

RUN

12-WEEK TRAINING PLAN

LES MILLS

> FOR ADVANCED RUNNERS TRAINING FOR A HALF MARATHON

MEET THE CREATOR



DR JINGER GOTTSCHALL IS AN ASSOCIATE PROFESSOR OF KINESIOLOGY AT PENN STATE UNIVERSITY (USA) AND A PASSIONATE AND HIGHLY EXPERIENCED RUNNER.

Gottschall first discovered LES MILLS™ workouts in 2002, adopting the group workouts for cross training and injury prevention while competing in long distance triathlons. After retiring from racing, she became a LES MILLS instructor and began exploring the science behind the programming. Gottschall now helps develop and test a range of LES MILLS programs. She has published over 10 peer-reviewed journal articles focused on effective exercise, and developed hundreds of training plans for individuals ranging from novices to professionals.

> **“MY AIM IS TO MAXIMIZE RESULTS AND MINIMIZE INJURY, PROVIDING EDUCATION ON WHICH EXERCISE TO DO AND WHEN TO DO IT, ALONG WITH TIPS ON HOW TO MAKE YOUR JOURNEY MORE SUCCESSFUL.”**

A handwritten signature in black ink, reading "Jinger Gottschall". The signature is fluid and cursive, with the first name "Jinger" being more prominent.

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THE TRAINING PLAN



**GET
STARTED!**

PLAN FOR YOUR SUCCESS

CROSS THE FINISH LINE FASTER

If you want to pick up the pace and run your next half marathon faster than ever, this plan will help build the stamina, strength and speed to make it happen. The secret to success is an integrated training approach, including running, cardio, strength and flexibility training.

DISTANCE CONVERSION

21.2km = 13.2mi
18km = 11.2mi
17km = 10.6mi
16km = 10mi
15km = 9.3mi
13km = 8mi
12km = 7.5mi
10km = 6.2mi
9km = 5.6mi
8km = 4.9mi
7km = 4.3mi
6km = 3.7mi
5km = 3.1mi

WHO IS THIS TRAINING PLAN FOR?

- > If you are an athlete looking to improve your running performance without running six days a week, this plan is for you.
- > If you are currently exercising for 6-8 hours a week, and running twice a week, use this plan to help you achieve 21.2km goal.

THE BENEFITS OF THIS PLAN

- > It makes life easy, there's less guesswork about what to do.
- > You'll feel confident that you are prepared for the race distance.
- > Reduce injury risk with well-planned increases in distance/intensity.
- > You'll stay motivated knowing that you are able to successfully complete each week.

BEFORE YOU BEGIN

- > Remember, this is just a guide. It's important you are listening to the cues your body is giving you and tailor your training load to suit.
- > Like with any new exercise routine it's a good idea to get cleared by a medical professional before you start.
- > This plan is not recommended for anyone under the age of 18 years.
- > As you make your way through the plan, remember not every run will be your strongest. This is all part of the process of getting to your running best.
- > Make sure you read the fit facts and pro tips throughout the guide, these are included to help you maximize your performance.

WHAT TO EXPECT

12 WEEKS OF VARIED SAFE AND EFFECTIVE TRAINING

A well-rounded, variety-packed training program will build strength, increase cardio fitness and improve endurance. By mixing running with other cardio fitness, strength training and flexibility sessions you stimulate different muscles groups, increase performance, and reduce your risk of injury. Best of all, you won't get bored from just running. This plan includes:

> WORKOUT TYPES

	RUNNING Various paces, distances and times to improve running ability.	> SEE PAGE 8 FOR THE RECOMMENDED NON-RUNNING WORKOUTS FROM LES MILLS
	CARDIO Integrated training to prevent overuse injury from running only.	
	STRENGTH Strengthen the muscles surrounding the hip and knee, protect joints, and build core strength for improved efficiency.	
	FLEXIBILITY Improve mobility and release tension.	

FIT FACT A combo of strengthening and flexibility training will reduce injury risk with exercises that will train the core and stretch the working leg muscles.

