



**GREAT  
OCEAN  
ROAD  
RUNNING  
FESTIVAL**

**12 WEEK  
HALF MARATHON ADVANCED  
TRAINING PROGRAM**

Thanks to Pat Carroll (Australian All Comers Half Marathon record holder – 61.11) for writing the marathon and half marathon programs. Pat can provide you with a more detailed and personalised training program and you will have the ability to converse with Pat via email throughout your campaign. For more information about Pat's services go to [www.patcarroll.com.au](http://www.patcarroll.com.au)

Pat Carroll has put together a fantastic 12 week training program to help you achieve your goal on May 21<sup>st</sup>.

**Please consult your doctor before beginning any new exercise program.**

You will notice that the majority of the sessions are time based (50min/2hrs) rather than distance based (5km/30km). The reason for this is that generally running to time is more enjoyable, easy to monitor (all you need is a watch) and will prevent you from forcing the pace of the comfortable runs.

The use of measured efforts in the speed sessions (500m/1km) and time trials (3km) along with short term goal races (5km/10km/Half Marathons) are sufficient indicators for you to help set a realistic and challenging goal time for the event you are preparing for.

Challenging yourself (running out of your comfort zone) during your speed sessions and races is rewarding in many ways, however, it is imperative that you also incorporate ample recovery time (rest days and easy/comfortable runs).

Number 1 Rule: Run out of your comfort zone during your fast efforts and races. All remaining sessions should be run at a relaxed pace. You should be able to talk comfortably the entire run.

## Types of training sessions

The 12-week training diaries outlined for the marathon and half marathon contain three types of sessions.

**1) Comfortable runs** - These sessions are set to time only, ie; 30min or 2hrs or 3hrs etc. These runs are to be run at a comfortable pace (still able to carry out a conversation).

Don't be concerned by the fact that your longest training run may not cover the distance you are preparing for. Save yourself for your Great Ocean Road event. Climbers don't climb Mt Everest in order to prepare for their Mt Everest climb! They may climb a mountain  $\frac{1}{2}$  –  $\frac{3}{4}$  the height a few times during their preparation though. Prepare consistently, stay injury free, and your solid preparation combined with race day atmosphere will allow you to go all the way on May 21!

**2) Speed sessions** - These sessions will allow you to become a faster runner and involve an active 10-15min warm-up jog followed by what is the core of the session. Always finish your speed sessions with a cool-down jog followed by stretching.

**SR:** Standing Recovery

**JR:** Jog Recovery

*Example 1:* 6 x 500m, 1min SR. All 500 meter efforts will be run at a similar pace and by the time you have finished your 6th you will be starting to tire.

*Example 2:* 15 x 30sec/30sec JR. Alternating between running fast for 30sec and jogging for 30sec. Ideally your initial & final 30sec fast effort will be run at the same pace.

*Example 3:* 4 x 4min, 45sec SR. Run each 4min effort over the same initial stretch of ground, i.e. back and forth (A-B 45sec SR/B-A 45sec SR & repeat)

*Example 4:* 15min effort. You will be running at an even pace throughout and when you finish you will feel like you could not have travelled much further while holding the same pace.

*Example 3:* Hill reps. These will last either side of **30sec** and a slow jog back down the hill will act as your recovery. The hill won't be steep to the extent you're laboring towards the top. Opt for a less gradual hill which allows you to maintain similar speed throughout.

**3) Race Simulation: 10k race or solo 10k Time Trial** – You will be able to use your previous measured efforts (500's / 3k TT etc) to predict a challenging pace. Your result will be a great deal faster than your goal Half Marathon.

