

Orange Running Festival Intermediate 12 Week Half Marathon Program

Program Overview

This program is appropriate for an athlete who has the capacity to run approximately 4 times per week, looking to build to 5 times per week. The program has options for quicker progression, for athletes who may cope more easily with the training, or have previous exercise experience.

The Coach

Owain Matthews is a Triathlete, Coach and former Great Britain International runner. He is a two-time Age Group triathlon World Champion and has running PB's of 14:25 5km, 30:29 10km, 67:59 Half Marathon. He coaches with Energylink Performance Coaching in Sydney.

Give Owain a follow on [Instagram](#) and stay tuned for some training tips along the way.

Program Flexibility

The program is designed so that you can switch the days to suit your schedule and running needs. Try to have the recommended number of days off each week and try not to pair longer runs and workouts with intensity on consecutive days where possible, your body will thank you.

Program Details

The program volume and duration will progress over the 12 weeks. It is important to follow the intensities for optimal recovery and injury prevention, as well as specific event preparation. There will be a lot of opportunity in the program to run at your goal half marathon pace.

RPE / Rate of Perceived Effort – A subjective effort scale from 1-10 (10 being maximal effort). This is a good way to align your effort with pacing.

Rest Day – no activity or light stretching/ muscle release/ strength exercises.

Easy Run – low intensity run at a conversational pace, approximately 4-5 RPE. It is important to keep the effort low to make sure the physiological adaptations are specific.

Long Run – low intensity run at a conversational pace for an extended period. It is not unusual for heart rate or perceived effort to increase slightly in the later stages of these runs. These are often completed at the weekend when athletes have more time and can often run in groups.

HM / Half Marathon Pace – periods of time spent running at your goal half marathon pace, approximately 6-7 RPE.

Training Plans provided by:

Owain Matthews, Triathlete and Coach

owainmatthews.com

With support from:



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Week 1

Day	Activity Details
Monday	30 MIN Easy Run
Tuesday	Rest Day/ Active Recovery
Wednesday	10 MIN Easy Run, 10 MIN @ Goal Half Marathon Pace, 10 MIN Easy Run
Thursday	30 MIN Easy Run
Friday	Rest Day/ Active Recovery
Saturday	40 MIN Longer Easy Run
Sunday	Rest Day/ Active Recovery
Tip: Try to establish appropriate paces early on in your fitness build. Easy means Easy!	

Week 2

Day	Activity Details
Monday	30 MIN Easy Run
Tuesday	Rest Day/ Active Recovery
Wednesday	10 MIN Easy Run, 3x 5 MIN @Goal Half Marathon Pace (2 min jog/walk recovery), 10 MIN Easy Run
Thursday	30 MIN Easy Run
Friday	Rest Day/ Active Recovery
Saturday	50 MIN Longer Easy Run, including some undulations
Sunday	Rest Day/ Active Recovery
Tip: As the Orange Half Marathon has some elevation in the course profile, include some undulations in your running routes to build some strength.	

Week 3

Day	Activity Details
Monday	30 MIN Easy Run
Tuesday	Rest Day/ Active Recovery
Wednesday	10 MIN Easy Run, 2x 10 MIN @Goal Half Marathon Pace (2 min jog/walk recovery), 10 MIN Easy Run
Thursday	30 MIN Easy Run
Friday	Rest Day/ Active Recovery
Saturday	60 MIN Longer Easy Run
Sunday	Rest Day/ Active Recovery
Tip: If your schedule allows, try to do a portion of your running in the morning to get use to running at the same start time as the event.	

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Week 4

Day	Activity Details
Monday	30 MIN Easy Run
Tuesday	Rest Day/ Active Recovery
Wednesday	10 MIN Easy Run, 2x 12 MIN @Goal Half Marathon Pace (2 min jog/walk recovery), 10 MIN Easy Run
Thursday	30 MIN Easy Run
Friday	Rest Day/ Active Recovery
Saturday	30 MIN Easy Run
Sunday	60 MIN Longer Easy Run

Tip: Now we are aiming to run 5 times per week, include some post run soft tissue maintenance (stretching/ rolling/ massage)

Week 5

Day	Activity Details
Monday	30 MIN Easy Run
Tuesday	Rest Day/ Active Recovery
Wednesday	10 MIN Easy Run, 25 MIN @Goal Half Marathon Pace, 10 MIN Easy Run
Thursday	30 MIN Easy Run
Friday	Rest Day/ Active Recovery
Saturday	10 MIN Easy Run, 3x 3 MINS @Faster than Goal Half Marathon Pace (2 MIN jog/walk recovery), 10 MIN Easy Run
Sunday	70 MIN Longer Easy Run

Tip: Now that long runs are above 60 MIN, consider using nutrition/ hydration to fuel during the run and for better recovery.