> WEEKLY FOCUSES

TRAINING WEEK 11-12 SESSIONS 1 REST DAY	CHALLENGE WEEK 14-15 SESSIONS 1 REST DAY	REST WEEK 9-10 SESSIONS 1 REST DAY	TAPER WEEK WEEK PRIOR TO THE RACE
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MAKE IT YOURS

PRO TIP Try and hold back from doing more than the plan states – even if you are feeling energized and unstoppable, quality is better than quantity.

GUIDELINES TO PLAN YOUR WEEK

With no specified days for each workout you've got the freedom to fit your training into your schedule. We suggest you try to follow these guidelines when planning your week.

TIPS FOR SUCCESSFUL SCHEDULING

- > Always take one full day off per week. Rest is a critical component of improving fitness and performance.
- > Avoid doing strength training sessions on consecutive days. This means that if you lift weights on Monday you should wait until at least Wednesday to do further strength training.
- > It is ideal to do strength training later in the day, after 10am if possible. This is because cortisol, which is typically high in the morning, can impact your strength generating potential. In terms of back health and safety, it is also better for your spinal discs if you strength train later in the day.
- > Two training sessions in a single day will be required to complete this training program. Be realistic about how to organize your day and understand if you are more likely to complete two training sessions consecutively or if you prefer one training session in the morning and one later in the day.

TIPS FOR SAFE TRAINING

- > Water! Stay hydrated before and after training sessions and keep a water bottle with you during your workouts. If you'll be running for longer than 90 minutes take your water with you.
- > Listen to your body. If you're hurt, stop running. If you are feeling fatigued and need to take an extra rest day – take it! It's essential to listen and learn from your body.

RUNNING PACES

IMPROVE YOUR PERFORMANCE USING A VARIETY OF RUNNING PACES

This plan suggests you run at various paces for specific distances or time.

> HERE'S A SIMPLE DESCRIPTION OF THE VARYING PACES

EASY A steady pace where you are comfortable and can easily maintain a conversation if running with a partner.	INTERVAL Periods of work followed by short periods of recovery to improve speed and leg turnover.
HARD As fast as you can run for the prescribed period of time/distance without slowing down.	LONG The longest distance with varying paces to prepare you for the race distance.
STRENGTH This pace typically involves hills. If you don't have access to elevation nearby, consider running on a treadmill where you can control the incline.	BUILD Beginning at an easy pace and progressively building to a pace slightly faster than race pace.
TEMPO Slightly slower than race pace.	MIXED A combination of strength and speed with varying paces.
FAST Faster than race pace.	

WHAT IS RACE PACE?

Calculate your race pace by taking the distance you plan to run and dividing it by the time you aim to run it in. While elite runners can maintain their pace for several hours, if you're less experienced, running at a specific pace will get harder as you get tired – so don't get too caught up in it!

DO YOU NEED A TRACKER?

If you have performance goals a GPS watch or heart rate monitor can be helpful tools. A tracker such as the Polar M430 GPS watch can be a great option, as it helps you estimate times for specific target distances based on the pace you're running at.

PRO TIP Be aware of how you are fueling your body during the training process, drink plenty of water and eat clean foods without processed ingredients or added sugar.

WORKOUT OPTIONS

It's easy to add effective strength, cardio and flexibility training to your routine when you choose LES MILLS workouts. Every LES MILLS workout features hit music, inspiring qualified instructors, and the latest cutting-edge, scientifically-backed choreography. The music and moves are refreshed every three months, so workouts are always new and engaging.



CARDIO

Adding cardio workouts provides great cross training and prevents overuse injury from running only.

BODYATTACK High-energy functional sports training that will boost fitness and maximize cardio stamina.

BODYCOMBAT A martial arts-inspired, non-contact workout that will strengthen and tone the whole body and fuel cardio fitness.

BODYSTEP A full-body cardio workout that will build stamina, tone your butt and thighs.

RPM An indoor cycling class that will build aerobic fitness, burn calories and push you into a higher gear.



STRENGTH

Adopt strength training to strengthen the muscles surrounding the hip and knee, to protect the joints, and to train the three dimensional core for improved efficiency.

