



**BLACKMORES**  
**SYDNEY**  
**RUNNING**  
**FESTIVAL**

**Sunday Telegraph**  
OFFICIAL NEWSPAPER



# HALF MARATHON INTERMEDIATE

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TRAINING PROGRAM

# Congratulations on signing up to the Blackmores Half Marathon!

## Take us on your BSRF journey!

Tag us in your training  
@officialbsrf and hashtag  
#Blackmores  
#SydneyRunningFestival



# BLACKMORES HALF MARATHON TRAINING PROGRAM GUIDE

Congratulations on your commitment to the Blackmores Half Marathon – one of the most scenic Half Marathon courses in the world. This 14 week training program has been created by Runlab founder and one of Australia’s leading Marathoners, Vlad Shatrov. Vlad will get you fit and maximize your training potential in preparation for the Blackmores Sydney Half Marathon.

Vlad, originally from Sydney, combines his experience in training clients through his on ground Runlab program with an intimate knowledge of the Blackmores Sydney Half Marathon. In fact, every week the Sydney CBD Runlab group train on the Half Marathon and Marathon course. Enjoy the next 14 weeks and good luck!

Please consider the next important steps to get the most out of your training in preparation for Sunday 20 September.

## 1 Levels

Ensure you select the training program which is best suited to your abilities. This is noted at the top of every program.

### BEGINNER

Suited for a runner aiming to to complete the distance for the first time, who has previously run in a 10km race or similar.

### INTERMEDIATE

Suited for a runner who had likely completed a Half Marathon previously but is looking to improve their time.

### ADVANCED

Suited for an experienced runner looking for a PB in the Half Marathon.

## 2 Fit to train?

You should always consider seeking professional medical advice prior to commencing any training program.

## 3 Use the plan as a guide

The plan is a “guide” only, as such the pace and heart rate data is based on an average guide for that particular level of plan, and you may need to adjust the pace and heart rate data to suit you.

## 4 Your own coach

Your training program is like your own little coach, the best thing is that it specifies each week and beyond the type of sessions you should be doing. This means if you miss a session due to family or work commitments, you can adjust it slightly to suit you, so that overall you complete all recommended sessions.

## 5 Training tips/expert advice

Use these tips on a weekly basis to help you along with your program. Fourteen weeks is quite a long time and you may find you come across obstacles along the way.

Got a training question? Ask Vlad on the Blackmores 'Ask a Trainer' discussion page [blackmores.com.au/sydney-running-festival/ask-a-trainer](https://blackmores.com.au/sydney-running-festival/ask-a-trainer)

## 6 Adjusting the program

You can adjust your training program to make it relevant to your circumstances (i.e. work, family and social commitments). Always take into account your current fitness level and training history. Look to add variety to your rest days such as cross training, swimming or gym sessions.

## 7 Being in tune with your body

This isn't about being lazy but you need to listen to your body. Have a day off if you need it. It is far better to be cautious than to get an injury.

## 8 parkrun/Lead up races

parkrun organise free, weekly, 5km timed runs around the world. They are open to everyone, free, and are safe and easy to take part in. These can be a great addition to your training [www.parkrun.com.au](http://www.parkrun.com.au)

Undertaking some lead up races or race pace efforts is important for more experienced runners. Take advantage of some of the local fun runs in your area in the lead up to the event. However, we have also put in regular time trials if you cannot race, so that you can monitor your progress as well as determine the pace you should run in your Speed sessions.

## 9 Program structure

The core of all the programs is the Long Run. This is placed on the weekend as this is generally when most people have the time to complete this run. Although noted on a Sunday, don't ever feel like the programs are so rigid you cannot modify them, some may choose to do this run on a Saturday.

Whilst the volumes steadily build peaking three weeks out from the event day, the types of sessions change too. Towards the start of the program there is an emphasis on strength work by running hill repetitions. Sydney is a challenging course, so you must prepare for it adequately. Towards the middle and later stages of the program 'Speed and Tempo' sessions are increased.