Week 6

Day	Activity Details
Monday	30 MIN Easy Run
Tuesday	Rest Day/ Active Recovery
Wednesday	10 MIN Easy Run, 2x 10 MIN @Goal Half Marathon Pace (2 min jog/walk recovery), 10 MIN Easy Run
Thursday	30 MIN Easy Run
Friday	Rest Day/ Active Recovery
Saturday	PARKRUN @Faster than Half Marathon Goal Pace – including 10 MIN Easy Run Warm Up & 10 MIN Easy Run Cool Down
Sunday	45 MIN Longer Easy Run

Tip: For the PARKRUN, practice pacing, make sure your first 1KM is slower than your average pace. Start Steady – Finish Fast!

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Week 7

Day	Activity Details
Monday	30 MIN Easy Run
Tuesday	Rest Day/ Active Recovery
Wednesday	10 MIN Easy Run, 2-3x 2KM @ Goal Half Marathon Pace (2 min jog/walk recovery), 10 MIN Easy Run
Thursday	30 MIN Easy Run
Friday	Rest Day/ Active Recovery
Saturday	30 MIN Easy Run
Sunday	11-12KM Longer Easy Run

Tip: Our longer runs and workouts now have distance targets for appropriate preparation for the event. Choose the distance appropriately based upon your health and time availability. If you have missed some training or are unsure, ask the Coach!

Week 8

Day	Activity Details
Monday	30 MIN Easy Run
Tuesday	Rest Day/ Active Recovery
Wednesday	10 MIN Easy Run, 2x 3KM @ Goal Half Marathon Pace (2 min jog/walk recovery), 10 MIN Easy Run
Thursday	30 MIN Easy Run
Friday	Rest Day/ Active Recovery
Saturday	30 MIN Easy Run
Sunday	12-15KM Longer Easy Run

Tip: Begin to think about race equipment for the event. Shoes, clothes, nutrition/ hydration, and practice with them over the final training weeks.

Week 9

Day	Activity Details
Monday	30 MIN Easy Run
Tuesday	Rest Day/ Active Recovery
Wednesday	10 MIN Easy Run, 2x 4KM @ Goal Half Marathon Pace (2 min jog/walk recovery), 10 MIN Easy Run
Thursday	30 MIN Easy Run
Friday	Rest Day/ Active Recovery
Saturday	30 MIN Easy Run OR PARKRUN
Sunday	14-17KM Longer Easy Run

Tip: Begin to think about race equipment for the event. Shoes, clothes, nutrition/ hydration, and practice with them over the final training weeks.

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Week 10

Day	Activity Details
Monday	30 MIN Easy Run
Tuesday	Rest Day/ Active Recovery
Wednesday	10 MIN Easy Run, 6-8KM @ Goal Half Marathon Pace (2 min jog/walk recovery), 10 MIN Easy Run
Thursday	30 MIN Easy Run
Friday	Rest Day/ Active Recovery
Saturday	30 MIN Easy Run
Sunday	17-20KM Longer Easy Run

Tip: Begin to think about race equipment for the event. Shoes, clothes, nutrition/ hydration, and practice with them over the final training weeks.

Week 11

Day	Activity Details
Monday	30 MIN Easy Run
Tuesday	Rest Day/ Active Recovery
Wednesday	10 MIN Easy Run, 6x 1km @Faster than Goal Half Marathon Pace (2 min jog/walk recovery), 10 MIN Easy Run
Thursday	20 MIN Easy Run
Friday	Rest Day/ Active Recovery
Saturday	30 MIN Easy Run
Sunday	60 MIN Longer Easy Run

Tip: As we begin to reduce the volume of training slightly take time this week to reevaluate and readjust if necessary, your goal half marathon time.

Week 12 EVENT WEEK

Day	Activity Details
Monday	30 MIN Easy Run
Tuesday	Rest Day/ Active Recovery
Wednesday	10 MIN Easy Run, 3-4x 1KM @ Goal Half Marathon Pace (2 min jog/walk recovery), 10 MIN Easy Run
Thursday	20 MIN Easy Run
Friday	Rest Day/ Active Recovery
Saturday	10-15 MIN Easy Run
Sunday	EVENT DAY – Half Marathon!

Tip: Check your race equipment early in the week and visualize your race plan and pacing in your head. Read the race manual and review the course, then relax and enjoy the excitement.

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