

**runmum.org**

# **RUNMUM 12 week Half Marathon Training Program**

This program is a guide to getting you able to run 21.1km km in 12 weeks injury free, strong and confident.

You will need to be able to run a comfortable 10kms before starting this program

Please consult a health care professional to be cleared for any exercise program.

This program has been written by a qualified run coach and trainer.

## **21.1km in 12 weeks!**

Don't forget to stay connected and let us know how you go!



Page: Runmum  
Group: Runmum - RunCrew



runmums



# RUNMUM Half Crazy 12 week Training Program

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	<p><b>Absorption run</b></p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Easy 4 km run or run for about 25 minutes.</p> <p>We call this an absorption run, from our long run on Sunday.</p> <p>Follow with some static stretching and foam rolling for half hour.</p>	<p><b>Strength</b></p> <p><b>Focus: Core</b></p> <p>Core strength workouts</p> <p>Equipment required: Mat, heavy dumbbells</p> <p>Warm-up: as preferred.</p> <p>Plank 60 secs, rest 30 secs Repeat x 3 sets</p> <p>Push-ups x 10 - slow tempo - 5 secs down, 5 secs up - Drop to modified push-up on knees if necessary Repeat x 3 sets</p> <p>Mountain climbers x 20 reps Butterfly Kicks x 20 reps</p> <p>Repeat x 4 sets</p> <p>Finisher Burpees for 1 minute, max effort.</p> <p>Repeat 3 times</p> <p>Cool down and stretch</p>	<p><b>Interval/speed session</b></p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Intervals session-</p> <p>Fartlek Session</p> <p>1km warm up.</p> <p>3 x 500 m sprints with 500 m easy jog.</p> <p>1km cool down.</p> <p>Stretch for 10 -15 minutes.</p>	<p><b>Strength</b></p> <p><b>Focus: Lower Body</b></p> <p>Equipment required: Heavy dumbbells, light dumbbells, mat.</p> <p>Warm-up: as preferred.</p> <p>Dumbbell squats x 15 Light Dumbbell alternate lunges left x 15 each side</p> <p>Repeat x 3 sets with 60 second rest between each set</p> <p>Air squats x 20 Curtsey lunges x 10 each leg</p> <p>Repeat x 3 sets with 60 second rest between each set</p> <p>Butterfly kicks x 20 Squat jumps x 10 V sit ups x 10</p> <p>No rest between exercises Repeat x 3 sets with 60 second rest between each set</p> <ul style="list-style-type: none"> <li>Cool down and stretch</li> </ul>	<p><b>Cross train some suggestions include:</b></p> <p>Yoga Pilates Swimming Boxing Leisurely walk</p>	Rest	<p><b>Long steady run</b></p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p><b>Run 6 km steady, aim for distance only.</b></p> <p>5 minutes of walking to cool down.</p> <p>Stretch and foam roll for 10 -15 minutes.</p>



# RUNMUM Half Crazy 12 week Training Program

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2	<p><b>Absorption run</b></p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Easy 4 km run or run for about 25 minutes.</p> <p>We call this an absorption run, from our long run on Sunday.</p> <p>Follow with some static stretching and foam rolling for half hour.</p>	<p><b>Strength</b></p> <p><b>Focus: HIIT workout</b></p> <p><b>Equipment required:</b> Mat, kettlebell.</p> <p>Warm-up: as preferred.</p> <p>Complete the following exercises in TABATA format (20 secs on, 10 secs off) x 8 rounds each - 4 mins total. Rest between exercises as little as possible, with a max of 2 mins between each exercise.</p> <p>Burpees (chest to ground) Air squats Bench dips Mountain climbers Kettlebell swings</p> <p>Cool down and stretch</p>	<p><b>Interval/speed session</b></p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Intervals session-</p> <p>Fartlek Session</p> <p>1km warm up.</p> <p>4 x 500 m sprints with 500 m easy jog.</p> <p>1km cool down.</p> <p>Stretch for 10 -15 minutes.</p>	<p><b>Strength</b></p> <p><b>Focus: Lower Body</b></p> <p>Equipment required: Dumbbells (light and heavy) and a mat.</p> <p>Warm-up: as preferred.</p> <p>Double leg hip thrust with lighter dumbbell x 12 reps Donkey kicks left x 20 reps Donkey kicks right x 20 reps</p> <p>Repeat 3 sets with 60 second rest between each set.</p> <p>Single leg deadlift with heavy weights x 10 reps each leg Sumo squat with weights in hand x 10 reps</p> <p>Repeat 3 sets with 60 second rest between each set.</p> <p>Walking lunges with light dumbbells x 30 steps</p> <p>Repeat 3 sets with 60 second rest between each set.</p> <ul style="list-style-type: none"> <li>Cool down and stretch</li> </ul>	<p><b>Cross train some suggestions include:</b></p> <p>Yoga Pilates Swimming Boxing Leisurely walk</p>	<p>Rest</p>	<p><b>Long steady run</b></p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p><b>Run 8 km steady, aim for distance only.</b></p> <p>5 minutes of walking to cool down.</p> <p>Stretch and foam roll for 10 -15 minutes.</p>



