



TEAM VITALITY  
**8-WEEK HALF MARATHON  
TRAINING PROGRAMME**



# Introduction

At Team Vitality, we are always excited when you decide to take the bold step to run your first, best or most enjoyable half-marathon.

The programme is geared at helping you perform at your best on race day. We'll be covering the following topics:

1. **Qualifying criteria:** The half marathon times you need to be able to run leading up to race day
2. **Training paces:** Range of paces necessary for your various training sessions based on your targeted finishing time for race day.
3. **Monthly training schedules**
4. **Cross-training:** Resource videos
5. **General notes**

## 1. Qualifying criteria

Our guidelines are aimed at a spectrum of sub-elite runners, those wanting to improve their half marathon times and half marathon novices. It is assumed that those using these guidelines have a running base of at least 30 km per week. It is not for those new to road running.

10 km target times leading up to your half marathon	Half marathon target
43:00 to 48:00	1:40:00 to 1:51:00
48:00 to 53:00	1:51:00 to 2:01:00
53:00 to 58:00	2:01:00 to 2:11:00
58:00 to 1:03:00	2:11:00 to 2:22:00
1:03:00 to 1:08:00	2:22:00 to 2:33:00



**Important note:**  
Whilst it is okay to finish a half-marathon race in a time slower than 2:33:00, it is always advisable to run faster before your run longer.

You need to have run a 10 km in the past two weeks based on the above targets. Using the above as an example, you should aim to run 10 km in under 1 hour 8 minutes before you attempt to run a half marathon. If you feel that you are not ready and have not run a 10 km yet, please check out our **4-week 10 km training programme**.

## 2. Training paces (mins/km)

Half marathon target	Recovery pace	Comfortable pace	Race pace	Hills	5 km time trials
1:40:00 to 1:51:00	5:32 to 6:02	5:12 to 5:42	4:52 to 5:22	4:52 to 5:22	4:05 to 4:36
1:51:00 to 2:01:00	6:02 to 6:32	5:42 to 6:12	5:22 to 5:52	5:22 to 5:52	4:36 to 5:05
2:01:00 to 2:11:00	6:32 to 7:02	6:12 to 6:42	5:52 to 6:22	5:52 to 6:22	5:05 to 5:36
2:11:00 to 2:22:00	7:02 to 7:32	6:42 to 7:12	6:22 to 6:52	6:22 to 6:52	5:36 to 6:05
2:22:00 to 2:33:00	7:32 to 8:02	7:12 to 7:42	6:52 to 7:22	6:52 to 7:22	6:05 to 6:36



## 3. Weekly training schedule:

Week No.	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	6 km comfortable pace	Strength or Cross-training	5 km time trial	REST	5 km comfortable pace	10 km race pace	REST
2	6 km hill repeats	Strength or Cross-training	5 km time trial	REST	5 km recovery pace	10 km race pace	REST
3	7 km comfortable pace	Leg strength	5 km time trial	REST	Strength or Cross-training	11 km race pace	REST

Week No.	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
4	6 km hill repeats	Leg strength	5 km time trial	REST	5 km recovery pace	12 km race pace	REST
5	7 km comfortable pace	Leg strength	5 km time trial	REST	Strength or Cross-training	14 km Comfortable pace	REST
6	6 km hill repeats	Strength or Cross-training	5 km time trial	REST	REST	16 km race pace	REST
7	8 km comfortable pace	Leg strength	5 km time trial	REST	Strength or Cross-training	12 km Comfortable pace	REST
8	5 km comfortable pace	Strength or Cross-training	REST	REST	REST	Rest/walk/stretch	RACE DAY

## 4. Cross-training

Cross-training is any form of exercise outside of your running. It is an essential part of your training programme because it helps you to:

- ✓ Reduce impact caused by regular running
- ✓ Use other muscle groups that you don't use when you run
- ✓ Become a complete athlete
- ✓ Supplement your other training by improving overall conditioning.

This usually includes gym and other forms of sports, such as swimming and cycling.



In this programme, we've included the following resource videos to help you:

## 5. General notes

### WEEKLY TRAINING

- Please use the programme as a guideline. It is ideal if you can stick to it. However, depending on your timetable, you can move things around. For example:
  - You can choose to rest on Day 3 and your time trial on Day 4.
  - You can run your longer runs on Day 7. If Day 7 is your preferred day, then do the shorter runs on Day 6.
  - Include a rest or recovery day after your race pace runs.
- **Cross-training:** Aim to do a 40 minute to 60 minute full-body workout on most of your sessions
- **Hill repeats:** Try and find a hill of 100 m to 250 m long. Incline will always vary but try to find a hill with a challenging incline.



We will continuously work on providing you opportunities of engagement and these will include online or in-person workshops, training in our various Champs Zones and pacing at some of our Vitality Run Series events and other flagship races.

With the above, we hope to give you the best support leading up to race day by leveraging our experts and the knowledge of other runners.

See you on the road.

**Team Vitality**



*To reduce the risk of injury, please consult a healthcare provider before beginning this or any training programme. The exercises and advice presented in this programme are in no way intended as a substitute for medical consultation. All activities done in conjunction with or as a result of this training programme are done voluntarily and solely at your own risk. Discovery Vitality shall not be liable for any injuries, damages or health problems that may arise as a result of any information, products or services obtained from this training programme including, without limitation, workouts, training regimen or information.*