

# RUN <sup>FOR THE</sup> OCEANS

## ADVANCED TRAINING PLAN MARATHON



adidas

PARLEY



# ADVANCED TRAINING PLAN

AR = adidas Runners

## BASE PHASE

### WEEK 01

MON  
TUE  
WED  
THUR  
FRI  
SAT  
SUN

AR SIGNATURE RUN + STRETCH & 15 MIN CORE

30 MIN EASY RUN + 15 MIN CORE

REST

20 MIN EASY RUN + S&C

REST

AR LONG RUN - 12KM EASY + S&C / CORE

REST

## BASE PHASE

### WEEK 02

MON  
TUE  
WED  
THUR  
FRI  
SAT  
SUN

AR SIGNATURE RUN + STRETCH & 15 MIN CORE

40 MIN EASY RUN + STRIDES (4 TO 6 X 100)

REST

20 MIN EASY RUN + S&C (OPTIONAL)

REST

AR LONG RUN - 14KM EASY + S&C / CORE

REST

## BASE PHASE

### WEEK 03

MON  
TUE  
WED  
THUR  
FRI  
SAT  
SUN

AR SIGNATURE RUN + STRETCH & 15 MIN CORE

40 MIN EASY RUN + STRIDES (4 TO 6 X 100)

REST

8 X 90S WITH 2 MINUTES JOG IN BETWEEN (7/10 EFFORT) +  
S&C / CORE (UNILATERAL MOVEMENTS)

REST

AR LONG RUN - 16KM EASY

REST

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## BASE PHASE

### WEEK 04

MON  
TUE  
WED  
THUR  
FRI  
SAT  
SUN

AR SIGNATURE RUN + STRETCH & 15 MIN CORE  
45 MIN EASY RUN + STRIDES (4 TO 6 X 100)  
REST  
4 X 4 MINUTES WITH 2 MIN JOG RECOVERIES (7/10 EFFORT) +  
S&C / CORE (UNILATERAL MOVEMENTS)  
REST  
AR LONG RUN - 18KM EASY ON A HILLY ROUTE  
REST

## BUILD PHASE

### WEEK 05

MON  
TUE  
WED  
THUR  
FRI  
SAT  
SUN

AR SIGNATURE RUN + STRETCH & 15 MIN CORE  
45 MIN EASY RUN + STRIDES (4 TO 6 X 100)  
REST  
3X7 MINUTES WITH 2 MIN JOG RECOVERIES (8/10 EFFORT)  
S&C  
AR LONG RUN - 18KM EASY  
REST

## BUILD PHASE

### WEEK 06

MON  
TUE  
WED  
THUR  
FRI  
SAT  
SUN

AR SIGNATURE RUN + STRETCH & 15 MIN CORE  
45 MIN EASY RUN + STRIDES (4 TO 6 X 100)  
REST  
10 MINS @ 7/10 EFFORT, FOLLOWED BY 5 MINS (3/10 EFFORT) REPEAT  
20 MIN EASY RUN + S&C (OPTIONAL)  
AR LONG RUN - 21KM EASY (16KM EASY PACE INTO 5KM @ MP)  
REST

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## BUILD PHASE

### WEEK 07

MON  
TUE  
WED  
THUR  
FRI  
SAT  
SUN

AR SIGNATURE RUN + STRETCH & 15 MIN CORE  
50 MIN EASY RUN + STRIDES (4 TO 6 X 100)  
REST  
5X 5 MIN @7/10 EFFORT FOLLOWED BY 2 MIN RECOVERY JOG  
20 MIN EASY RUN + S&C (OPTIONAL)  
AR LONG RUN - 25KM EASY RUN  
REST

## PEAK PHASE

### WEEK 08

MON  
TUE  
WED  
THUR  
FRI  
SAT  
SUN

AR SIGNATURE RUN + STRETCH & 15 MIN CORE  
50 MIN EASY RUN + STRIDES (4 TO 6 X 100)  
REST  
12X 1 MIN @7/10 EFFORT WITH 1 MIN RECOVERY JOG BETWEEN REPS  
20 MIN EASY RUN + S&C (OPTIONAL)  
AR LONG RUN - 27KM - 15KM EASY, 5KM GOAL MP, 5KM EASY,  
FINAL 2KM HARDER THAN MP  
REST