# RUNMUM Half Crazy 12 week Training Program

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3	<p><b>Absorption run</b></p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Easy 5 km run or run for about 30 minutes.</p> <p>We call this an absorption run, from our long run on Sunday.</p> <p>Follow with some static stretching and foam rolling for half hour.</p>	<p><b>Strength</b></p> <p><b>Focus: Core</b></p> <p><b>Equipment required: Mat</b></p> <p>Warm-up: as preferred.</p> <p>This workout is based on 3 exercises. Do each exercise for 21 reps with no rest between. After you have completed 21 reps of each exercise do 60 seconds of mountain climbers. Repeat the three exercises but only do 15 reps this round and finish with 60 seconds of mountain climbers. Complete a last round of the exercises with 9 reps of each. Finish off with 60 seconds of mountain climbers.</p> <p>21-15-9 Wide knee sit-up Lying superman (each side) Bicycle crunch (each side)</p> <p>Mountain climbers for 60 seconds between each round.</p>	<p><b>Interval/speed session</b></p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Intervals session-</p> <p>Fartlek Session</p> <p>2 km warm up.</p> <p>6 x 500 m sprints with 500 m easy jog.</p> <p>2 km cool down.</p> <p>Stretch for 10 -15 minutes.</p>	<p><b>Strength</b></p> <p><b>Focus: Lower Body</b></p> <p>Equipment required: Dumbbells (light and heavy) and a mat.</p> <p>Warm-up: as preferred.</p> <p>Double leg hip thrust with lighter dumbbell x 15 reps Donkey kicks left x 25 reps Donkey kicks right x 25 reps</p> <p>Repeat 3 sets with 60 second rest between each set.</p> <p>Air squats x 20 Squat jumps x 10</p> <p>Repeat 3 sets with 60 second rest between each set.</p> <p>Walking lunges with light dumbbells x 30 steps</p> <p>Repeat 3 sets with 60 second rest between each set.</p> <ul style="list-style-type: none"> <li>Cool down and stretch</li> </ul>	<p><b>Cross train some suggestions include:</b></p> <p>Yoga Pilates Swimming Boxing Leisurely walk</p>	Rest	<p><b>Long steady run</b></p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p><b>Run 10 km steady, aim for distance only.</b></p> <p>5 minutes of walking to cool down.</p> <p>Stretch and foam roll for 10 -15 minutes.</p>



# RUNMUM Half Crazy 12 week Training Program

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4	<p><b>Absorption run</b></p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Easy 6 km run or run for about 35 minutes.</p> <p>We call this an absorption run, from our long run on Sunday. As the km increase this can be a run walk. But the walk must be fast.</p> <p>Follow with some static stretching and foam rolling for half hour.</p>	<p><b>Strength</b></p> <p><b>Focus: HIIT workout</b></p> <p><b>Equipment required: Mat</b></p> <p>Warm-up: as preferred.</p> <p>This is a ladder circuit, which means you will do 10 reps of each exercise, then 9 reps of each, then 8 reps of each, etc. down to 1 rep of each (55 reps of each exercise total).</p> <p>After each round have 30 seconds break before you go onto the next set.</p> <p>Good luck!</p> <p>Tricep dips Mountain climbers - reps are each leg Squat jumps Push-ups Squat jumps Bicycle crunch (hard) - reps are each leg Plank shoulder touches - reps are each arm</p> <p>Cool down and stretch</p>	<p><b>Interval/speed session</b></p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Intervals session-</p> <p>Fartlek Session</p> <p>2 km warm up.</p> <p>8 x 500 m sprints with 500 m easy jog.</p> <p>2 km cool down.</p> <p>Stretch for 10 -15 minutes.</p>	<p><b>Strength</b></p> <p><b>Focus: Lower Body</b></p> <p>Equipment required: Dumbbells (light and heavy) and a mat.</p> <p>Warm-up: as preferred.</p> <p>Double leg hip thrust with lighter dumbbell x 15 reps Donkey kicks left x 25 reps Donkey kicks right x 25 reps</p> <p>Repeat 3 sets with 60 second rest between each set.</p> <p>Air squats x 20 Squat jumps x 10</p> <p>Repeat 3 sets with 60 second rest between each set.</p> <p>Walking lunges with light dumbbells x 30 steps</p> <p>Repeat 3 sets with 60 second rest between each set.</p> <ul style="list-style-type: none"> <li>Cool down and stretch</li> </ul>	<p><b>Cross train some suggestions include:</b></p> <p>Yoga Pilates Swimming Boxing Leisurely walk</p>	<p>Rest</p>	<p><b>Long steady run</b></p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p><b>Run 12 km steady, aim for distance only.</b></p> <p>5 minutes of walking to cool down.</p> <p>Stretch and foam roll for 10 -15 minutes.</p>



