

HALF2FULL (21KM242KM) TRAINING PROGRAM

So you have accepted the HALF2FULL Challenge, lets make your journey easier. This is your plan to achieve your goal of running your first marathon (42.2km)

Our program has 4 runs per week, the days can be adjusted to fit into your schedule and rest days can also be used for cross training and stretching.

Each session is denoted as follows

Heart Rate Zone / Distance required

(i.e. 1/5km means run 5km in heart rate zone 1)

HEART RATE (HR) ZONES

KEY ZONES	Heart Rate Max	Description
Zone 1	50 - 60% of HR Max	Aerobic Training
Zone 2	60 - 70% of HR Max	Comfortable pace; conversation possible; deeper breathing; Basic cardiovascular training; good recovery pace
Zone 3	70 - 80% of HR Max	Moderate pace; more difficult to hold a conversation; improves aerobic capacity

MAX HEART RATE (HR) CALCULATIONS

The basic way to calculate your maximum heart rate is to subtract your age from 220.

Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL KMs
17	1 / 5km	Rest	1 / 5km	Rest	1 / 5km	Rest	1 / 8km	23
16	1 / 5km	Rest	2 / 5km	Rest	1 / 5km	Rest	1 / 10km	25
15	1 / 5km	Rest	2 / 7km	Rest	2 / 5km	Rest	2 / 12km	29
14	1 / 5km	Rest	2 / 7km	Rest	2 / 5km	Rest	2 / 12km	29
13	2 / 5km	Rest	2 / 7km	Rest	3 / 5km	Rest	2 / 15km	32
12	2 / 5km	Rest	2 / 10km	Rest	3 / 5km	Rest	2 / 15km	35
11	3 / 5km	Rest	2 / 10km	Rest	3 / 5km	Rest	2 / 15km	35
10	2 / 7km	Rest	2 / 10km	Rest	2 / 7km	Rest	2 / 15km	39
9	3 / 7km	Rest	2 / 10km	Rest	3 / 7km	Rest	2 / 15km	39
8	3 / 7km	Rest	2 / 12km	Rest	3 / 7km	Rest	2 / 16km	42
7	3 / 7km	Rest	2 / 12km	Rest	3 / 7km	Rest	2 / 16km	42
6	3 / 8km	Rest	2 / 12km	Rest	3 / 8km	Rest	2 / 20km	48
5	3 / 8km	Rest	2 / 12km	Rest	3 / 8km	Rest	2 / 20km	48
4	3 / 8km	Rest	2 / 12km	Rest	3 / 8km	Rest	2 / 32km	60
3	1 / 5km	Rest	1 / 10km	Rest	1 / 5km	Rest	2 / 12km	32
2	1 / 5km	Rest	1 / 7km	Rest	1 / 5km	Rest	2 / 12km	29
1	1 / 5km	Rest	1 / 5km	Rest	REST	Rest	Go time: 42km!	