## PEAK PHASE

### WEEK 09

MON  
TUE  
WED  
THUR  
FRI  
SAT  
SUN

AR SIGNATURE RUN + STRETCH & 15 MIN CORE  
60 MIN EASY RUN + STRIDES (4 TO 6 X 100)  
REST  
40 MIN RUN - 22 MIN @6/10 EFFORT, 18 MIN + 10%  
20 MIN EASY RUN + S&C (OPTIONAL)  
AR LONG RUN - 30KM 5KM EASY FOLLOWED BY 5KM @  
MP FOR THE 30KM  
REST

# ADVANCED TRAINING PLAN

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## PEAK PHASE

### WEEK 10

MON  
TUE  
WED  
THUR  
FRI  
SAT  
SUN

AR SIGNATURE RUN + STRETCH & 15 MIN CORE

50 MIN EASY RUN + STRIDES (4 TO 6 X 100)

REST

2X(5/4/3/2/1 MINS @ 7-8/10 EFFORT WITH 1MIN RECOVERY JOG  
BTWN REPS) (2MIN JOG BETWEEN SETS)

20 MIN EASY RUN + S&C (OPTIONAL)

AR LONG RUN - 27KM ON A HILLY ROUTE

REST

## PEAK PHASE

### WEEK 11

MON  
TUE  
WED  
THUR  
FRI  
SAT  
SUN

AR SIGNATURE RUN + STRETCH & 15 MIN CORE

60 MIN EASY RUN + STRIDES (4 TO 6 X 100)

REST

SESSION (25" TEMPO), 7/10 EFFORT AFTER A THOROUGH  
DYNAMIC WARM UP

20 MIN EASY RUN + S&C (OPTIONAL)

AR LONG RUN - 32KM RUN, 10KM EASY PACE +10KM ALT 1KM@  
HARDER THAN MP/ 1KM EASY/ 10KM EASY/ 2KM @MP

REST

## PEAK PHASE

### WEEK 12

MON  
TUE  
WED  
THUR  
FRI  
SAT  
SUN

AR SIGNATURE RUN + STRETCH & 15 MIN CORE

50 MIN EASY RUN + STRIDES (4 TO 6 X 100)

REST

14X 1 MIN @8/10 EFFORT WITH 1 MIN RECOVERY JOG BETWEEN REPS

20 MIN EASY RUN + S&C (OPTIONAL)

AR LONG RUN - 34KM

REST

# ADVANCED TRAINING PLAN

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## TAPER PHASE

### WEEK 13

MON  
TUE  
WED  
THUR  
FRI  
SAT  
SUN

AR SIGNATURE RUN + STRETCH & 15 MIN CORE  
50 MIN EASY RUN + STRIDES (4 TO 6 X 100)  
REST  
14X 1 MIN @8/10 EFFORT WITH 1 MIN RECOVERY JOG BETWEEN REPS  
20 MIN EASY RUN + S&C (OPTIONAL)  
AR LONG RUN - 25KM  
REST

## TAPER PHASE

### WEEK 14

MON  
TUE  
WED  
THUR  
FRI  
SAT  
SUN

AR SIGNATURE RUN + STRETCH & 15 MIN CORE  
50 MIN EASY RUN + STRIDES (4 TO 6 X 100)  
REST  
7X 3 MIN @8/10 EFFORT WITH 90 SEC JOG RECOVERY INTERVALS  
20 MIN EASY RUN + S&C (OPTIONAL)  
AR LONG RUN - 16KM  
REST

## TAPER PHASE

### WEEK 15

MON  
TUE  
WED  
THUR  
FRI  
SAT  
SUN

AR SIGNATURE RUN + STRETCH & 15 MIN CORE  
50 MIN EASY RUN + STRIDES (4 TO 6 X 100)  
REST  
2X 15 MIN @8/10 EFFORT WITH 1 MIN RECOVERY JOG BETWEEN REPS  
20 MIN EASY RUN + S&C (OPTIONAL)  
AR LONG RUN - 12KM  
REST

# ADVANCED TRAINING PLAN

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TAPER PHASE

WEEK 16

MON

TUE

WED

THUR

FRI

SAT

AR SIGNATURE RUN + STRETCH & 15 MIN CORE

40 MIN EASY RUN + STRIDES (4 TO 6 X 100)

REST

SESSION (4 X 2")

REST

**RACE DAY //**

# AR MARATHON TRAINING PLAN

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THIS TRAINING PLAN HAS BEEN CREATED TO PREPARE YOU TO RUN A 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 16-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 +10KM UNINTERRUPTED AND HAVE COMPLETED 2 MONTHS OF RUNNING UNDER YOUR BELT BEFORE EMBARKING ON ONE OF THESE PLANS.

SPANNING THE PLAN OVER A 16 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.
- 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.



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- 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.

## 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 NOTHING 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.

### 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.

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## 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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