BODYPUMP The full-body weights workout that builds strength and will get you lean, toned and fit – fast.

CXWORX Functional strength training that works the muscles around the core to make you stronger, leaner and better at everything you do.



FLEXIBILITY

Adding a focus on strengthening, stretching and improving flexibility will help improve mobility and release tension.

BODYBALANCE / BODYFLOW

A motivating blend of yoga, tai chi and Pilates that will strengthen your entire body and leave you feeling calm and centered.

> TO LEARN MORE ABOUT LES MILLS WORKOUTS, VISIT [LESMILLS.COM](https://www.lesmills.com)

TRAINING PLAN

THIS 12-WEEK SCHEDULE IS DESIGNED TO HELP YOU IMPROVE YOUR RUNNING PERFORMANCE AND CROSS THE 21.2KM FINISH LINE FASTER

To get the best results we suggest you try to stick closely to the weekly suggestions. However, if you need to modify some of the training please go for it – it's important that you safely and effectively train and that means listening to your body and doing what feels right.

- > Stay on track by recording your progress. Take the time after each session to note down your run time and how you are feeling.
- > Celebrate the milestones you are achieving, this will keep you motivated.

TRAINING PLAN OVERVIEW

1 TRAINING WEEK – 3 RUNS 8-9 WORKOUTS	2 CHALLENGE WEEK – 4 RUNS 10-11 WORKOUTS	3 REST WEEK – 3 RUNS 6-7 WORKOUTS	4 TRAINING WEEK – 3 RUNS 8-9 WORKOUTS
5 TRAINING WEEK – 3 RUNS 8-9 WORKOUTS	6 CHALLENGE WEEK – 4 RUNS 10-11 WORKOUTS	7 REST WEEK – 3 RUNS 6-7 WORKOUTS	8 TRAINING WEEK – 3 RUNS 8-9 WORKOUTS
9 TRAINING WEEK – 3 RUNS 8-9 WORKOUTS	10 CHALLENGE WEEK – 4 RUNS 10-11 WORKOUTS	11 TRAINING WEEK – 3 RUNS 8-9 WORKOUTS	12 TAPER WEEK – 3 RUNS 2-4 WORKOUTS

WEEK 1 – TRAINING WEEK

> ELEVEN TO TWELVE SESSIONS WITH ONE DAY OF REST

	<input type="radio"/> 1X INTERVAL RUN: 6.5KM 4 X 40 SEC <u>HARD</u> MY TIME:	<input type="radio"/> 1X MIXED RUN: 8KM 3KM <u>EASY</u> , 5KM <u>TEMPO</u> MY TIME:	<input type="radio"/> 1X LONG RUN: 13KM <u>EASY</u> MY TIME:
	<input type="radio"/> 3X CARDIO WORKOUTS BODYATTACK, BODYCOMBAT, BODYJAM, BODYSTEP, RPM	<input type="radio"/> 2X LES MILLS GRIT WORKOUTS	
	<input type="radio"/> 2X BODYPUMP WORKOUTS		
	<input type="radio"/> 1-2X BODYBALANCE / BODYFLOW WORKOUTS		
THIS WEEK I FELT...	Proud, energetic, tired....		

WEEK 2 – CHALLENGE WEEK

> FOURTEEN TO FIFTEEN SESSIONS WITH ONE DAY OF REST

	<input type="radio"/> 1X INTERVAL RUN: 4KM 2KM <u>EASY</u> , 4 X (60 SEC <u>HARD</u> , 60 SEC <u>EASY</u>) MY TIME:	<input type="radio"/> 1X MIXED RUN: 6KM 2KM <u>EASY</u> , 1KM <u>TEMPO</u> , 1KM <u>EASY</u> , 2KM <u>TEMPO</u> MY TIME:	<input type="radio"/> 1X STRENGTH RUN: 6KM 3KM <u>EASY</u> THEN HILL REPEATS 6-8 X 20-40 SEC UPHILL, WALK DOWN MY TIME:	<input type="radio"/> 1X LONG RUN: 16KM <u>EASY</u> MY TIME:
	<input type="radio"/> 4X CARDIO WORKOUTS BODYATTACK, BODYCOMBAT, BODYJAM, BODYSTEP, RPM	<input type="radio"/> 2X LES MILLS GRIT WORKOUTS		
	<input type="radio"/> 2X BODYPUMP WORKOUTS	<input type="radio"/> 1X CXWORX WORKOUT		
	<input type="radio"/> 1-2X BODYBALANCE / BODYFLOW WORKOUTS			
THIS WEEK I FELT...	Proud, energetic, tired....			

