



TRAINING PLAN

AND THE 7 TOP TIPS FOR RUNNING SUCCESS





MARATHON TRAINING PLAN

Please note: This plan assumes that you can comfortably run for 2 hours or 20km.

WEEK ONE:

- 1x 19-21km
- 2-4x easy runs (30-50mins each)

WEEK TWO:

- 1x 20-22km
- 2-4x easy runs (30-50mins each)

WEEK THREE: Recovery & Easy Week

- 1x 16-18km
- 2-3x easy runs (25-45mins) each

WEEK FOUR:

- 1x 22- 24km
- 1-3 x easy runs (40-60mins each)
- 1x Interval run 4x 1min fast with 1min slow recovery. 4x2min fast with 1min slow recovery

WEEK FIVE:

- 1x 24-26km
- 1-3x easy runs (40-60mins each)
- 1x Interval run 4x 1min fast with 1min slow recovery. 4x2min fast with 1min slow recovery

WEEK SIX:

- 1x 18-20km
- 2-3x easy runs (30-50mins each)

WEEK SEVEN:

- 1x 26-28km
- 1-3x easy runs (40-60mins each)
- 1x10kmrace–gohardandhavefun!

WEEK EIGHT:

- 1x 28-30km
- 1-3x easy runs (40-60mins each)
- 1x Interval run. 8x2min fast with 2min slow recovery

WEEK NINE:

- 1x 30-34km
- 2-4x easy runs (40-60mins each)

WEEK TEN: Taper

- 1x 26-28km
- 2-4x easy runs (40-60mins each)

WEEK ELEVEN: Taper

- 1x 14-16km
- 1-3x easy runs (30-50mins each)
- 1x interval run 3-5 x 1km at 80-85% max effort with 2-3 mins recovery between intervals.

WEEK TWELVE: Race Week

- 2-3x easy runs (20-40mins each)
- 42.2km – Game time!



7 Essential Tips to make your plan successful

1. Warm up for 5-10mins before every run and cool down for 5mins after every run. With all of us having busy lives we will often neglect the warm up and rush straight into our runs. Ask yourself if you are taking the time to prepare your body properly before your next run? If not take the time to warm up, and see how much better your run feels.

Cool down is the opposite of the warm up and like the warm up often neglected at the expense of additional running time. Give it a try and see how much better you feel.

2. Include 2x core/strength workouts as part of your weekly plan. 15-30minutes.

Your strength work will help support your body while you run and keep you in good alignment making your running more efficient.

3. Include daily mobility and flexibility sessions. 5-10mins.

Great movement is one of the keys to great performance. Improving your mobility and flexibility will improve your running technique, the quality of your strength sessions and reduce injuries. All of this means better results and an increase in the longevity of your running journey.

4. Eat and drink like a runner.

We are what we eat and it is no surprise that if we improve the quality of what we eat we will feel and perform better.

Eat whole, natural foods, as fresh as possible, that make you feel full the longest.

5. Plan the week ahead on a Sunday night so that you don't miss a session and are psychologically prepared. Get your training gear ready and confirm where you will run and who with. Plan to be successful.
6. Train on the terrain that you will race on. If you have entered a trail/offroad event then make sure you train off road.
7. Review the course map in week 1 of your training and include hill runs if your race includes hills.



Thanks for downloading your plan and tips.

Maybe you're a struggling new runner, maybe you're a seasoned professional, whatever the case we hope you find a nugget or two in these tips to help you get more out of your running. We hope to get you inspired, keep you motivated and help you nail some of those important goals.

We are Lisa Tamati and Neil Wagstaff, the team behind goto.runninghotcoaching.com/info. Between us we have over 40 years experience in both the health and fitness industry, as well as in competing in the world's toughest endurance events.

Running Hot Coaching was born from our lifelong passion for running, health and fitness. We have put thousands of kilometres and many years of research into creating what we believe is the perfect fitness program for running success and for general health and wellbeing. It's one we teach to clients from all over the world.

Unlock your access to the Running Hot Coaching Community today and all the resources you need!

Click on the link below to find out more.

goto.runninghotcoaching.com/info

Happy Running.

Lisa and Neil
Co Founders
Running Hot Coaching



HALF MARATHON TRAINING PLAN

Please note: This plan assumes that you can comfortably run for 1 hour or 10km

WEEK ONE:

- 1x 10-11km
- 2-4x easy runs (25-45mins each)

WEEK TWO:

- 1x 11-12km
- 2-4x easy runs (30-50mins each)

WEEK THREE: Recovery & Easy Week

- 1x 8-10km
- 1-3x easy runs (25-45mins) each

WEEK FOUR:

- 1x 12-13km
- 1-3 x easy runs (30-50mins each)
- 1x Interval run 4x30 seconds fast with 1min slow recovery. 4x1min fast with 1min slow recovery.

WEEK FIVE:

- 1x 13-14km
- 1-3x easy runs (30-50mins each)
- 1x Interval run 4x30 seconds fast with 1min slow recovery. 4x1min fast with 1min slow recovery

WEEK SIX:

- 1x 10-12km
- 2-3x easy runs (30-50mins each)

WEEK SEVEN:

- 1x 15-16km
- 1-3x easy runs (30-50mins each)
- 1x Interval run 4x1min fast with 1min slow recovery. 4x2min fast with 2min slow recovery

WEEK EIGHT:

- 1x 16-17km
- 1-3x easy runs (30-50mins each)
- 1x Interval run 4x1min fast with 1min slow recovery. 4x2min fast with 2min slow recovery

WEEK NINE:

- 1x 17-18km
- 2-4x easy runs (30-50mins each)

WEEK TEN: Taper

- 1x 15-16km
- 2-4x easy runs (30-50mins each)

WEEK ELEVEN: Taper

- 1x 10-12km
- 1-3x easy runs (30-50mins each)
- 1x Interval run 4x1min fast with 1min slow recovery. 4x2min fast with 2min slow recovery

WEEK TWELVE: Race Week

- 2-3x easy runs (20-40mins each)
- 21.1km – Game time!