RUNS WHICH SHOULD HELP YOU TO UNDERSTAND AND RESPECT THE DISTANCES WE WILL BE COVERING WHILST ALSO ALLOWING YOU TO CLEARLY SEE PROGRESSION EACH WEEK.

AS A PREREQUISITE BEFORE ENTERING ANY OF THESE PLANS, YOU SHOULD BE ABLE TO COMFORTABLY RUN +7KM UNINTERRUPTED AND HAVE COMPLETED 2 MONTHS OF RUNNING UNDER YOUR BELT BEFORE EMBARKING ON ONE OF THESE PLANS.

SPANNING THE PLAN OVER A 12-WEEK PERIOD WILL PROVIDE YOU WITH ADEQUATE TIME TO IMPROVE YOUR RUNNING ENDURANCE AND FAMILIARISE YOURSELF WITH A STRUCTURED WEEKLY RUNNING ROUTINE – AFTER ALL, THERE ARE NO QUICK WINS WITH DISTANCE RUNNING AND CONSISTENCY IS KEY.

## BACKGROUND TO THIS PLAN

YOU WILL BE REQUIRED TO RUN 3-4 TIMES A WEEK. IT CAN BE VERY DIFFICULT TO FOLLOW ANY PLAN PRECISELY – LIFE GETS IN THE WAY; WORK/ PERSONAL COMMITMENTS CROP UP – IT HAPPENS TO ALL OF US. DON'T STRESS IF YOU NEED TO MOVE ANY OF THE RUNS AROUND TO SUIT YOU BETTER. HOWEVER, DO ENSURE TO MAINTAIN THE PATTERN OF SEPARATING THE TWO KEY SESSIONS IN YOUR RUNNING WEEK - LONG RUNS AND SPEED DAYS SHOULD BE SEPARATED WITH RECOVERY DAYS AS SHOWN IN THIS PLAN. THIS WILL ENSURE YOUR BODY IS RECOVERING ENOUGH BETWEEN THESE KEY SESSIONS.

## KEY TIPS

- PLEASE SPEND 15 MINUTES WARMING UP BEFORE EACH RUN. THIS WILL ENSURE YOUR MUSCLES ARE SWITCHED ON AND READY TO GO AND WILL HELP PREVENT INJURIES.
- ALLOW AN ADDITIONAL 15 MINUTES OF COOL DOWN AFTER EACH RUN. THIS MAY INCLUDE SOME GENTLE WALKING AND STRETCHING THAT WILL AID THE RECOVERY PROCESS.
- INCLUDE TIME THROUGHOUT THE WEEK TO STRETCH.
- PLEASE ADD SOME CORE WORK AND STRENGTH & CONDITIONING ONCE OR TWICE PER WEEK. THIS IS THE SIDE DISH TO YOUR RUNNING WHICH WILL HELP YOU BECOME A STRONGER AND MORE ROBUST RUNNER.

# AR HALF-MARATHON TRAINING PLAN

- EFFORT & PACE: THE TRAINING PLAN INDICATES WHAT EFFORT YOU SHOULD BE RUNNING VARIOUS SESSIONS AT. PACE VARIES FOR EVERYONE AND CAN CHANGE DUE TO MANY FACTORS INCLUDING FATIGUE / FITNESS/ WEATHER/ TERRAIN ETC. LISTEN TO YOUR BODY AND RUN BASED ON EFFORT LEVELS AND HOW YOU FEEL ON THE DAY.
- 1-3/10 EFFORT = EASY CONVERSATIONAL PACE. YOU FEEL COMFORTABLE AND CAN TALK IN FULL SENTENCES. - 4-6/10 EFFORT = MODERATE PACE. YOU CAN TALK BUT NOT IN FULL SENTENCES. YOUR BREATHING IS MORE STRENuous; YOU'RE WORKING BUT COMFORTABLE.
- 7-9/10 EFFORT = HARD PACE. YOU CAN ONLY MANAGE ONE WORD SENTENCES WITH HEAVY BREATHING. THIS IS OUTSIDE YOUR COMFORT ZONE.
- 10/10 EFFORT = FULL EXERTION. YOU CAN'T TALK AND WON'T BE ABLE TO HOLD THIS PACE FOR TOO LONG.

## TRAINING PHASES

### BASE PHASE

THIS IS A VITAL STAGE IN PREPARATION FOR A LONG DISTANCE EVENT. HERE WE BUILD THE ENGINE. THIS STAGE DEVELOPS OUR AEROBIC BASE AND IMPROVES OUR RUNNING ECONOMY. THIS PHASE WILL ALSO HELP US BECOME ACCUSTOMED TO A RUNNING ROUTINE AND GET A FEEL FOR THE TYPES OF TRAINING REQUIRED EACH DAY.

### BUILD

AFTER DEVELOPING SOME ROBUSTNESS AND CONSISTENCY IN THE BASE PHASE, WE NOW MOVE ONTO BUILDING ENDURANCE WITH FOCUS ON STEADILY INCREASING LONG RUNS.

### PEAK

IN THIS STAGE, WE BEGIN TO FINE TUNE THE ENGINE. WE WILL CONTINUE TO MAINTAIN AN AEROBIC BASE, BUT BEGIN TO INTRODUCE WORKOUTS WITH SOME INCREASED INTENSITY. THESE FASTER PACED SESSIONS WILL FURTHER STRENGTHEN OUR MUSCLES AND LIGAMENTS. HERE WE ARE PREPARING OUR MIND AND BODY FOR RACE DAY.