WEEK 3 – REST WEEK

> NINE TO TEN SESSIONS WITH ONE DAY OF REST

	<input type="radio"/> 1X EASY RUN: 5KM MY TIME:	<input type="radio"/> 1X EASY RUN: 6.5KM MY TIME:	<input type="radio"/> 1X LONG RUN: 9.5KM <u>EASY</u> MY TIME:
	<input type="radio"/> 2X CARDIO WORKOUTS BODYATTACK, BODYCOMBAT, BODYJAM, BODYSTEP, RPM	<input type="radio"/> 1X LES MILLS GRIT WORKOUT	
	<input type="radio"/> 2X BODYPUMP WORKOUTS		
	<input type="radio"/> 1-2X BODYBALANCE / BODYFLOW WORKOUTS		
THIS WEEK I FELT...	Proud, energetic, tired....		

WEEK 4 – TRAINING WEEK

> ELEVEN TO TWELVE SESSIONS WITH ONE DAY OF REST

	<input type="radio"/> 1X INTERVAL RUN: 8KM 2KM <u>EASY</u> , 10 X (90 SEC <u>HARD</u> , 2 MIN <u>EASY</u>) MY TIME:	<input type="radio"/> 1X MIXED RUN: 7KM MY TIME:	<input type="radio"/> 1X LONG RUN: 13KM 2KM <u>EASY</u> , 2KM <u>BUILD</u> , 2KM <u>HARD</u> , 2KM <u>EASY</u> MY TIME:
	<input type="radio"/> 3X CARDIO WORKOUTS BODYATTACK, BODYCOMBAT, BODYJAM, BODYSTEP, RPM	<input type="radio"/> 2X LES MILLS GRIT WORKOUTS	
	<input type="radio"/> 2X BODYPUMP WORKOUTS		
	<input type="radio"/> 1-2X BODYBALANCE / BODYFLOW WORKOUTS		
THIS WEEK I FELT...	Proud, energetic, tired....		

WEEK 5 – TRAINING WEEK

> ELEVEN TO TWELVE SESSIONS WITH ONE DAY OF REST

	<input type="radio"/> 1X INTERVAL RUN: 8KM 3KM <i>EASY</i> , 4 X (90 SEC <i>BUILD</i> , 90 SEC <i>EASY</i> , 90 SEC <i>HARD</i> , 90 SEC <i>EASY</i>) MY TIME:	<input type="radio"/> 1X MIXED RUN: 10KM 3KM <i>EASY</i> , 7KM A LITTLE FASTER MY TIME:	<input type="radio"/> 1X LONG RUN: 16KM 3KM <i>EASY</i> , 3KM <i>TEMPO</i> , 4KM <i>EASY</i> , 3KM <i>TEMPO</i> , 3KM <i>EASY</i> MY TIME:
	<input type="radio"/> 3X CARDIO WORKOUTS BODYATTACK, BODYCOMBAT, BODYJAM, BODYSTEP, RPM	<input type="radio"/> 2X LES MILLS GRIT WORKOUTS	
	<input type="radio"/> 2X BODYPUMP WORKOUTS		
	<input type="radio"/> 1-2X BODYBALANCE / BODYFLOW WORKOUTS		
THIS WEEK I FELT...	Proud, energetic, tired....		

