

# Geelong Half Marathon Beginner 7km Program



## By Geelong Performance Coaching

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	<b>30mins Easy Cross Training:</b> swim, cycle, row or power walk	<b>30min Run/Walk Set:</b> 5min easy jog + 5min power walk	Day Off	<b>30min Run/Walk Set:</b> 5min easy jog + 5min power walk	<b>30mins Easy Cross Training:</b> swim, cycle, row or power walk	<b>40min Run/Walk Set:</b> 15min easy jog + 5min power walk	Day Off
Week 2	20mins easy jog	<b>30mins Easy Cross Training:</b> swim, cycle, row or power walk	Day Off	<b>30min Pace Set:</b> 5mins easy + 20mins as 1min steady pace + 1min power walk + 5mins easy	<b>30mins Easy Cross Training:</b> swim, cycle, row or power walk	Day Off	30mins easy jog
Week 3	<b>30mins Easy Cross Training:</b> swim, cycle, row or power walk	30mins easy jog	Day Off	<b>30min Pace Set:</b> 5mins easy + 20mins as 1min steady pace + 1min easy pace + 5mins easy	<b>30mins Easy Cross Training:</b> swim, cycle, row or power walk	Day Off	30mins easy jog
Week 4	<b>45mins Easy Cross Training:</b> swim, cycle, row or power walk	40mins easy jog	<b>30min Pace Set:</b> 5mins easy + 20mins as 2min hard pace + 1min easy pace + 5mins easy	Day Off	40mins easy jog	<b>45mins Easy Cross Training:</b> swim, cycle, row or power walk	<b>6km Pace Set:</b> 2km easy jog + 3km hard pace + 1km easy jog
Week 5	30min easy jog	Day Off	<b>45mins Easy Cross Training:</b> swim, cycle, row or power walk	30min easy jog	Day Off	<b>5km Parkrun or Time Trial:</b> Warm Up is 10-15mins easy jog with 5 10sec accelerating efforts. Cool Down is 5mins easy jog	<b>30mins Easy Cross Training:</b> swim, cycle, row or power walk
Week 6	Day Off	45mins easy jog	<b>8km Pace Set:</b> 2km easy jog + 5km steady pace + 1km easy jog	Day Off	<b>5km Pace Set:</b> Warm Up is 2km easy jog. 2km as 30sec max + 90sec easy. Cool Down is 1km easy jog	<b>60mins Easy Cross Training:</b> swim, cycle, row or power walk	10km easy jog on flat path
Week 7	<b>30mins Easy Cross Training:</b> swim, cycle, row or power walk	<b>10km Pace Set:</b> 2km easy jog + 7km steady pace + 1km easy jog	Day Off	30min easy jog	Day Off	<b>Race Prep:</b> 30mins easy jog incl. 10 sets of 100m accelerating pace + walk recovery	<b>Race Day:</b> Warm Up is 10-15mins easy jog with 5 10sec accelerating efforts.