Don't worry that you may never actually run 21.1km prior to the day, trust the program and experience of the training program. Too many people have damaged their chances of having a good run by thinking that they need to reach this milestone in training. Long runs are deceptive, the body needs time to recover and this is why the day following a long run incorporates little, if any, running.

## 10 Functional core/strength work

This training type features in the program 1-2 times a week. We suggest a routine of 20 minutes. Heavy weight sessions are not suggested rather functional strength training where the body is challenged to develop even and necessary strength for distance running. This also includes a focus on good core work.

We will release videos during the program suggesting sessions you may like to undertake, otherwise discuss this with your local gym. We are extremely passionate about building this into a running program as it allows improved running form to be maintained when the body is under fatigue – like in a race.

## 11 Types of sessions

### LONG RUN

Long run, the aim is to improve endurance. Do at the correct intensity ideally 10-20% slower than Marathon pace. You should be able to carry out a conversation running at this pace. If you prefer to use heart rate zones this online calculator will give you an indication of your HR zones.

[runnersweb.com/running/hr\\_calculator\\_new.html](http://runnersweb.com/running/hr_calculator_new.html)

### GENERAL AEROBIC

General aerobic is a standard moderate effort run, slightly slower or equal in pace to Long Run – Just not as long. The aim to enhance overall aerobic conditioning.

### TEMPO

The Tempo run – Lactate Threshold Pace (Close to 15k or Half Marathon pace, provides stimulus to improve lactate threshold pace). These runs are challenging and you can only talk in short sentences. The TEMPO part of a session should be completed on relatively flat ground. In the programs we refer to this quite a lot. If you haven't done a Half Marathon before that is OK too – set this as your desired realistic Half Marathon target pace.

### SPEED WORK

Speed sessions are short repetitions of between 600-1600m at 5k pace. This provides stimulus to increase speed and lactate threshold.

These sessions allow you to become a faster runner and involve a warm up and warm down based around a core running set. The key to effective speed training is to aim to have all the repetitions completed within 1-3 seconds of each other. Don't do the first rep so hard that the following reps are all slower, likewise do not take the first 1-2 reps easy then pick it up. A watch is necessary to time and monitor these sessions.

### CORE STRENGTH

Core and strength training type features in the program twice a week. We suggest a routine of 20 minutes twice weekly. Heavy weight sessions are not suggested rather functional strength training where the body is challenged to develop even and necessary strength for distance running. This also includes a focus on good core work.

As part of this training program we have also asked our Runlab coaches to share their favourite running motivational quotes, some are new and some are borrowed, but regardless of the source we hope that they encourage and inspire you each week of your training program.

## 12 Do you want further assistance?

### RUNLAB OFFER

Regardless of whether you have decided to follow a program or not, Runlab have organised a special deal for runners in the Newcastle and Sydney areas to attend on ground Runlab sessions.

All Runlab sessions are led by expert and professional coaches who will lead you through the correct Warm up/drills/main interval set/cool down and core-work utilising the TRX. At Myrungroup the challenging sessions featured are similar to the speed sessions listed in the program. These sessions are often better completed in a dynamic group environment, like at Runlab. Join term 3 as a new Runlab client and receive 25% off the cost of the term!

Runlab sessions are held weekly in conjunction with the school term.

**Further information can be found here**  
[runlab.com.au/myrungroup](http://runlab.com.au/myrungroup)









You will need to register prior to attending your first Runlab session by contacting [info@runlab.com.au](mailto:info@runlab.com.au)

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## 14 WEEKS TO GO

*'Challenge yourself to be your best, that's all I ask'*  
Vlad Shatrov – Runlab Founder, Newcastle to Sydney

JUNE	Session	Training Tips	My Comments <i>(use this section to write your own notes)</i>
MONDAY 15	 CORE STRENGTH    GENERAL AEROBIC	<b>20 minutes.</b> Functional core/strength work.   <b>Optional.</b> 20 minute easy run.	
TUESDAY 16	 SPEED WORK	<b>Long hill reps.</b> 5 x 60 seconds approx. Hard up/easy jog back. Ensure 2km warm up/1km warm down.	
WEDNESDAY 17	 GENERAL AEROBIC	<b>40 minutes easy.</b> This session will become a longer mid week run.	
THURSDAY 18	 CORE STRENGTH	<b>20 minutes.</b> Functional core/strength work.	
FRIDAY 19	 GENERAL AEROBIC	<b>20 minutes easy.</b>	
SATURDAY 20	 REST DAY		
SUNDAY 21	 LONG RUN	<b>60 minutes easy.</b> Steady pace run.	