# RUNMUM Half Crazy 12 week Training Program

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5	<p><b>Absorption run</b></p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Easy 6 km run or run for about 35 minutes.</p> <p>We call this an absorption run, from our long run on Sunday. As the km increase this can be a run walk. But the walk must be fast.</p> <p>Follow with some static stretching and foam rolling for half hour.</p>	<p><b>Strength</b></p> <p><b>Focus: Core</b></p> <p><b>Equipment required: Mat</b></p> <p>Warm-up: as preferred.</p> <p>Plank sequence</p> <p>Do the following plank sequence, and try to keep your knees up the whole time:</p> <p>Standard side plank x 10 reps (left side)                      Rotate over into elbows and toes plank for 30 secs                      Then into a standard side plank x 10 reps (right side)                      Back into elbows and toes plank for 30 secs</p> <p>Repeat 3 sets with 60 second rest between</p> <p>Plank Side Knee Raises x 10 each side                      Glute bridge x 15 reps                      Butterfly kicks x 20 reps</p> <p>Repeat 3 sets with 60 second rest between</p>	<p><b>Interval/speed session</b></p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Intervals session-</p> <p>Mona Fartlek Session</p> <p>1km Warm Up</p> <p>20 mins Mona Fartlek</p> <p>1km Warm Down</p> <p>Mona Fartlek:                      2x 90 secs on/ 90 secs off                      4x 60 secs on/60 secs off                      4x 30 secs on/30 secs off                      4x 15 secs on/15 secs off</p> <p>Stretch for 10 -15 minutes.</p>	<p><b>Strength</b></p> <p><b>Focus: Lower Body</b></p> <p>Equipment required:                      Dumbbells (light and heavy) and a mat.</p> <p>Warm-up: as preferred.</p> <p>Dumbbell deadlifts using heavier deadlifts x 15 reps</p> <p>Repeat 3 sets with 60 second rest between each set.</p> <p>Reverse weighted lunge with dumbbells x 10 reps each leg                      Inchworm x 5</p> <p>Repeat 3 sets with 60 second rest between each set.</p> <p>Air squats x 20 reps</p> <p>Curtseys with light dumbbells x 10 each side</p> <p>Repeat 3 sets with 60 second rest between each set.</p>	<p><b>Cross train some suggestions include:</b></p> <p>Yoga                      Pilates                      Swimming                      Boxing                      Leisurely walk</p>	<p>Rest</p>	<p><b>Long steady run</b></p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p><b>Run 14 km steady, aim for distance only.</b></p> <p>5 minutes of walking to cool down.</p> <p>Stretch and foam roll for 10 -15 minutes.</p>