WEEK 6 – CHALLENGE WEEK

> FOURTEEN TO FIFTEEN SESSIONS WITH ONE DAY OF REST

	<input type="radio"/> 1X INTERVAL RUN: 5KM 2KM <i>EASY</i> , 10 X (20 SEC SPRINT, 60 SEC <i>EASY</i>) MY TIME:	<input type="radio"/> 1X MIXED RUN: 8KM 2KM <i>EASY</i> , 2KM <i>BUILD</i> , 2KM <i>HARD</i> , 2KM <i>EASY</i> MY TIME:	<input type="radio"/> 1X STRENGTH RUN: 6KM <i>TEMPO</i> ON A HILLY COURSE MY TIME:	<input type="radio"/> 1X LONG RUN: 19KM 4KM <i>EASY</i> , 8 X (2 MIN <i>HARD</i> , 7 MIN <i>EASY</i>) MY TIME:
	<input type="radio"/> 4X CARDIO WORKOUTS BODYATTACK, BODYCOMBAT, BODYJAM, BODYSTEP, RPM	<input type="radio"/> 2X LES MILLS GRIT WORKOUTS		
	<input type="radio"/> 2X BODYPUMP WORKOUTS	<input type="radio"/> 1X CXWORX WORKOUT		
	<input type="radio"/> 1-2X BODYBALANCE / BODYFLOW WORKOUTS			
THIS WEEK I FELT...	Proud, energetic, tired....			

WEEK 7 – REST WEEK

> NINE TO TEN SESSIONS WITH ONE DAY OF REST

	<input type="radio"/> 1X EASY RUN: 6.5KM MY TIME:	<input type="radio"/> 1X EASY RUN: 9.5KM MY TIME:	<input type="radio"/> 1X LONG RUN: 13KM <i>EASY</i> MY TIME:
	<input type="radio"/> 2X CARDIO WORKOUTS BODYATTACK, BODYCOMBAT, BODYJAM, BODYSTEP, RPM	<input type="radio"/> 1X LES MILLS GRIT WORKOUT	
	<input type="radio"/> 2X BODYPUMP WORKOUTS		
	<input type="radio"/> 1-2X BODYBALANCE / BODYFLOW WORKOUTS		
THIS WEEK I FELT...	Proud, energetic, tired....		

WEEK 8 – TRAINING WEEK

> ELEVEN TO TWELVE SESSIONS WITH ONE DAY OF REST

	<input type="radio"/> 1X INTERVAL RUN: 6.5KM 3KM <i>EASY</i> , 4 X (2 MIN <i>HARD</i> , 3 MIN <i>EASY</i>) MY TIME:	<input type="radio"/> 1X MIXED RUN: 10KM 3KM <i>EASY</i> , 7KM <i>TEMPO</i> . (PREPARE TO REPEAT THIS ROUTE IN WEEK 11) MY TIME:	<input type="radio"/> 1X LONG RUN: 19KM <i>EASY</i> MY TIME:
	<input type="radio"/> 3X CARDIO WORKOUTS BODYATTACK, BODYCOMBAT, BODYJAM, BODYSTEP, RPM	<input type="radio"/> 2X LES MILLS GRIT WORKOUTS	
	<input type="radio"/> 2X BODYPUMP WORKOUTS		
	<input type="radio"/> 1-2X BODYBALANCE / BODYFLOW WORKOUTS		
THIS WEEK I FELT...	Proud, energetic, tired....		

WEEK 9 – TRAINING WEEK

> ELEVEN TO TWELVE SESSIONS WITH ONE DAY OF REST

	<input type="radio"/> 1X INTERVAL RUN: 9.5KM 3KM <i>EASY</i> , 4 X (6 MIN <i>TEMPO</i> , 1 MIN <i>HARD</i> , 3 MIN <i>EASY</i>) MY TIME:	<input type="radio"/> 1X MIXED RUN: 13KM <i>EASY</i> EXCEPT <i>FAST</i> DURING ALL SHORT HILLS MY TIME:	<input type="radio"/> 1X LONG RUN: 16KM 6KM <i>EASY</i> , 10KM FOR TIME MY TIME:
	<input type="radio"/> 3X CARDIO WORKOUTS BODYATTACK, BODYCOMBAT, BODYJAM, BODYSTEP, RPM	<input type="radio"/> 2X LES MILLS GRIT WORKOUTS	
	<input type="radio"/> 2X BODYPUMP WORKOUTS		
	<input type="radio"/> 1-2X BODYBALANCE / BODYFLOW WORKOUTS		
THIS WEEK I FELT...	Proud, energetic, tired....		