WEEK	MON	TUE	WED	THUR	FRI	SAT	SUN	KMS	
Week 1 27 <sup>th</sup> Feb	<i>"Life begets life. Energy creates energy. It is by spending oneself that one becomes rich."</i>								
	Rest Or XTrain	<b>Speed Session</b> <b>15 x 30 sec ON, 30 sec JR</b> Alternate between running at 80% effort for 30 sec and JR for 30 sec. 1min JR between 10 <sup>th</sup> and 11 <sup>th</sup> reps.	<b>Run</b> 50 mins	Rest Or XTrain	<b>Speed Session</b> <b>8 x 1min ON, 30 sec JR</b> Alternate between running at 80% effort for 30 sec and jogging for 30 sec. 1min JR between 4 <sup>th</sup> and 5 <sup>th</sup> reps.	Rest	<b>Run</b> 1hr		
Week 2 6 <sup>th</sup> Mar	<i>"Nobody climbs mountains for scientific reasons. Science is used to raise money for the expeditions; but you really climb for the hell of it."</i>								
	Rest Or XTrain	<b>Hill Session</b> <b>15 Hill Reps</b> Hill reps to take around 30 sec. Push off balls of feet, with high knee lift, relaxed shoulders and keeping your fists tight around hip height. The hill does not have to be steep as you still need to run relatively quick. Jog back down for recovery. Have 1min SR between 10 <sup>th</sup> and 11 <sup>th</sup> reps.	<b>Run</b> 50 mins	Rest Or XTrain	<b>Speed Session</b> <b>A-B-A Format</b> <b>4 x 4 min, 45 sec SR</b> Starting at point <b>A</b> run at 80% effort for 2mins, turn around and aim to arrive back at point <b>A</b> exactly 4mins. If you arrive back too soon, you've gone out too slow, if you don't make it back in 4mins you've gone out too fast. Aim to run the same pace out and back. Repeat 3 more times.	<b>Run</b> 50 mins	<b>Run</b> 1hr 20mins Last 4km at Goal Half Marathon Pace.		
Week 3 13 <sup>th</sup> Mar	<i>"Age is a question of mind over matter. If you don't mine, it doesn't matter."</i>								
	Rest Or XTrain	<b>Speed Session</b> <b>8 x 1min ON, 30 sec JR</b> Alternate between running at 80% effort for 1min and JR for 30 sec. 1min JR between 4 <sup>th</sup> and 5 <sup>th</sup> reps.	<b>Run</b> 1hr Last 2km at Goal Half Marathon Pace.	Rest Or XTrain	<b>Speed Session</b> <b>A-B-A Format</b> <b>4 x 4 min, 45 sec SR</b> Starting at point <b>A</b> run at 80% effort for 2mins, turn around and aim to arrive back at point <b>A</b> exactly 4mins. If you arrive back too soon, you've gone out too slow, if you don't make it back in 4mins you've gone out too fast. Aim to run the same pace out and back. Repeat 3 more times.	<b>Run</b> 50 mins	<b>Run</b> 1hr 20mins Last 4km at Goal Half Marathon Pace.		
Week 4 20 <sup>th</sup> Mar	<i>"I'm a great believer in luck, and I find the harder I work, the more I have of it." Thomas Jefferson</i>								
	Rest Or XTrain	<b>Hill Session</b> <b>15 Hill Reps</b> Hill reps to take around 30 sec. Push off balls of feet, with high knee lift, relaxed shoulders and keeping your fists tight around hip height. The hill does not have to be steep as you still need to run relatively quick. Jog back down for recovery. Have 1min SR between 10 <sup>th</sup> and 11 <sup>th</sup> reps.	<b>Run</b> 1hr Last 2km at Goal Half Marathon Pace.	Rest Or XTrain	<b>Speed Session</b> <b>A-B-A Format</b> <b>4 x 4 min, 45 sec SR</b> Starting at point <b>A</b> run at 80% effort for 2mins, turn around and aim to arrive back at point <b>A</b> exactly 4mins. If you arrive back too soon, you've gone out too slow, if you don't make it back in 4mins you've gone out too fast. Aim to run the same pace out and back. Repeat 3 more times.	<b>Run</b> 50 mins	<b>Run</b> 1hr 30mins Last 4km at Goal Half Marathon Pace.		
Week 5 27 <sup>th</sup> Mar	<i>"You have to expect things of yourself before you can do them." Michael Jordan</i>								
	Rest Or XTrain	<b>Speed Session</b> <b>10 x 1min ON, 30 sec JR</b> Alternate between running at 80% effort for 1min and JR for 30 sec. 1min JR between 5 <sup>th</sup> and 6 <sup>th</sup> reps.	<b>Run</b> 1hr 10 mins Last 2km at Goal Half Marathon Pace.	Rest Or XTrain	<b>Speed Session</b> <b>A-B-A Format</b> <b>2 x 5min, 1 x 10min</b> Starting at point <b>A</b> run at 75% effort for 5mins, have 30sec SR, then run at 75% effort for 5mins. Have 1min SR then return to point <b>A</b> at 80% effort without a break. Your aim is to pass point <b>A</b> before you complete your 10min effort.	<b>Run</b> 50 mins	<b>Run</b> 1hr 30mins Last 4km at Goal Half Marathon Pace.		