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## 13 WEEKS TO GO

*'You can stay in bed and dream of a good result or get up and make it happen'*

Paul O Doherty – Runlab Coach, Alexandria and North Sydney









JUNE	Session	Training Tips	My Comments <i>(use this section to write your own notes)</i>
MONDAY 22	 CORE STRENGTH    GENERAL AEROBIC	<b>20 minutes.</b> Functional core/strength work. <span style="margin-left: 20px;"><b>Optional.</b> 20 minute easy run.</span>	
TUESDAY 23	 SPEED WORK	<b>Long hill reps.</b> 6 x 60 seconds approx. Hard up/easy jog back. Ensure 2km warm up/1km warm down.	
WEDNESDAY 24	 GENERAL AEROBIC	<b>40 minutes easy.</b>	
THURSDAY 25	 CORE STRENGTH	<b>20 minutes.</b> Functional core/strength work.	
FRIDAY 26	 REST DAY		
SATURDAY 27	 TIME TRIAL	<b>3km hard run time trial.</b> Warm up 2km/warm down 2km. You may wish to attend parkrun and time yourself at the 3km mark.	
SUNDAY 28	 LONG RUN	<b>70 minutes easy.</b> Steady pace run.	

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## 12 WEEKS TO GO

*'Every day is a chance to get better'*  
Adam Clarke – Runlab Coach UpnAdam Newcastle

JULY	Session	Training Tips	My Comments <i>(use this section to write your own notes)</i>
MONDAY 29	 CORE STRENGTH    GENERAL AEROBIC	<b>20 minutes.</b> Functional core/strength work.   <b>Optional.</b> 20 minute easy run.	
TUESDAY 30	 SPEED WORK	<b>Long hill reps.</b> 7 x 60 seconds approx. Hard up/easy jog back. Ensure 1km warm up/1km warm down.	
WEDNESDAY 1	 GENERAL AEROBIC	<b>40 minutes easy.</b>	
THURSDAY 2	 CORE STRENGTH	<b>20 minutes.</b> Functional core/strength work.	
FRIDAY 3	 GENERAL AEROBIC	<b>20 minutes easy.</b>	
SATURDAY 4	 REST DAY		
SUNDAY 5	 LONG RUN	<b>75 minutes easy.</b> Steady pace run.	









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## 11 WEEKS TO GO

*'Just dig in'*

Mitch Turner – Runlab Coach, Newcastle, Merewether and Lake Macquarie

JULY	Session	Training Tips	My Comments <i>(use this section to write your own notes)</i>
MONDAY 6	 CORE STRENGTH    GENERAL AEROBIC	<b>20 minutes.</b> Functional core/strength work.   <b>Optional.</b> 20 minute easy run.	
TUESDAY 7	 SPEED WORK	<b>Long hill reps.</b> 7 x 60 seconds approx. Hard up/easy jog back. Ensure 1km warm up/1km warm down.	
WEDNESDAY 8	 GENERAL AEROBIC	<b>40 minutes easy.</b>	
THURSDAY 9	 CORE STRENGTH	<b>20 minutes.</b> Functional core/strength work.	
FRIDAY 10	 GENERAL AEROBIC	<b>20 minutes easy.</b>	
SATURDAY 11	 REST DAY		
SUNDAY 12	 LONG RUN	<b>80 minutes easy.</b> Steady pace run.	











