

Kindly Provided by Coach Christine Suter

Half Marathon

Estimated long run distances for Beginner Intermediate and Advanced Runners.

Week	Beginner	Intermediate	Advanced
1	8km	10-12km	10-12 km
2	9-10	10-12km	12km
3	10-11	13km	13-14km
4	12	14-15km	15-16km
5	13	15-16km	16-18km
6	14-15	16-17km	17-19km/20km
7	16	17-18km	18-20km/22km
8	17-17.5	18-19km	19-21km/24km
9	18-19	19-21km	20-22km/26km
10	19-21	15km	15km
11	12-14km	10km	12km
12	5km	6km	7km

The **Beginner Program** is geared towards a person new to running.

The **Intermediate Program** is for someone who has run before but may have not been training through the winter.

The **Advanced Program** is for people with running experience and a good base but are wanting to push themselves past their previous levels.

Sample Run Week

Monday	Tuesday	Wed	Thurs	Friday	Saturday	Sunday
Easy Recovery run or walk 30mins	Long run 1hr	OFF Running Cross Training	Interval Training	OFF Running Cross Training	Long Run	OFF-Legs off Day

Cross Training can include Strength/Weight Training, Biking, cross country skiing, swimming. If you know you have weak areas on your body that are affected by running a strength training program to target these specific areas will help.

Day OFF you need one day per week that you completely take off your feet and legs to allow them to recover

Stretching it is recommended that you stretch after your runs – this can be dynamic stretching where you are incorporating movement into your stretching or static where you are holding a specific stretch for a certain amount of time

Foam Rolling rolling out your legs on a foam roller is highly recommended as it helps to break down any adhesions that may start to form