

**Runner's World (SA)**  
**Beginners program for your first half marathon in April 2012**

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL
<b>2-Jan</b>	REST	RUN 40MINS RPE = 6-8	REST	RUN 45MINS	REST	RUN 40MINS RPE = 6-7	RUN 1HR RPE = 6-7	3HR05
<b>9-Jan</b>	REST	RUN 45MINS RPE = 6-7	RUN 30MINS RPE = 6-7	RUN 45MINS (include 5 x 1min30s hill repeats, with jog down as recovery)	REST	RUN 40MINS (with 15 mins RPE = 8 )	RUN 1HR20 RPE = 6-7	4HRS
<b>16-Jan</b>	REST	RUN 50MINS RPE = 6-7	RUN 30MINS RPE = 6-7	RUN 50MINS (include 5 x 2min hill repeats, with jog down as recovery)	REST	RUN 40MINS (with 20 mins RPE = 8 )	RUN 1HR30 RPE = 6-7	4HR20
<b>23-Jan</b>	REST	RUN 1HR RPE = 6-7	RUN 30MINS RPE = 6-7	RUN 50MINS (include 5 x 2min30s hill repeats, with jog down as recovery)	REST	RUN 45MINS (with 30 mins RPE = 8 )	RUN 1HR40 RPE = 6-7	4HR45

**Rate of Perceived Exertion (RPE)**

RPE	DESCRIPTION	EXPLANATION	%HR
6 - 7	EASY	Breathing easily and able to talk	60 - 70%
7 - 8	MODERATE	Only able to speak a few words at a time due to	70 - 80%
8 - 9	HARD	Unable to talk and breathing hard	80 - 90%

**Predict your 21.1 race time**

10km PB	Predicted 21km time
< 40mins	< 90mins
40-45mins	90mins - 1hr40
45-50mins	1hr40 - 1hr55
50-55mins	1hr55 - 2hr05
55-60mins	2hr05 - 2hr15
60-65mins	2hr15 - 2hr25
65-70mins	2hr25 - 2hr35
70-75mins	2hr35 - 2hr45
75-80mins	2hr45 - 3hrs

Goal 21km time	Race Pace	Long Run Race	Tempo Run Pace	5km TT Pace	8km TT Pace	1km Repeats	800m Repeats
< 90mins	4.16min/km	4.45- 5.15min/km	4min/km	3.45- 4.05min/km	3.55- 4.15min/km	3.40- 3.55min/km	2.50- 3.05min/km
1hr45	4.59min/km	5.30- 6min/km	4.40- 4.55min/km	4.25- 4.40min/km	4.35- 4.50min/km	4.20- 4.35min/km	3.20- 3.35min/800m
2hrs	5.42min/km	6.20- 6.50min/km	5.30- 5.45min/km	5.05- 5.20min/km	5.15- 5.30min/km	5- 5.15min/km	4- 4.15min/800m
2hrs30	7.07min/km	8- 8.20min/km	6.45- 7min/km	6.20- 6.35min/km	6.35- 6.50min/km	6.25- 6.40min/km	5- 5.15min/800m
< 3hrs	8.33min/km	9.10- 9.40min/km	8.05- 8.15min/km	7.40- 7.55min/km	7.55- 8.10min/km	7.45- 8min/km	6- 6.15min/800m