

**6 WEEKS TO FIRST HALF
MARATHON**



WEEK NO: 1

WEEKLY DISTANCE: 25.8

MONDAY

REST AND RECOVER

TUESDAY

SPEED WORKOUT

WU: 1.6KM EASY AEROBIC
PACE OR HR

INTERVALS:

3X3X400@PACE

PROVIDED WITH 60
SECONDS WALKING REST
BETWEEN EFFORTS AND
90 SECONDS WALKING
REST BETWEEN SETS

CD: 1.6KM EASY AEROBIC
PACE OR HR

[HOW TO VIDEO](#)

[PACES CALCULATOR](#)

WEDNESDAY

REST AND RECOVER

THURSDAY

AEROBIC RUN

7KM AEROBIC RUN @HR
OR PACE AS INDICATED
BY COACH

[PACES CALCULATOR](#)

FRIDAY

REST AND RECOVER

SATURDAY

REST AND RECOVER

SUNDAY

LONG RUN

12KM RUN AT SPECIFIED
HR (HEART RATE) OR
PACE

10MIN JOG 1 MIN WALK

[PACES CALCULATOR](#)

NOTES

WELCOME TO WEEK 1 OF
YOUR 6 WEEK PROGRAM.
PLEASE WATCH THE
INSTRUCTIONAL VIDEO
OF THIS WORKOUT [HERE](#).

**6 WEEKS TO FIRST HALF
MARATHON.**



WEEK NO: 2

WEEKLY DISTANCE: 30.2KM

MONDAY

REST AND RECOVER

TUESDAY

SPEED WORKOUT

WU: 2KM EASY

INTERVALS:

2X2X800@PACE

CALCULATOR 90

SECONDS WALKING REST
BETWEEN EFFORTS AND
120 SECONDS WALKING
REST BETWEEN SETS
CD: 2KM EASY

HOW TO VIDEO

PACES CALCULATOR

WEDNESDAY

REHAB/PREHAB

FOLLOW THE YOUTUBE
VIDEO FOR TODAY'S
MOBILITY PROGRAM
[HTTPS://WWW.YOUTUBE
.COM/WATCH?
V=Q69KQ8LV18G&T=43S](https://www.youtube.com/watch?v=Q69KQ8LV18G&t=43s)

THURSDAY

AEROBIC RUN @STRIDES

8KM@HR THEN 10X100
METER STRIDES
30 SECONDS REST
BETWEEN EACH STRIDE
EFFORT

RUN AT AEROBIC PACE
OR HR AS INDICATED
BY COACH PACE
CALCULATOR

HOW TO VIDEO

PACES CALCULATOR

FRIDAY

REST AND RECOVER

SATURDAY

REST AND RECOVER

SUNDAY

LONG RUN

14KM RUN AT SPECIFIED
HR (HEART RATE) OR
PACE
10MIN JOG 1 MIN WALK

PACES CALCULATOR

NOTES

**6 WEEKS TO FIRST HALF
MARATHON.**



WEEK NO: 3

WEEKLY DISTANCE: 35.5KM

MONDAY

REST AND RECOVER

TUESDAY

SPEED WORKOUT

WU: 1.6KM EASY AEROBIC
PACE OR HR

INTERVALS:

3X3X400@PACE

PROVIDED WITH 60
SECONDS WALKING REST
BETWEEN EFFORTS AND
90 SECONDS WALKING
REST BETWEEN SETS

CD: 1.6KM EASY AEROBIC
PACE OR HR

[HOW TO VIDEO](#)

[PACES CALCULATOR](#)

WEDNESDAY

REHAB/PREHAB

FOLLOW THE YOUTUBE
VIDEO FOR TODAY'S
MOBILITY PROGRAM
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.COM/WATCH?
V=Q69KQ8LV18G&T=43S](https://www.youtube.com/watch?v=Q69KQ8LV18G&t=43s)

THURSDAY

TEMPO

WARM-UP 2K @AEROBIC
HR/PACE

4 X 3 MINUTES @ 15K
TEMPO

WITH 2 MIN EASY
RECOVERY BETWEEN
EACH EFFORT
COOLDOWN @AEROBIC
HR/PACE TILL YOU
REACH 6.5KM

[PACES CALCULATOR](#)

FRIDAY

AEROBIC RUN

5KM AEROBIC RUN @HR
OR PACE AS INDICATED
BY COACH

[PACES CALCULATOR](#)

SATURDAY

REST AND RECOVER

SUNDAY

LONG RUN

16KM RUN AT SPECIFIED
HR (HEART RATE) OR
PACE

12MIN JOG 1 MIN WALK

[PACES CALCULATOR](#)

