

QUICK^{AS} THIEVES 2022

HALF MARATHON TRAINING GUIDE

 **THICK^{AS}THIEVES** *Pioneer Dj*

TRAINING NOTES:

- 1 The most important run each week is your long run. Check out the video coming soon which explains why but if you need to skip a run for any reason, ensure that you get your long run in.
- 2 Strength work is often overlooked however these sessions are just as important as the running itself. These sessions can be as little as 15 minutes, ideally twice a week. Check out the Strength & Conditioning exercise videos coming soon.
- 3 If you are attempting your first half or full marathon, and your goal is just to finish, then there is no need to be doing any interval or speed work, focus on building a strong Aerobic base (conversational pace).

TRAINING GUIDE

* ALL RUNS IN KM ** DW = DOWN WEEK

WEEK STARTING	RUN 1	RUN 2	LONG RUN	STRENGTH WORK
AUGUST 22	4	4	6	CORE / GLUTES / LEGS
AUGUST 29	4.5	4.5	7	CORE / GLUTES / LEGS
SEPTEMBER 5	4	4	8	CORE / GLUTES / LEGS
SEPTEMBER 12	5	5	9.5	CORE / GLUTES / LEGS
SEPTEMBER 19 (DW)	2.5	2.5	4.5	CORE / GLUTES / LEGS
SEPTEMBER 26	5	5	9.5	CORE / GLUTES / LEGS
OCTOBER 3	5.5	5.5	11	CORE / GLUTES / LEGS
OCTOBER 10	6	6	13	CORE / GLUTES / LEGS
OCTOBER 17	6.5	6.5	15	CORE / GLUTES / LEGS
OCTOBER 24 (DW)	3.5	3.5	7.5	CORE / GLUTES / LEGS
OCTOBER 31	6.5	6.5	17	CORE / GLUTES / LEGS
NOVEMBER 7	7	7	10	CORE / GLUTES / LEGS
NOVEMBER 14	8	8	10	CORE / GLUTES / LEGS
NOVEMBER 21	3	3	QAT 25. NOV	—