# RUNMUM Half Crazy 12 week Training Program

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6	<p><b>Absorption run</b></p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Easy 4 km run or run for about 25 minutes.</p> <p>We call this an absorption run, from our long run on Sunday. As the km increase this can be a run walk. But the walk must be fast.</p> <p>Follow with some static stretching and foam rolling for half hour.</p>	<p><b>Strength</b></p> <p><b>Focus: HIIT Workout</b></p> <p><b>Equipment required: Mat</b></p> <p>Warm-up: as preferred.</p> <p>20 minutes with no rest</p> <p>10 step ups 10 squats 10 push ups 10 full sit ups 20 walking lunges</p> <p>Cool down and stretch</p>	<p><b>Interval/speed session</b></p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Intervals session-</p> <p>2km Warm Up</p> <p>5 x 2km Efforts with 500m slow jog in between</p> <p>2km Warm Down</p>	<p><b>Strength</b></p> <p><b>Focus: Lower Body</b></p> <p>Equipment required: Dumbbells (light and heavy) and a mat.</p> <p>Warm-up: as preferred.</p> <p>Step-ups holding light dumbbells x 10 reps each leg, alternating legs each step Lunges holding light dumbbells overhead for 20 steps</p> <p>Repeat x 3 sets with 60 second rest between each set</p> <p>Single leg deadlifts left x 10 reps Single leg deadlifts right x 10 reps</p> <p>Repeat x 3 sets with 60 second rest between each set</p> <p>Squat to shoulder press with light dumbbells x 10 reps Squats with heavy dumbbell x 10 reps</p> <p>Repeat x 3 sets with 60 second rest between each set</p> <p>Cool down and stretch</p>	<p><b>Cross train some suggestions include:</b></p> <p>Yoga Pilates Swimming Boxing Leisurely walk</p>	Rest	<p><b>Long steady run</b></p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p><b>Run 16 km steady, aim for distance only.</b></p> <p>5 minutes of walking to cool down.</p> <p>Stretch and foam roll for 10 -15 minutes.</p>



# RUNMUM Half Crazy 12 week Training Program

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7	<p><b>Absorption run</b></p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Easy 4 km run or run for about 25 minutes.</p> <p>We call this an absorption run, from our long run on Sunday. As the km increase this can be a run walk. But the walk must be fast.</p> <p>Follow with some static stretching and foam rolling for half hour.</p>	<p><b>Strength</b></p> <p><b>Focus: Core workout</b></p> <p><b>Equipment required:</b> Mat, exercise ball</p> <p>Warm-up: as preferred.</p> <p>Exercise ball plank (forearms on the ball) for 60 secs Exercise ball plank (feet on the ball) for 60 secs</p> <p>Repeat x 3 sets each</p> <p>Exercise ball crunches x 15 Exercise ball oblique crunches x 10 each side</p> <p>Rest 60 secs, then repeat x 3 sets</p> <p>Exercise ball oblique roll</p> <p>-20 reps x 3 sets</p> <p><b>Cool down and stretch</b></p>	<p><b>Interval/speed session</b></p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Intervals session- Hills</p> <p>2km Warm Up</p> <p>4 x 250m Run</p> <p>Jog back down hill</p> <p>2km Warm Down</p> <p>Stretch for 10 -15 minutes.</p>	<p><b>Strength</b></p> <p><b>Focus: Lower Body</b></p> <p><b>Equipment required:</b> Dumbbells (light and heavy) and a mat.</p> <p>Warm-up: as preferred.</p> <p>Step-ups holding light dumbbells x 15 reps each leg, alternating legs each step</p> <p>Lunges holding light dumbbells overhead for 20 steps</p> <p>Repeat x 3 sets with 60 second rest between each set</p> <p>Bridging x 50</p> <p>Repeat x 3 sets with 60 second rest between each set</p> <p>Squats with heavy dumbbell x 20 reps</p> <p>Repeat x 3 sets with 60 second rest between each set</p> <p>Cool down and stretch</p>	<p><b>Cross train some suggestions include:</b></p> <p>Yoga Pilates Swimming Boxing Leisurely walk</p>	<p>Rest</p>	<p><b>Long steady run</b></p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p><b>Run 14 km steady, aim for distance only.</b></p> <p>5 minutes of walking to cool down.</p> <p>Stretch and foam roll for 10 -15 minutes.</p>