NOTES

**6 WEEKS TO FIRST HALF
MARATHON.**



WEEK NO: 4

WEEKLY DISTANCE: 40.8KM

MONDAY

REST AND RECOVER

TUESDAY

SPEED WORKOUT

WU: 2KM EASY
INTERVALS:
2X3X800@PACE WITH 80
METER WALKS BETWEEN
EFFORTS AND 120
SECONDS REST BETWEEN
SETS CD: 2KM

[HOW TO VIDEO](#)
[PACES CALCULATOR](#)

WEDNESDAY

REHAB/PREHAB

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.COM/WATCH?
V=Q69KQ8LV18G&T=43S](https://www.youtube.com/watch?v=Q69KQ8LV18G&t=43s)

THURSDAY

TIME TRAIL

WARM UP 2KM EASY
AEROBIC HR/PACE
STOP AND REST
THEN 5KM ALL OUT
EFFORT ON A FLATTISH
ROUTE
PUSH HARD BUT LISTEN
TO YOUR BODY DON'T
CAUSE INJURY BUT
WORK AS HARD AS YOU
CAN.

FRIDAY

AEROBIC RUN

7KM AEROBIC RUN @HR
OR PACE AS INDICATED
BY COACH

[PACES CALCULATOR](#)

SATURDAY

REST AND RECOVER

SUNDAY

LONG RUN

18KM RUN AT SPECIFIED
HR (HEART RATE) OR
PACE
12MIN JOG 1 MIN WALK
*FOCUS ON NUTRITION:
EAT EVERY 45MIN
SOME FOOD OPTIONS:
SNEAKERS CHOCOLATE
FAST BAR
PEANUTS AND RAISINS
GUE
PEANUT/JAM BUTTER
SANDWICH

NOTES

**6 WEEKS TO FIRST HALF
MARATHON.**



WEEK NO: 5

WEEKLY DISTANCE: 42KM

MONDAY

REST AND RECOVER

TUESDAY

SPEED WORKOUT

WU: 2KM EASY @
AEROBIC PACE/HR
INTERVALS:
5X1000@PACE REST
BETWEEN INTERVALS 4
MIN EASY JOG BETWEEN
EFFORTS
CD: 2KM @ AEROBIC
PACE/HR
HOW TO VIDEO
PACES CALCULATOR

WEDNESDAY

REHAB/PREHAB

FOLLOW THE YOUTUBE
VIDEO FOR TODAY'S
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.COM/WATCH?
V=Q69KQ8LV18G&T=43S](https://www.youtube.com/watch?v=Q69KQ8LV18G&t=43s)

THURSDAY

TEMPO

WARM-UP 2K @AEROBIC
HR/PACE
6 X 3 MINUTES @ 15K
TEMPO
WITH 2 MIN EASY
RECOVERY BETWEEN
EACH EFFORT
COOLDOWN @AEROBIC
HR/PACE TILL YOU
REACH 8KM

FRIDAY

AEROBIC RUN

10KM AEROBIC RUN
@HR OR PACE AS
INDICATED BY COACH
PACES CALCULATOR:

SATURDAY

REST AND RECOVER

SUNDAY

LONG RUN

15KM RUN AT SPECIFIED
HR (HEART RATE) OR
PACE
15MIN JOG 1 MIN WALK
*FOCUS ON NUTRITION: EAT
EVERY 45MIN
SOME FOOD OPTIONS:
SNEAKERS CHOCOLATE
FAST BAR
PEANUTS AND RAISINS
GUE
PEANUT/JAM BUTTER
SANDWICH

NOTES

**6 WEEKS TO FIRST HALF
MARATHON.**



WEEK NO: 6

WEEKLY DISTANCE: 33.5KM

MONDAY

REST AND RECOVER

TUESDAY

SPEED WORKOUT

WU: 1.6KM EASY AEROBIC
PACE OR HR

INTERVALS:

2X4X400@PACE

PROVIDED WITH 60
SECONDS WALKING REST
BETWEEN EFFORTS AND
90 SECONDS WALKING
REST BETWEEN SETS

CD: 1.6KM EASY AEROBIC
PACE OR HR

[HOW TO VIDEO](#)

[PACES CALCULATOR](#)

WEDNESDAY

REST AND RECOVER

THURSDAY

AEROBIC RUN @STRIDES

5KM@HR THEN 10X100
METER STRIDES
30 SECONDS REST
BETWEEN EACH STRIDE
EFFORT

RUN AT AEROBIC PACE
OR HR AS INDICATED
BY COACH PACE
CALCULATOR

[PACES CALCULATOR](#)

FRIDAY

REST AND RECOVER

SATURDAY

REST AND RECOVER

SUNDAY

RACE DAY

HALF MARATHON RACE
DAY:
CONTACT YOUR COACH IF
YOU NEED ASSISTANCE
WITH PACE CHART AND
RACE DAY PLANNING

CORNE VAN ZYL
0769842980

NOTES