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## 10 WEEKS TO GO

*'Consistency is the key'*

Guy Walters – Runlab Coach, Lake Macquarie

JULY	Session	Training Tips	My Comments <i>(use this section to write your own notes)</i>
MONDAY 13	 CORE STRENGTH    GENERAL AEROBIC	<b>20 minutes.</b> Functional core/strength work. <span style="margin-left: 20px;"><b>Optional.</b> 20 minute easy run.</span>	
TUESDAY 14	 SPEED WORK	<b>4 x 1km (pace 3km).</b> Warm up/down then run the 1km repeats hard with 120 seconds walk recovery between each rep.	
WEDNESDAY 15	 LONG RUN	<b>45 minutes easy.</b> Steady pace run.	
THURSDAY 16	 CORE STRENGTH	<b>20 minutes.</b> Functional core/strength work.	
FRIDAY 17	 GENERAL AEROBIC	<b>20 minutes easy.</b>	
SATURDAY 18	 TIME TRIAL	<b>5km hard run time trial.</b> Run hard for 5km in a single effort. Warm up 2km/warm down 2km.	
SUNDAY 19	 LONG RUN	<b>85 minutes easy.</b> Steady pace run.	







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## 9 WEEKS TO GO

*'You will never regret doing a session, but you will always regret missing one'*

Ben Fuller – Runlab Coach Newcastle and Lake Macquarie









JULY	Session	Training Tips	My Comments <i>(use this section to write your own notes)</i>
MONDAY 20	 CORE STRENGTH	<b>20 minutes.</b> Functional core/strength work.	RECOVERY WEEK
TUESDAY 21	 REST DAY		RECOVERY WEEK
WEDNESDAY 22	 GENERAL AEROBIC	<b>45 minutes easy.</b>	RECOVERY WEEK
THURSDAY 23	 CORE STRENGTH	<b>20 minutes.</b> Functional core/strength work.	RECOVERY WEEK
FRIDAY 24	 TEMPO	<b>3 x 5 minutes tempo.</b> 5 minutes at target Half Marathon pace. 120 seconds walk recovery and repeat x 2. Warm up 2km/warm down 1km.	RECOVERY WEEK
SATURDAY 25	 REST DAY		RECOVERY WEEK
SUNDAY 26	 LONG RUN	<b>60 minutes easy.</b> Steady pace run.	RECOVERY WEEK

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## 8 WEEKS TO GO

*'Either you run the day, or the day runs you'*  
Cheryl Shatrov – Runlab Coach, Newcastle









JULY	Session	Training Tips	My Comments <i>(use this section to write your own notes)</i>
MONDAY 27	 CORE STRENGTH    GENERAL AEROBIC	<b>20 minutes.</b> Functional core/strength work.   <b>Optional.</b> 20 minute easy run.	
TUESDAY 28	 SPEED WORK	<b>4 x 1km (pace 3km).</b> Warm up/warm down then run the 1km repeats hard with 120 seconds walk recovery between each rep.	
WEDNESDAY 29	 LONG RUN	<b>45 minutes easy.</b> Steady pace run.	
THURSDAY 30	 CORE STRENGTH	<b>20 minutes.</b> Functional core/strength work.	
FRIDAY 31	 TEMPO	<b>4 x 5 minutes tempo.</b> 5 minutes at target Half Marathon pace. 90 seconds walk recovery and repeat x 3. Warm up 2km/warm down 1km.	
SATURDAY 1	 REST DAY		
SUNDAY 2	 LONG RUN	<b>90 minutes easy.</b> Steady pace run.	

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## 7 WEEKS TO GO

*'Training harder makes race day easier'*  
Justin Brock – Runlab Coach, Maitland and Stockton









AUGUST	Session	Training Tips	My Comments <i>(use this section to write your own notes)</i>
MONDAY 3	 CORE STRENGTH    GENERAL AEROBIC	<b>20 minutes.</b> Functional core/strength work.   <b>Optional.</b> 20 minute easy run.	
TUESDAY 4	 TEMPO	<b>6 x 400m hard + tempo.</b> 400m hard, 90 seconds walk recovery, repeat x 5. 3 min break then 2km at target Half Marathon pace. Warm up 2km/warm down 1km.	
WEDNESDAY 5	 LONG RUN	<b>45 minutes easy.</b> Steady pace run.	
THURSDAY 6	 CORE STRENGTH	<b>20 minutes.</b> Functional core/strength work.	
FRIDAY 7	 GENERAL AEROBIC	<b>30 minutes easy.</b> Steady pace run.	
SATURDAY 8	 REST DAY		
SUNDAY 9	 LONG RUN	<b>100 minutes easy.</b> Steady pace run.	