# RUNMUM Half Crazy 12 week Training Program

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8	<p><b>Absorption run</b></p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Easy 6 km run or run for about 35 minutes.</p> <p>We call this an absorption run, from our long run on Sunday. As the km increase this can be a run walk. But the walk must be fast.</p> <p>Follow with some static stretching and foam rolling for half hour.</p>	<p><b>Strength</b></p> <p><b>Focus: HIIT Workout</b></p> <p><b>Equipment required: Mat</b></p> <p>Warm-up: as preferred.</p> <p>10 rounds with 60 second rest between each round.</p> <p>40 seconds of each exercise with 20 second rest between each exercise.</p> <p>Push ups Butterfly kicks Jump squats Sprint on the spot Mountain climbers Frog jumps</p> <p><b>Cool down and stretch</b></p>	<p><b>Interval/speed session</b></p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Intervals session- Hills</p> <p>3km Warm Up</p> <p>6 x 250m Run</p> <p>Jog back down hill</p> <p>3km Warm Down</p> <p>Stretch for 10 -15 minutes.</p>	<p><b>Strength</b></p> <p><b>Focus: Lower Body</b></p> <p>Equipment required: Dumbbells (light and heavy) and a mat.</p> <p>Warm-up: as preferred.</p> <p>Dumbbell squats x 15 Light Dumbbell alternate lunges left x 15 each side</p> <p>Repeat x 3 sets with 60 second rest between each set</p> <p>Air squats x 20 Curtsey lunges x 15 each leg</p> <p>Repeat x 3 sets with 60 second rest between each set</p> <p>Butterfly kicks x 20 Squat jumps x 10 V sit ups x 10</p> <p>No rest between exercises Repeat x 3 sets with 60 second rest between each set</p>	<p><b>Cross train some suggestions include:</b></p> <p>Yoga Pilates Swimming Boxing Leisurely walk</p>	Rest	<p><b>Long steady run</b></p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p><b>Run 16 km steady, aim for distance only.</b></p> <p>5 minutes of walking to cool down.</p> <p>Stretch and foam roll for 10 -15 minutes.</p>



# RUNMUM Half Crazy 12 week Training Program

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9	<p><b>Absorption run</b></p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Easy 6 km run or run for about 35 minutes.</p> <p>We call this an absorption run, from our long run on Sunday. As the km increase this can be a run walk. But the walk must be fast.</p> <p>Follow with some static stretching and foam rolling for half hour.</p>	<p><b>Strength</b></p> <p><b>Focus: Core workout</b></p> <p><b>Equipment required:</b> Mat, exercise ball</p> <p>Plank 60 secs V- sit ups x 10 reps Overhead medicine ball slams x 15 reps Mountain climbers x 20 reps Raised leg lower ab crunch x 10 reps Plank leg lift x 5 each leg</p> <p>Repeat 5 sets with 60 second rest between each set.</p> <p><b>Cool down and stretch</b></p>	<p><b>Interval/speed session</b></p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Intervals session- Hills</p> <p>3km Warm Up</p> <p>6 x 250m Run</p> <p>Jog back down hill</p> <p>3km Warm Down</p> <p>Stretch for 10 -15 minutes.</p>	<p><b>Strength</b></p> <p><b>Focus: Lower Body</b></p> <p><b>Equipment required:</b> Dumbbells (light and heavy) and a mat.</p> <p>Warm-up: as preferred.</p> <p>Double leg hip thrust with lighter dumbbell x 20 reps Donkey kicks left x 30 reps Donkey kicks right x 30 reps</p> <p>Repeat 3 sets with 60 second rest between each set.</p> <p>Air squats x 30 Squat jumps x 15</p> <p>Repeat 3 sets with 60 second rest between each set.</p> <p>Walking lunges with light dumbbells x 30 steps</p> <p>Repeat 3 sets with 60 second rest between each set.</p> <ul style="list-style-type: none"> <li>• Cool down and stretch</li> <li>• Cool down and stretch</li> </ul>	<p><b>Cross train some suggestions include:</b></p> <p>Yoga Pilates Swimming Boxing Leisurely walk</p>	Rest	<p><b>Long steady run</b></p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p><b>Run 19 km steady, aim for distance only.</b></p> <p>5 minutes of walking to cool down.</p> <p>Stretch and foam roll for 10 -15 minutes.</p>



