

**HACKNEY HALF MARATHON RUN PROGRAMME DETAILS**

<b>Week</b>	<b>Session 1</b>	<b>Session 2</b>	<b>Session 3 (optional)</b>	<b>Total Mileage</b>
1	<b>LT Run</b> 9km total including: 15 mins + 10 mins @ LT pace 4 mins recovery jog between	<b>Long Run</b> 12km	<b>Speed Intervals</b> 9km total including: 8x 0:30 intervals 1:00 recovery jog	21km 30km option
2	<b>LT Run</b> 10km total including: 18 mins + 10 mins @ LT pace 4 mins recovery jog between	<b>Long Run</b> 13km	<b>Long Run</b> 9km	23km 32km option
3	<b>Speed Intervals</b> 9km total including: 8x 0:30 intervals 1:00 recovery jog	<b>Progressive Long Run</b> 14km including: Final 3km run at LT pace	<b>Aerobic Run</b> 10km	23km 33km option
4	<b>Speed Intervals</b> 8km total including: 8x 0:30 intervals 1:00 recovery jog	<b>Aerobic Run</b> 10km	<b>Aerobic Run</b> 7km	18km 25km option
5	<b>LT Run</b> 11km total including: 20 mins + 12 mins @ LT pace 4 mins recovery jog between	<b>Progressive Long Run</b> 15km including: Final 4km run at LT pace	<b>Long Run</b> 10km	26km 36km option
6	<b>VO2 Max Intervals</b> 11km including: 5x 1km 3 mins recovery jog between (Until heart rate <70%)	<b>Long Run</b> 16km	<b>Aerobic Run</b> 10km	27km 37km option
7	<b>Speed Intervals</b> 12km total including: 10x 0:30 intervals 1:00 recovery jog	<b>Progressive Long Run</b> 17km including: Final 5km run at LT pace	<b>Aerobic Run</b> 10km	29km 39km option
8	<b>10km race</b> Including 2km warm-up and drills	<b>Speed Intervals</b> 9km total including: 10x 0:30 intervals 1:00 recovery jog	<b>Aerobic Run</b> 7km	19km 26km option
9	<b>VO2 Max Intervals</b> 12km total including: 2 sets: 2x 1,200m, 1x 800m 3 mins recovery jog	<b>Long Run</b> 18km	<b>Aerobic Run</b> 10km	30km 40km option
10	<b>10km race</b> Including 2km warm-up and drills	<b>Speed Intervals</b> 9km total including: 10x 0:30 intervals 1:00 recovery jog	<b>Aerobic Run</b> 7km	19km 26km option

11	<b>VO2 Max Intervals</b> 10km total including: 2 sets: 2x 1,200m, 1x 1k 3 mins recovery jog	<b>Long Run</b> 14km	<b>Rest</b>	24km
<b>Race Week</b>	<b>Aerobic Run</b> 8km including: 3.2km at race pace	<b>Recovery Run</b> 5km Hear rate <75%	<b>Recovery Run</b> 4km including: 5x 0:30 fast 1 min recovery	17km

**HACKNEY HALF MARATHON RUN PROGRAMME SESSION TYPES**

<b>Run Type</b>	<b>Target Pace</b>	<b>Target Heart Rate</b>	<b>Purpose</b>
<b>Long Run</b>	20-25% slower than race pace Can start slower and then increase	75-85% of max	To build endurance and running economy
<b>Progressive Long Run</b>	Starting at Long Run pace and building to LT pace for final section	Up to 91% of max	To build endurance and improve LT pace
<b>LT Runs</b>	During intervals: 5-10% faster than race pace Around 10km race pace  Before / after intervals: 25-30% slower than race pace	Up to 91% of max	To improve lactate threshold pace
<b>VO2 Max Intervals</b>	During intervals: 3-5km race pace Pace you could maintain for ~15 mins  Before / after intervals: 25-30% slower than race pace	Up to 95% of max	To improve VO2 Max
<b>Speed Intervals</b>	During intervals: Fast but fluid. Pace you could maintain for ~5 mins  Before / after intervals: 25-30% slower than race pace	N/A	To improve running technique and running economy
<b>Aerobic Runs</b>	25-30% slower than race pace	75-80% of max	General aerobic capacity

## STRENGTH TRAINING PROGRAMME DETAILS

Weeks 1-4	
Session 1	Session 2
A1: Deadlift - 4x5	A1: Back Squat - 4x5
A2. Bench Press - 4x5	A2. Pendlay Row - 4x8
B1. RFE Split Squat 3x8/8	B1. DB Single Leg RDL - 3x8/8
B2. Strict Pull Up - 3x8	B2. DB OH Press 3x8/8
C. Banded Pull Aparts - 3x15	C. Curls - 3x10
D. 3 rounds: 15s hollow hold 10 v-ups 10 DB side bends	D. 3 rounds: 10 hanging knee raises (No lat engagement!) 5/5 rotational knee raises

*\*See below for weight / intensity guide. All sets done around 6-7/10 RPE*

## STRENGTH TRAINING PROGRAMME DETAILS

Weeks 5-8	
Session 1	Session 2
A1: Deadlift - 4x5	A1: Front Squat - 4x5
A2. Overhead Press - 4x5	A2. Chin Up - 4x8
B1. Barbell box step ups - 3x6/6	B1. Nordic Curls 3x10
B2. DB Row - 3x8/8	B2. DB Bench Press 3x10
C. Push Ups - 3x12	C. Ring Row - 3x10
D. 3 rounds: 15s hollow hold 10 v-ups 10 DB side bends	D. 3 rounds: 10 hanging knee raises (No lat engagement!) 5/5 rotational knee raises

*\*See below for weight / intensity guide. All sets done around 6-7/10 RPE*

## STRENGTH TRAINING PROGRAMME DETAILS

Weeks 9-12	
Session 1	Session 2
<p>A1: Deadlift - 4x5</p> <p>A2. Bench Press - 4x5</p> <p>B1. Back Rack Lunge - 3x5/5</p> <p>B2. Strict MU / Pull-up 3x5 or 8</p> <p>C. Ring Dips - 3x10</p> <p>D. 3 rounds:                      15s hollow hold                      10 v-ups                      10 DB side bends</p>	<p>A1: Back Squat - 4x5</p> <p>A2. Pendlay Row - 4x6</p> <p>B1. DB Single Leg RDL - 3x8/8</p> <p>B2. DB Half-Kneeling Press 3x8/8</p> <p>C. Banded Face Pulls - 3x10</p> <p>D. 3 rounds:                      10 hanging knee raises                      (No lat engagement!)                      5/5 rotational knee raises</p>

*\*See below for weight / intensity guide. All sets done around 6-7/10 RPE*

***\*\*NB programme should alter in weeks 11 and 12. In week 11, do only 3 sets on the main lifts and move weights down so that effort level is 5-6/10 RPE. In week 12, do the same for session 1 and take a rest day on session 2.***

### WEIGHT / INTENSITY GUIDE

Number of reps	% of 1RM	RPE (/10)
5	75%	6-7
6	70-75%	6-7
8	65-70%	6-7
10	60%	6-7

### WEEKS 11 & 12

Number of reps	% of 1RM	RPE (/10)
5	70%	5-6
6	65%	5-6
8	60%	5-6
10	55%	5-6

### GYMNASTICS MOVEMENTS

% of Max Reps	RPE (/10)
40-50%	6-7