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## 6 WEEKS TO GO

*'Spend time finding solutions rather than excuses'*  
Adam Clarke – Runlab Coach, UpnAdam Newcastle








AUGUST	Session	Training Tips	My Comments <i>(use this section to write your own notes)</i>
MONDAY 10	 CORE STRENGTH    GENERAL AEROBIC	<b>20 minutes.</b> Functional core/strength work. <b>Optional.</b> 20 minute easy run.	
TUESDAY 11	 SPEED WORK	<b>5 x 1km (pace 3km).</b> Warm up/warm down then run the 1km repeats hard with 120 seconds walk recovery between each rep.	
WEDNESDAY 12	 LONG RUN	<b>45 minutes easy.</b> Steady pace run.	
THURSDAY 13	 CORE STRENGTH	<b>20 minutes.</b> Functional core/strength work.	
FRIDAY 14	 TEMPO	<b>3 x 8 minutes tempo.</b> 8 minutes at target Half Marathon pace. 90 seconds walk recovery and repeat x 3 total. Warm up 2km/warm down 1km.	
SATURDAY 15	 REST DAY		
SUNDAY 16	 LONG RUN	<b>100 minutes easy.</b> Steady pace run.	

# HALF MARATHON INTERMEDIATE



## 5 WEEKS TO GO

*'It comes down to how much you want it'*  
Paul O Doherty – Runlab Coach, Alexandria and North Sydney

AUGUST	Session	Training Tips	My Comments <i>(use this section to write your own notes)</i>
MONDAY 17	 CORE STRENGTH	<b>20 minutes.</b> Functional core/strength work.	RECOVERY WEEK
TUESDAY 18	 TEMPO	<b>6 x 400m hard + tempo.</b> 400m hard, 90 seconds walk recovery repeat x 5. 3 min break then 2km at target Half Marathon pace. Warm up 2km/warm down 1km.	RECOVERY WEEK
WEDNESDAY 19	 GENERAL AEROBIC	<b>20 minutes easy.</b> Steady pace run.	RECOVERY WEEK
THURSDAY 20	 CORE STRENGTH	<b>20 minutes.</b> Functional core/strength work.	RECOVERY WEEK
FRIDAY 21	 GENERAL AEROBIC	<b>20 minutes easy.</b> Steady pace run.	RECOVERY WEEK
SATURDAY 22	 TIME TRIAL	<b>3km hard run time trial.</b> Warm up 2km/warm down 2km. You may wish to attend parkrun and time yourself at the 3km mark.	RECOVERY WEEK
SUNDAY 23	 LONG RUN	<b>100 minutes easy.</b> Steady pace run.	RECOVERY WEEK









# HALF MARATHON INTERMEDIATE



## 4 WEEKS TO GO

*'The faster you run the more likes you will get'*

Belinda – Runlab Coach, Cronulla









AUGUST	Session	Training Tips	My Comments <i>(use this section to write your own notes)</i>
MONDAY 24	 CORE STRENGTH    GENERAL AEROBIC	<b>20 minutes.</b> Functional core/strength work. <span style="margin-left: 20px;"><b>Optional.</b> 20 minute easy run.</span>	
TUESDAY 25	 SPEED WORK	<b>5 x 1km (pace 3km).</b> Warm up/warm down then run the 1km repeats hard with 120 seconds walk recovery between each rep.	
WEDNESDAY 26	 LONG RUN	<b>45 minutes easy.</b> Steady pace run.	
THURSDAY 27	 CORE STRENGTH	<b>20 minutes.</b> Functional core/strength work.	
FRIDAY 28	 TEMPO	<b>2 x 3km tempo.</b> 3km at target Half Marathon Pace. 2 minutes walk recovery and repeat. Warm up/down 2km each.	
SATURDAY 29	 REST DAY		
SUNDAY 30	 LONG RUN	<b>100 minutes easy.</b> Steady pace run.	

