

## 2019 Dynamic in a Dress Training programs

Read this first before you start your training program

- Fundamental tips that will get you to the start line of your race – AND through to the finish line so you can collect your medal.
- Consider what your goal is and keep a clear focus on what you are trying to achieve.
- Enjoy yourself. Don't overthink things and don't get too obsessed about your training.
- Use the run/walk method – even on race day.
- Follow your training program. Run for distance or run for time – whichever comes first. For example, if the program says to do 21 (180), you either run 21 kilometres or you run for 3 hours.
- Rest is essential. It is recommended that you not run at all on the allocated rest days. Get a good night's sleep as often as possible.
- Use the training guide as a GUIDE. Change the days around to suit your own life/work/family.
- Run with proper form. Do the technique training if you want to learn how to run efficiently. Register here: <https://regonline.activeglobal.com/learn2run2019>
- There are group training sessions from 30 January to 27 March at Goomboora Park from 6.00pm.
- For those doing the 21km, use your long runs to imitate what you will eat, drink and wear on race day.
- Speed work is not essential, nor recommended, if you are a novice runner.
- If you are going to do interval training (i.e. speed work and tempo running), remember to include a 2-3km warm up and 2km cooldown. For interval training (often set for Tuesdays), the pace is 'uncomfortably fast, but not sprinting', whereas the tempo running is longer intervals of continuous running, also at a level harder than just a regular jog around the block.
- Cross training includes walking, swimming, cycling or gym work.
- ALL other races you do leading up to your target event are training runs. DON'T race them. You will pay for it because you will not be able to get back into your training as quickly as you need to.
- If possible train on the same terrain as your race - i.e. concrete footpaths.
- Enlist your family or friends to support you – get them to volunteer at the race.

Follow your own journey. Once you get out there and do your race, you will soon realise that despite everything you've read and been told, you still need to 'figure things out for yourself'. Enjoy the challenge and grow.

You can count yourself lucky and tick off having completed your first race when you:

1. finish the race
2. don't get injured
3. had some fun and made new friends along the way

## Half Marathon Levels – Where do you fit in?

<b>Novice 1 / Beginner</b>	<b>Novice 2</b>	<b>Intermediate / Experienced runner</b>
<ul style="list-style-type: none"><li>• If you are a beginner runner</li><li>• If you run 6-7km 3-4 times a week</li><li>• If this is your half first marathon</li> <li>• If you have been running for the past 1-2 months</li> <li>• If you have 12-15 weeks to train</li></ul>	<ul style="list-style-type: none"><li>• If you have done a ½ marathon</li><li>• If you have been running consistently over the past 2-3 months</li><li>• If you are able to comfortably run distances between 5-10km, 3-5 times a week</li> <li>• If you are an experienced runner, but you are looking for a (relatively) gentle way to prepare for the 21.1km</li></ul>	<ul style="list-style-type: none"><li>• If you have done a ½ marathon or</li><li>• If you have previously completed a Novice program</li><li>• If you have been running consistently over the past 3-4 months</li><li>• If you are ready to increase your mileage</li> <li>• If you are running 5-12 km 3-5 times a week</li> <li>• If you want to do speed work.</li> <li>• If you do tempo runs</li></ul>

## 2019 Dynamic in a Dress 21.1km Intermediate Half Marathon Training Schedule

Rest on Mondays and Fridays. Group training session each Wednesday Wed, 30 Jan - 27 March 2019

Training phases	Wk	Date	Day 1 + 10 min warm up & 5 min cool down	Day 2	Day 3 (parkrun)	Day 4 Long run	Races/Long run locations
Base Training	1	31/12/2018		Mile Time Trial	5 (30)	8 (60)	Esplanade
	2	7/01/2019		6 (30)*	5 (30)	10 (70)	Trinity Beach
Early Quality Training	3	14/01/2019	7x400m	6 (30)	5 (30)	10 (70)	<u>Clifton Beach Race/Run, Race 1 of 2, Series 1</u>
	4	21/01/2019	8x400m	7 (35)	5 (28)	13 (100)	Edge Hill
	5	28/01/2019	3x800m	7 (35)	5 (28)	16 (120)	Esplanade
Hard work	6	4/02/2019	Track: 1k (90s recovery), 2 x 800m (60s recovery), 4 x 400m (45s recovery), 8 x 200m (30s recovery) @ 10k pace	8 (40)	5 (26)	10 (70)	<u>Clifton Beach Race/Run, Race 2 of 2, Series 1</u>
	7	11/02/2019	Track: 5 x [400m, 2 x 200m 1 min recovery], 2 minutes between sets @ 10k pace	8 (40)	<a href="#">5 (40) Smithfield Trail Race</a>	19 - 21.1 (130-150)	Esplanade
	8	18/02/2019	Track/Road: 6 x 3 minutes max efforts with 2 minutes recovery between efforts	8 (40)	5 (26)	19 (130)	<u>Rare diseases fun run/walk</u>
	9	25/02/2019	Track: 20 x 400m (90 sec) off 2 minutes (running target: sub 1min 30s)	8 (40)	5 (26)	16 (110)	Trinity Beach
Tempo Running	10	4/03/2019	Fartlek: 45 minutes including 5 x (1 minute hard; 1 minute easy)	40min tempo	5 (35)	10 (70)	<u>5th Paws on the Path Fundraiser Fun Run/Walk</u>
	11	11/03/2019	Tempo Run: 45 minutes including 20 minutes @ 10k pace+	45min tempo	5 (25)	23 (150)	Esplanade
	12	18/03/2019	Tempo Run: 60 minutes including 20 minutes @ 10k pace+	45min tempo	5 (25)	17-20 (120-140)	Stratford
Race	13	25/03/2019	45 minutes @ marathon race pace	30min tempo run	Rest	21 RACE	<u>5th Dynamic in a Dress Running Festival</u>

