



## BELIEVE IT

The 7 Sunshine Coast Marathon will have raised \$1 million for more than 70 charities since it started in 2012.

## OR NOT

83% of runners have their best ideas while running.

THE INTERMEDIATE HALF MARATHON GUIDE HAS BEEN WRITTEN FOR RUNNERS WHO HAVE AT LEAST THREE YEARS OF EXPERIENCE, REGULARLY RUN 30-40 KILOMETRES PER WEEK AND HAVE COMPLETED OTHER FUN RUNS BEFORE.

This guide is recommended for those aiming for a 1hr45min half marathon for men and 2hr half marathon for women.

**Long runs:** The key to successfully completing a marathon is consistent long runs. We build the long time run gradually over 16 weeks so your body can adapt. This is the time to try your shoes, socks, running apparel, nutrition and fluid intake. These are key sessions and not the ones to miss.

**Pace:** We recommend doing your long runs at a comfortable “chatting” pace. Long runs are the perfect opportunity to work out how to pace yourself, what your race day speed will be and what finish goal you should set.

**X-Training:** X-Training allows the body to rest, recuperate and use different muscle groups. Great x-training exercises include swimming, cycling, Pilates, yoga, other gym classes or walking. These sessions aid recovery and provide variety to a program.

**Undulating:** The 7SCM course is relatively flat and fast. However introducing rolling hills or inclines into your program activates different muscle groups and encourages speed and strength in your key running muscles.

**Intervals:** Intervals should be done at or above your race pace. These sessions extend your body, increase cardio-vascular performance and introduce speed into the program.

**Rest:** Rest days are as important as long run days to a marathon runner. Your body needs to take a break to help it recover, rejuvenate and absorb the training. This allows you to not only get stronger it reduces the risk of injury and keeps you feeling fresh and motivated.

**Key:** The key to any training guide is consistency. Building up time and distance will get you across the line. Don't try and run while ill or make up extra sessions if you've been away.

**Meetup:** Stay motivated through winter and familiarise yourself with the course by joining **7SCM Event Director Jason Crowther every Tuesday at 6am** from Alex Surf Club on the Sunshine Coast for a free training session. Starts Tuesday June 6. **See Facebook for more details.**



CELEBRATING  
**5 YEARS**  
SUNDAY AUGUST 21

## 7 SUNSHINE COAST INTERMEDIATE HALF MARATHON 12-WEEK TRAINING PLAN

WEEK	MON	TUES	WED	THU	FRI	SAT	SUN
1 - MAY 30	X-Train/Rest	Flat 40mins	Flat 40mins	Flat 40mins	Rest	Long run 45mins	Rest
2 - JUNE 6	X-Train/Rest	Undulating 45mins <i>Free training 6am Alex SLSC</i>	Flat 45mins	Flat 45mins Incl 4 x 60sec efforts	Rest	Long run 60mins	Rest
3 - JUNE 13	X-Train/Rest	Flat 50mins <i>Free training 6am Alex SLSC</i>	Flat 45mins	Flat 50mins	Rest	Long run 75mins	Rest
4 - JUNE 20	X-Train/Rest	Undulating 55mins <i>Free training 6am Alex SLSC</i>	Flat 45mins	Flat 55mins Incl 6 x 60sec efforts	Rest	Long run 90mins	Rest
5 - JUNE 27	Rest	Flat 45mins <i>Free training 6am Alex SLSC</i>	Flat 45mins	Flat 45mins	Rest	Long run 100mins	Rest
6 - JULY 4	Rest	Undulating 50mins <i>Free training 6am Alex SLSC</i>	Flat 45mins	Flat 50mins Incl 8 x 60sec efforts	Rest	Long run 1hr45mins	Rest
7- JULY 11	Rest	Flat 55mins <i>Free training 6am Alex SLSC</i>	Flat 45mins	Flat 55mins	Rest	Long run 2hrs	Rest
8 - JULY 18	Rest	Undulating 60mins <i>Free training 6am Alex SLSC</i>	Flat 45mins	Flat 60mins Incl 10 x 60sec effort	Rest	Long run 2hr15mins	Rest
9 - JUL 25	Rest	Flat 55mins <i>Free training 6am Alex SLSC</i>	Flat 45mins	Flat 55mins	Rest	Long run 2hrs	Rest
10 - AUG 1	Rest	Undulating 50mins <i>Free training 6am Alex SLSC</i>	Flat 45mins	Flat 50mins Incl 8 x 60sec efforts	Rest	Long run 90mins	Rest
11 - AUG 8	Rest	Flat 45mins <i>Free training 6am Alex SLSC</i>	Rest	Flat 45mins	Rest	Long run 75mins	Rest
12 - AUG 15	Rest	Flat 40mins <i>Free training 6am Alex SLSC</i>	Rest	Flat 40mins 4 x 30sec efforts	Rest	Own pace 20mins	<b>RACE DAY AUG 21</b>