# RUNMUM Half Crazy 12 week Training Program

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10	<p><b>Absorption run</b></p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Easy 4 km run or run for about 25 minutes.</p> <p>We call this an absorption run, from our long run on Sunday. As the km increase this can be a run walk. But the walk must be fast.</p> <p>Follow with some static stretching and foam rolling for half hour.</p>	<p><b>Strength</b></p> <p><b>Focus: Core workout</b></p> <p><b>Equipment required:</b> Mat, exercise ball</p> <p>Plank 60 secs V- sit ups x 10 reps Jacknives x 10 Butterfly kicks x 20 Full sit ups x 10 Raised leg lower ab crunch x 10 reps Plank leg lift x 5 each leg</p> <p>Repeat 5 sets with 60 second rest between each set.</p> <p><b>Cool down and stretch</b></p>	<p><b>Interval/speed session</b></p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Intervals session- Hills</p> <p>3km Warm Up</p> <p>6 x 250m Run</p> <p>Jog back down hill</p> <p>3km Warm Down</p> <p>Stretch for 10 -15 minutes.</p>	<p><b>Strength</b></p> <p><b>Focus: Lower body</b></p> <p><b>Equipment required:</b> Dumbbells (light and heavy) and a mat.</p> <p>Warm-up: as preferred.</p> <p>Dumbbell deadlifts using heavier deadlifts x 10 reps</p> <p>Repeat 3 sets with 60 second rest between each set.</p> <p>Reverse weighted lunge with dumbbells x 10 reps each leg Inchworm x 5</p> <p>Repeat 3 sets with 60 second rest between each set.</p> <p>Air squats x 20 reps</p> <p>Repeat 3 sets with 60 second rest between each set.</p> <p>Cool down and stretch</p>	<p><b>Cross train some suggestions include:</b></p> <p>Yoga Pilates Swimming Boxing Leisurely walk</p>	<p>Rest</p>	<p><b>Long steady run</b></p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p><b>Run 16 km steady, aim for distance only.</b></p> <p>5 minutes of walking to cool down.</p> <p>Stretch and foam roll for 10 -15 minutes.</p>



# RUNMUM Half Crazy 12 week Training Program

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11	<p><b>Absorption run</b></p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Easy 4 km run or run for about 25 minutes.</p> <p>We call this an absorption run, from our long run on Sunday. As the km increase this can be a run walk. But the walk must be fast.</p> <p>Follow with some static stretching and foam rolling for half hour.</p>	<p><b>Strength</b></p> <p><b>Focus: Core</b></p> <p><b>Equipment required:</b> Mat, exercise ball</p> <p>Plank 60 secs V- sit ups x 10 reps Overhead medicine ball slams x 15 reps Mountain climbers x 20 reps Raised leg lower ab crunch x 10 reps Plank leg lift x 5 each leg</p> <p>Repeat 5 sets with 60 second rest between each set.</p> <p><b>Cool down and stretch</b></p>	<p><b>Interval/speed session</b></p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Easy 8 km run</p> <p>Follow with some static stretching and foam rolling for half hour.</p>	<p><b>Strength</b></p> <p><b>Focus: Core</b></p> <p>Equipment required: Mat, exercise ball</p> <p>Warm-up: as preferred.</p> <p>Exercise ball plank (forearms on the ball) for 60 secs Exercise ball plank (feet on the ball) for 60 secs</p> <p>Repeat x 3 sets each</p> <p>Exercise ball crunches x 15 Exercise ball oblique crunches x 10 each side</p> <p>Rest 60 secs, then repeat x 3 sets</p> <p>Exercise ball oblique roll</p> <p>-20 reps x 3 sets</p> <p>Cool down and stretch</p>	<p><b>Cross train some suggestions include:</b></p> <p>Yoga Pilates Swimming Boxing Leisurely walk</p>	<p>Rest</p>	<p><b>Long steady run</b></p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p><b>Run 14 km steady, aim for distance only.</b></p> <p>5 minutes of walking to cool down.</p> <p>Stretch and foam roll for 10 -15 minutes.</p>



# RUNMUM Half Crazy 12 week Training Program

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11	<p><b>Absorption run</b></p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Easy 4 km run or run for about 25 minutes.</p> <p>We call this an absorption run, from our long run on Sunday. As the km increase this can be a run walk. But the walk must be fast.</p> <p>Follow with some static stretching and foam rolling for half hour.</p>	<p><b>Cross train some suggestions include:</b></p> <p>Yoga Pilates Swimming Boxing Leisurely walk</p>	<p><b>Interval/speed session</b></p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Easy 6 km run</p> <p>Follow with some static stretching and foam rolling for half hour.</p>	<p><b>Strength</b></p> <p><b>Focus: Core</b></p> <p>Equipment required: Mat, exercise ball</p> <p>Warm-up: as preferred.</p> <p>40 seconds with 20 second rest of each exercise.</p> <p>Plank Butterfly kicks V sit ups Oblique crunch right Oblique crunch left Plank</p> <p>Repeat 3 times</p> <p>Cool down and stretch</p> <p>Foam roll for 20 minutes.</p>	<p><b>Cross train some suggestions include:</b></p> <p>Yoga Pilates Swimming Boxing Leisurely walk</p>	<p>Rest</p>	<p><b>Event day</b></p> <p>Today is your victory lap! Believe in your training and get to the start line with your mantras!</p> <p>Well done on completing your Half Crazy 21.1km Half Marathon training program!</p>