\* 6 km (or 30 minutes) - do whichever comes first.

Key:

Easy / pull back week

RACE or Time trial

### 2019 Dynamic in a Dress 21.1km Novice 2

Rest on Mondays and Fridays. Group training session each Wednesday Wed, 30 Jan - 27 March 2019

Training phases	Wk	Date	Mon + 10 min warm up & 5 min cool down	Wed	Sat	Sun	Races/Long run locations
Base Training	1	31/12/2018	6 (30)	6 (30)	5 (30)	5 (30)	
	2	7/01/2019	6x400m	6 (30)	5 (30)	5 (30)	Trinity Beach
Early Quality Training	3	14/01/2019	7x400m	7 (35)	5 (30)	10 (70)	Clifton Beach Race/Run, Race 1 of 2, Series 1
	4	21/01/2019	8x400m	7 (35)	5 (30)	13 (100)	Edge Hill
	5	28/01/2019	3x800m	7 (35)	5 (30)	16 (120)	Esplanade
Hard work	6	4/02/2019	3x800m	8 (40)	5 (30)	10 (70)	Clifton Beach Race/Run, Race 2 of 2, Series 1
	7	11/02/2019	4x800m	8 (40)	<a href="#">5 (40) Smithfield Trail Race</a>	19 - 21.1 (130-150)	Esplanade
	8	18/02/2019	4x800m	8 (40)	5 (30)	19 (130)	Rare diseases fun run/walk
	9	25/02/2019	4x800m	8 (40)	5 (30)	16 (110)	Trinity Beach
Tempo Running	10	4/03/2019	4x800m	5 TEMPO	5 (30)	10 (70)	5th Paws on the Path Fundraiser Fun Run/Walk
	11	11/03/2019	6x400m	5 TEMPO	5 (30)	23 (150)	Esplanade
	12	18/03/2019	6x400m	8 TEMPO	REST	16-18 (110-130)	Stratford
Race	13	25/03/2019	5x400m	5 TEMPO	REST	Race	5th Dynamic in a Dress Running Festival

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RACE or Time trial

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### 2019 Dynamic in a Dress 21.1km training program, Novice 1

Rest on Mondays and Fridays. Group training session each Wednesday Wed, 30 Jan - 27 March 2019

Training phases	Wk	Date	Day 1	Day 2	Day 3	Day 4	Races/Long run locations
Base Training	1	31/12/2018	4 (25)*	4 (25)	REST	5 (30)	
	2	7/01/2019	4 (25)*	4 (25)	REST	5 (30)	Trinity Beach
Early Quality Training	3	14/01/2019	4 (25)	4 (25)	5km easy run or 40 min cross	5 (30)	Clifton Beach Race/Run, Race 1 of 2, Series 1
	4	21/01/2019	5 (28)	5 (27)	5km easy run or 40 min cross	10 (70)	Edge Hill
	5	28/01/2019	5 (28)	6 (35)	5km easy run or 40 min cross	14 (100)	Esplanade
Hard work	6	4/02/2019	6 (35)	6 (35)	5 (30)	10 (70)	Clifton Beach Race/Run, Race 2 of 2, Series 1
	7	11/02/2019	6 (35)	6 (35)	<a href="#">5 (40) Smithfield Trail Race</a>	17 (110-120)	Esplanade
	8	18/02/2019	6 (35)	6 (35)	5km easy run or 40 min cross	19 (130)	Rare diseases fun run/walk
	9	25/02/2019	6 (35)	6 (35)	5 (30)	16 (110)	Trinity Beach
Tempo Running	10	4/03/2019	5 (30)	6 (30) TEMPO	5 (35) Smithfield Trail Race	10 (70)	5th Paws on the Path Fundraiser Fun Run/Walk
	11	11/03/2019	5 (30)	6 (30) TEMPO	5 (30)	22-23 (150-170)	Esplanade
	12	18/03/2019	5 (30)	6 (30) TEMPO	REST	16-18 (110-130)	Stratford
Race	13	25/03/2019	5 (30)	6 (30) TEMPO	REST	Race	5th Dynamic in a Dress Running Festival

Key:

Easy / pull back week

RACE or Time trial