



Week One commencing Monday, 27 August

ROTTNEST HALF MARATHON

These programs have been written by Sarah Jamieson and Tina Ingraham from the Perth Running Club.

Sarah is a three time Olympian, Silver medallist at the Commonwealth Games in the 1500m and current Australian record holder the 1500m. Tina is four time winner of the Perth Marathon and multiple winner of the Perth Half Marathon. They have over 20 years of coaching experience between across a wide range of distances and abilities.

These programs have been designed for the intermediate runner who has previously completed the distance and/or runs 4-5 times per week.

The runner has an average to above average fitness level.

Please consult medical advice before commencing any fitness program.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total km
Week 1	Recovery 6km	2km warm up, 10 x 1min hard (1min walk rec) 2km cool down	Midweek long steady 12km	Easy pace 40mins	Rest day or Cross train	2km easy, 1 x 15mins @ tempo (tempo pace is 10km race pace +10sec per/km) 2km easy	Long Run 16km	
Week 2	Recovery 6km	2km warm up, 6 x 90sec (1min walk rec) 2km cool down	Midweek long steady 13km	Easy pace 40mins	Rest day or cross train	2km easy, 2 x 10mins @ tempo (3mins rec) 2km easy	Long Run 17km	
Week 3	Recovery 8km	2km warm up, 5 x 2min (1min walk rec) 2km cool down	Midweek long steady 13km	Easy pace 45mins	Rest day or cross train	2km easy, 2 x 12mins (3mins rec), 2km easy	Long Run 18km	
Week 4	Recovery 8km	2km warm up, 12 x 1min hard (1min walk rec) 2km cool down	Midweek long steady 14km	Easy pace 45mins	Rest day or cross train	2km easy, 20mins @ tempo, 2km easy	Long Run 20km	
Week 5	Recovery 8km	2km warm up, 8 x 90sec(1min walk rec) 2km cool down	Midweek long steady 14km	Easy pace 50mins	Rest day of cross train	2km easy, 2 x 15mins (3mins rec) @ tempo, 2km easy	Long Run 23km	
Week 6	Recovery 8km	2km warm up, 6 x 2min hard (1min walk rec) 2km cool down	Midweek long steady 14km	Easy pace 45mins	Rest day or cross train	2km easy, 25mins @ tempo, 2km easy	Long Run 20km	
Week 7	Recovery 8km	2km warm up, 15 x 1min (1min walk rec) 2km cool down	Midweek long steady 12km	Easy pace 45mins	Rest day of cross train	2km easy, 1 x 20mins @ tempo, 3mins rec, 10mins @ tempo, 2km easy	Long Run 15km	
Week 8	Recovery 6km	Rest	50mins steady pace	15mins warm up, 5 x 1min (1min rec) 15mins cool down	Rest	20mins light jog	Race	