



Running Divas 12 Week Half Marathon Run Program

NOTE You can change the days of your programmed sessions around to suit you
 This program is for intermediate runners seeking a bit more of a challenge for their Half Marathon event
 Key criteria

- No running more than 2 days in a row
- Break of one day in between each strength session
- Must have one full rest day each week
- If you do Park Run on a Sat change the other runs to ensure that you are not running more than 2 days in a row, this is to make sure you have plenty of recovery & can run each session with fresh legs

Super exciting that the 21.1kms at Carman’s Women’s Fun Run is your goal for 2018

Do you want the full program – Go to www.runningdivas.com.au to either purchase this program or become a member

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	Running Divas Strength program	Warm up drills 1km easy run X 4 200m sprints X 4 400m sprints Rest 2mins in between each sprint or until HR drops Stretch & foam roll	Running Divas Strength program	Warm up drills 1km steady, 1km faster for 4kms Stretch & foam roll	Xtraining 45mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Warm up drills Run 10kms Steady pace Stretch & foam roll
2	Rest	Running Divas Strength program	Warm up drills 1km easy run X 5 1km sprints 2min rest in between each sprint or until HR drops Stretch & foam roll	Running Divas Strength program	Warm up drills 2kms steady, 2kms faster for 6kms Stretch & foam roll	Xtraining 45mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Warm up drills Run 12kms Steady pace Stretch & foam roll