WEEK	MON	TUE	WED	THUR	FRI	SAT	SUN	KMS
Week 6 3 <sup>rd</sup> Apr	<i>"It's lack of faith that makes people afraid of challenges, and I believe in myself." Muhammad Ali</i>							
	Rest Or XTrain	<b>Speed Session</b> <b>8 x 500m ON, 1 min SR</b> Alternate between running at 80% effort for 500m and SR for 1min.	<b>Run</b> 1hr 10 mins Last 2km at Goal Half Marathon Pace.	Rest Or XTrain	<b>Speed Session</b> <b>5 x 1km ON, 1 min SR</b> Alternate between running at 80% effort for 1km and SR for 1min.	<b>Run</b> 50 mins	<b>Run</b> 1hr 40mins Last 4km at Goal Half Marathon Pace.	
Week 7 10 <sup>th</sup> Apr	<i>"Courage is resistance to fear, mastery of fear – not absence of fear." Mark Twain</i>							
	Rest Or XTrain	<b>Hill Session</b> <b>15 Hill Reps</b> Hill reps to take around 30 sec. Push off balls of feet, with high knee lift, relaxed shoulders and keeping your fists tight around hip height. The hill does not have to be steep as you still need to run relatively quick. Jog back down for recovery. Have 1min SR between 10 <sup>th</sup> and 11 <sup>th</sup> reps.	<b>Run</b> 1hr 10 mins Last 2km at Goal Half Marathon Pace.	Rest Or XTrain	<b>Race Session</b> <b>3km Time Trial</b>	<b>Run</b> 50 mins	<b>Run</b> 1hr 40mins Last 4km at Goal Half Marathon Pace.	
Week 8 17 <sup>th</sup> Apr	<i>"Only those who dare to fail greatly can ever achieve greatly." JFK</i>							
	Rest Or XTrain	<b>Speed Session</b> <b>10 x 1 min ON, 30 sec JR</b> Alternate between running at 80% effort for 1 min and JR for 30 sec. 1min JR between 5 <sup>th</sup> and 6 <sup>th</sup> reps.	<b>Run</b> 1hr 10 mins Last 2km at Goal Half Marathon Pace.	Rest Or XTrain	<b>Race Session</b> <b>5km Time Trial</b>	Rest	<b>Run</b> 1hr 40mins Last 4km at Goal Half Marathon Pace.	
Week 9 24 <sup>th</sup> Apr	<i>"Genius is one percent inspiration and ninety-nine percent perspiration."</i>							
	Rest Or XTrain	<b>Run</b> 40 mins	<b>Run</b> 1hr 10 mins	Rest Or XTrain	<b>Run</b> 50 mins	Rest	<b>Race Simulation</b> <b>10km</b> race or solo 10k Time Trial	
Week 10 1 <sup>st</sup> May	<i>"To be prepared is half the victory."</i>							
	Rest Or XTrain	<b>Run</b> 40 mins	<b>Run</b> 1hr 10 mins	Rest Or XTrain	<b>Speed Session</b> <b>A-B-A Format</b> <b>5 x 4 min, 45 sec SR</b> Starting at point <b>A</b> run at 80% effort for 2mins, turn around and aim to arrive back at point <b>A</b> exactly 4mins. If you arrive back too soon, you've gone out too slow, if you don't make it back in 4mins you've gone out too fast. Aim to run the same pace out and back. Repeat 4 more times.	<b>Run</b> 50 mins	<b>Run</b> 1hr 40mins Last 4km at Goal Half Marathon Pace.	

WEEK	MON	TUE	WED	THUR	FRI	SAT	SUN	KMS
Week 11 8 <sup>th</sup> May	<i>"He who stops being better stops being good." Oliver Cromwell</i>							
	Rest Or XTrain	<b>Hill Session</b> <b>15 Hill Reps</b> Hill reps to take around 30 sec. Push off balls of feet, with high knee lift, relaxed shoulders and keeping your fists tight around hip height. The hill does not have to be steep as you still need to run relatively quick. Jog back down for recovery. Have 1min SR between 10 <sup>th</sup> and 11 <sup>th</sup> reps.	<b>Run</b> 1hr 10mins	Rest Or XTrain	<b>Speed Session</b> <b>A-B-A Format</b> <b>4 x 4 min, 45 sec SR</b> Starting at point <u>A</u> run at 80% effort for 2mins, turn around and aim to arrive back at point <u>A</u> exactly 4mins. If you arrive back too soon, you've gone out too slow, if you don't make it back in 4mins you've gone out too fast. Aim to run the same pace out and back. Repeat 3 more times.	Rest	<b>Run</b> 1hr 20mins	
Week 12 15 <sup>th</sup> May	<i>"It's lack of faith that makes people afraid of challenges, and I believe in myself." Muhammad Ali</i>							
	Rest	<b>Run</b> 1hr	<b>Speed Session</b> <b>15 x 30 sec ON, 30 sec JR</b> Alternate between running at 80% effort for 30 sec and JR for 30 sec. 1min JR between 10 <sup>th</sup> and 11 <sup>th</sup> reps.	<b>Run</b> 40 mins	Rest	Rest		