WEEK 10 – CHALLENGE WEEK

> FOURTEEN TO FIFTEEN SESSIONS WITH ONE DAY OF REST

	<input type="radio"/> 1X INTERVAL RUN: 6KM 1-2KM <i>EASY</i> , 60 SEC RUN/RECOVER, 50 SEC RUN/RECOVER, 40 SEC RUN/RECOVER, RIGHT DOWN TO 10 SEC RUN/RECOVER MY TIME:	<input type="radio"/> 1X MIXED RUN: 10KM 2KM <i>EASY</i> , 3KM <i>TEMPO</i> , 2KM <i>EASY</i> , 3KM <i>TEMPO</i> MY TIME:	<input type="radio"/> 1X STRENGTH RUN: 8KM <i>TEMPO</i> ON A HILLY COURSE MY TIME:	<input type="radio"/> 1X LONG RUN: 20KM 2 LOOPS OF 10KM, FIRST LOOP <i>EASY</i> , SECOND LOOP FASTER MY TIME:
	<input type="radio"/> 4X CARDIO WORKOUTS BODYATTACK, BODYCOMBAT, BODYJAM, BODYSTEP, RPM			
	<input type="radio"/> 2X BODYPUMP WORKOUTS	<input type="radio"/> 1X CXWORX WORKOUT		
	<input type="radio"/> 1-2X BODYBALANCE / BODYFLOW WORKOUTS			
THIS WEEK I FELT...	Proud, energetic, tired....			

WEEK 11 – TRAINING WEEK

> ELEVEN TO TWELVE SESSIONS WITH ONE DAY OF REST

	<input type="radio"/> 1X INTERVAL RUN: 9.5KM 2KM <i>EASY</i> , 6 X (1 MIN <i>HARD</i> , 5 MIN <i>EASY</i>) MY TIME:	<input type="radio"/> 1X MIXED RUN: 10KM 3KM <i>EASY</i> , 7KM <i>TEMPO</i> (SAME ROUTE AS WEEK 8, BUT FASTER) MY TIME:	<input type="radio"/> 1X LONG RUN: 14.5KM <i>EASY</i> MY TIME:
	<input type="radio"/> 3X CARDIO WORKOUTS BODYATTACK, BODYCOMBAT, BODYJAM, BODYSTEP, RPM	<input type="radio"/> 2X LES MILLS GRIT WORKOUTS	
	<input type="radio"/> 2X BODYPUMP WORKOUTS		
	<input type="radio"/> 1-2X BODYBALANCE / BODYFLOW WORKOUTS		
THIS WEEK I FELT...	Proud, energetic, tired....		

WEEK 12 – TAPER WEEK

> SIX TO SEVEN SESSIONS WITH ONE DAY OF REST

 	MONDAY	<input type="radio"/> 1X BODYPUMP WORKOUT <input type="radio"/> (OPTIONAL) 1X CARDIO WORKOUT
	TUESDAY	<input type="radio"/> 1X 40-MINUTE RUN 6 X 2 MIN <i>INTERVALS</i> WITH 2 MIN RECOVERY AFTER EACH MY TIME:
 	WEDNESDAY	<input type="radio"/> 1X CXWORX WORKOUT <input type="radio"/> (OPTIONAL) 1X 30-MIN CARDIO WORKOUT
	THURSDAY	<input type="radio"/> 1X 8KM RUN 3KM <i>EASY</i> , 5KM <i>HARD</i> MY TIME:
REST	FRIDAY	<input type="radio"/> 1X REST DAY
	SATURDAY	<input type="radio"/> 1X 3-5KM RUN 6 X 30 SEC <i>HARD</i> EFFORT WITH 2 MIN RECOVERY AFTER EACH MY TIME:
RACE	SUNDAY	<input type="radio"/> RACE DAY!

RUN

RUN

RUN

RUN