### TAPER

DURING THIS PHASE, WE WILL REDUCE THE VOLUME AND INTENSITY OF RUNNING TO ENABLE OUR BODIES REST FROM THE PREVIOUS PEAK WEEKS. THIS ENABLES OUR BODIES TO GET TO THE START LINE IN THE BEST POSSIBLE SHAPE.

### RECOVERY

THIS PHASE IS OFTEN OVERLOOKED BY RUNNERS WHO ARE RIDING ON THE RUNNERS' HIGH WAVE POST-RACE DAY. ALTHOUGH THE RECOVERY PHASE SITS OUTSIDE THE REALM OF THIS 12-WEEK PROGRAM, IT IS WORTH NOTING THAT A RECOVERY PHASE SHOULD BE IMPLEMENTED AFTER YOU SMASH YOUR HALF MARATHON RACE. THIS PHASE DURATION WILL VARY BETWEEN RUNNERS, BUT TRY TAKE 2-5 WEEKS AFTER RACE DAY TO GIVE YOUR BODY A WELL-DESERVED REST. LISTEN TO YOUR BODY, FOCUS ON EASY EFFORT RUNS, RECOVERY SESSIONS, SLEEP AND NUTRITION. SLOWLY RE-INTRODUCE LONGER RUNS AND SPEED WORK WHEN YOU FEEL READY.

# AR HALF-MARATHON TRAINING PLAN

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## EASY/ RECOVERY RUNS

THESE RUNS SHOULD BE RELAXED AND EASY. THEY ARE SPECIFICALLY TIME BASED SO YOU DON'T FOCUS ON PACE OR DISTANCE – PURELY RUN BY HOW YOU FEEL ON THAT DAY. RUN AT A COMFORTABLE CONVERSATIONAL PACE. RECOVERY RUNS ARE JUST AS IMPORTANT AS THE HARDER SESSIONS.

## LONG RUNS

LONG RUNS ARE AN ESSENTIAL ELEMENT FOR DISTANCE TRAINING. THEY WILL TEST YOU BOTH PHYSICALLY AND MENTALLY. DURING THESE RUNS, YOU WILL BE DEVELOPING YOUR ENDURANCE AND ABILITY TO RUN ON TIRED LEGS. THESE SHOULD BE RUN AT CONVERSATIONAL PACE. YOU WILL APPLY SOME PROGRESSIVE INTENSITY TO THEM DURING THE BUILD & PEAK PHASES.

## SPEEDWORK

SPEED WORK IS ANOTHER ESSENTIAL PART OF THE HALF MARATHON TRAINING WEEK. DURING THESE RUNS, YOU WILL BE SHARPENING YOUR PACE AND BUILDING STRENGTH. THESE SESSIONS WILL CONSIST OF HILLS, INTERVALS OR FARTLEK. RUN THESE SESSIONS ON EFFORT LEVEL. DON'T FOCUS TOO MUCH ON THE PACE YOUR WATCH IS TELLING YOU - GO BY FEEL AND EFFORT.

## TEMPO RUNS

THESE RUNS WILL MAKE YOU MORE COMFORTABLE RUNNING AT A CONTROLLED EFFORT. THEY WILL IMPROVE BOTH YOUR AEROBIC FITNESS AND ENDURANCE FOR RUNNING ON FATIGUED LEGS TOWARDS THE END OF A RACE. YOU WILL ALSO BE TRAINING YOUR MIND IN 'GETTING COMFORTABLE WHEN FEELING UNCOMFORTABLE'.

## CROSS TRAINING

THESE SESSIONS WILL SUPPLEMENT YOUR WEEKLY RUNS. THEY ARE AEROBIC WORKOUTS BUT WITHOUT THE IMPACT WE RECEIVE FROM RUNNING. THESE INCLUDE SWIMMING, CYCLING AND WALKING.

## CORE WORK / STRENGTH & CONDITIONING

AS AFOREMENTIONED, S&C AND CORE WORK ARE THE SIDE DISHES TO YOUR RUNNING SESSIONS. RUNNING-SPECIFIC EXERCISES WILL IMPROVE YOUR FORM, BUILD STRENGTH IN KEY MUSCLES AND BUILD OVERALL ROBUSTNESS TO YOUR BODY. THESE SESSIONS WILL HELP IN KEEPING YOU INJURY FREE. PILATES AND YOGA ALSO FALL INTO THIS CATEGORY.

## REST & RECOVERY

OFTEN AN OVERLOOKED AREA OF TRAINING, REST IS A VERY IMPORTANT ELEMENT WHEN DISTANCE TRAINING. IT IS SPECIFICALLY PLACED TO ALLOW YOUR BODY REPAIR AND RECOVER BETWEEN THE HARDER SESSIONS. LISTEN TO YOUR BODY AND TAKE THIS DOWNTIME TO ABSORB YOUR TRAINING. TRAINING FOR A HALF MARATHON CAN ADD ADDITIONAL STRESS TO OUR ALREADY BUSY LIVES SO BE SURE NOT TO OVERLOOK SLEEP, ACTIVE RECOVERY, NUTRITION AND GENERAL WELL-BEING.



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