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## 3 WEEKS TO GO

*'Anyone can do the last rep hard, only the best will do them all hard'*  
 Vlad Shatrov – Runlab Founder, Newcastle to Sydney

SEPTEMBER	Session	Training Tips	My Comments <i>(use this section to write your own notes)</i>
MONDAY 31	 CORE STRENGTH    GENERAL AEROBIC	<b>20 minutes.</b> Functional core/strength work.   <b>Optional.</b> 20 minute easy run.	
TUESDAY 1	 TEMPO	<b>6 x 400m hard + tempo.</b> 400m hard x 6, 90 seconds walk recovery, 3 minute break then 2km at target Half Marathon pace. Warm up 2km/warm down 1km.	
WEDNESDAY 2	 LONG RUN	<b>45 minutes easy.</b> Steady pace run.	
THURSDAY 3	 CORE STRENGTH	<b>20 minutes.</b> Functional core/strength work.	
FRIDAY 4	 GENERAL AEROBIC	<b>20 minutes easy.</b> Steady pace run.	
SATURDAY 5	 TIME TRIAL	<b>5km hard run time trial.</b> Run hard for 5km in total. Warm up 2km/warm down 2km.	
SUNDAY 6	 LONG RUN	<b>100 minutes, fast finish long run.</b> Target last 20 minutes at target race pace.	










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## 2 WEEKS TO GO

*'Obsessed is a word the lazy use to describe the dedicated'*  
Cheryl Shatrov – Runlab Coach, Newcastle







SEPTEMBER	Session	Training Tips	My Comments <i>(use this section to write your own notes)</i>
MONDAY 7	 CORE STRENGTH	<b>20 minutes.</b> Functional core/strength work.	
TUESDAY 8	 SPEED WORK	<b>8 x 400m/200m float.</b> 400m hard/200m float x 8 continuous. Warm up 2km/warm down 2km.	
WEDNESDAY 9	 LONG RUN	<b>45 minutes easy.</b> Steady pace run.	
THURSDAY 10	 CORE STRENGTH	<b>20 minutes.</b> Functional core/strength work.	
FRIDAY 11	 GENERAL AEROBIC	<b>30 minutes easy.</b>	
SATURDAY 12	 REST DAY		
SUNDAY 13	 LONG RUN	<b>60 minutes easy.</b> Steady pace run.	

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## 1 WEEK TO GO

*'Remember why you're doing this...'*  
Lucas McBeath – Runlab Coach, Newcastle

SEPTEMBER	Session	Training Tips	My Comments <i>(use this section to write your own notes)</i>
MONDAY 14	 <b>CORE STRENGTH</b>	<b>20 minutes.</b> Functional core/strength work.	RECOVERY WEEK
TUESDAY 15	 <b>SPEED WORK</b>	<b>6 x 400m/200m float.</b> 400m hard/200m float x 6 continuous. Warm up 2km/warm down 2km.	RECOVERY WEEK
WEDNESDAY 16	 <b>LONG RUN</b>	<b>20 minutes easy.</b> Steady pace run.	RECOVERY WEEK
THURSDAY 17	 <b>CORE STRENGTH</b>	<b>20 minutes.</b> Functional core/strength work.	RECOVERY WEEK
FRIDAY 18	 <b>GENERAL AEROBIC</b>	<b>20 minutes easy run.</b> Plus 4 x 100m build efforts at the end of the 20 minutes.	RECOVERY WEEK
SATURDAY 19	 <b>REST DAY</b>		RECOVERY WEEK
SUNDAY 20	<b>BLACKMORES HALF MARATHON</b>		