PFM COACHING
PERPETUAL FORWARD MOTION

Pendine Sands Intermediate Half Marathon (12 weeks)

Unlock Your Speed on the Sands Welcome to the Speedway. The Pendine Half Marathon is a test of consistency. You will race Two Laps of the historic sands. This means passing the finish line at mile 6.5 and having the mental fortitude to head back out for another loop. The flat terrain offers no downtime—you must keep your legs turning over constantly. This guide provides the definitions and protocols to get you to the finish line strong.

Pendine Sands HM: Training Companion

1. The RPE Scale (Rate of Perceived Exertion)

We use **RPE** to prescribe intensity. On the beach, wind and surface conditions change daily. Training by effort ensures you get the right workout every time.

Zone	RPE (1-10)	The "Talk Test"	Race Day Target
Recovery	**1-4**	Full conversation, laughing.	Warm-ups & Cool-downs.
Endurance	**5**	Full sentences.	Easy Runs.
Steady State	**6**	**Short sentences.**	**TARGET HM RACE PACE.**
Tempo	**7-8**	A few words at a time.	Final 3 miles only.
VO2 Max	**9-10**	Grunts or single words.	-

Your Race Day Strategy:

The Half Marathon is run at RPE 6-7. This is "Comfortably Hard." It should feel controlled and rhythmic for the first 8-9 miles. The real race begins at Mile 10, where you will need to push to RPE 7-8 to maintain your pace as fatigue sets in.

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2. Workout Glossary

- **Goal Pace:** Training specifically at your target Half Marathon speed to build efficiency.

- **Steady State:** Runs done at RPE 6. These are faster than easy runs but slower than Tempo. They build mental hardness.
- **Strides:** Included in Phase 2 to wake up fast-twitch fibers even during endurance training.

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3. Warm-Up Protocols

- **Easy/Steady Runs:** The warm-up is built-in. Start the first 10 minutes very slowly (RPE 3-4).
- **Speed/Pace Days:**
    1. 10-15 min Easy Jog.
    2. **Dynamic Drills** (Leg Swings, High Knees, Lunges).
    3. 4 x **Strides** (Required).

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4. The "Pendine" Strength Routine

Perform 2x/week to armor your hips against the camber of the beach.

1. **Clamshells:** 15 reps per side.
2. **Side Leg Raises:** 15 reps per side.
3. **Single-Leg Balance:** 45 seconds per leg.

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5. Half Marathon Specific Tips

- **The "Lap 2" Mental Trap:** When you pass the finish line at 6.5 miles, do not sprint. You are only halfway. Treat the race as **4 segments** (Out, Back, Out, Back) to keep your mind focused on the immediate task.
- **Fueling:** You will be running for 90+ minutes. Take a gel or chews every 45 minutes to top off glycogen stores.

- **Camber Management:** The beach slopes to the water. Try to run on the flattest sand, usually just above the wet line.

Train Smart. Run Strong. Be Perpetual.

Produced by PFM Coaching

Week 1 (4:02)

Monday

Cross Training
Cross Training
Cross-Training. Low impact aerobic work (bike, swim) to build engine without pounding.

1. Perform the workout for 30 minutes at an RPE of 3-5

00h:30m

Tuesday

Running
Easy & Strides
This workout consists of a combination of an easy run followed by repeated strides with recovery phases. The goal is to build endurance while incorporating speed work in a controlled manner.

1. Begin with an easy run for 30 minutes at a conversational pace (Green Zone, RPE 3-5).
2. Perform 4 sets of strides:
   a. Stride Work Phase: Execute a stride, which is a controlled 20-30 second burst of fast running following a bell curve intensity. Smoothly build speed for 5-10 seconds, peak pace for 10-15 seconds at 85-95% effort (Red Zone, RPE 8-9), and gradually coast to a stop over the final few seconds.
   b. Strides Recovery Phase: Walk or very gentle jog back to the start (Green Zone, RPE 1-3).

00h:32m

Wednesday

Running
Speed Intervals
The workout is designed to improve your speed and endurance with structured intervals. Begin with a warm-up to prepare your muscles, followed by dynamic drills to activate key muscle groups. The main set consists of repeated fast-paced efforts with recovery periods in between. Finish with a cool-down to aid recovery.

1. Warm Up: Easy jog for 10 minutes at a conversational pace (RPE 3-5, Green).
2. Drills:
   - Leg Swings (Front/Back & Side/Side): 10 per leg. Loosens hips.
   - High Knees: 20 seconds. Activates hip flexors.
   - Butt Kicks: 20 seconds. Wakes up hamstrings.
   - Walking Lunges: 10 reps per leg. Engages glutes and stabilizers.
3. Repeat 5 times:
   - Efforts: Run at a fast pace for 2 minutes (RPE 9, Red).
   - Recovery: Gentle jog or walk for 2 minutes (RPE 1-5, Green).
4. Cool Down: Gentle jog for 10 minutes (RPE 1-5, Green).

00h:45m

Thursday

Running
Easy
This workout is designed to be a gentle, long endurance run. It targets Zone 2 (Long Endurance) with an RPE of 3-5, meaning you should be able to maintain a conversational pace throughout the session. This type of effort is classified as Green in the traffic light training system, indicating an easy run.

1. Easy Effort: Run for 30 minutes at an RPE of 3-5 (conversational pace).

00h:30m

Strength
Strength
Complete 3 Sets of:

Clamshells: 15 reps per side.

Side Leg Raises: 15 reps per side.

Single-Leg Balance: Stand on a pillow or unstable surface for 45 seconds per leg.

00h:10m

Friday

Rest
Recovery & Adaption Day
Without adequate recovery you can not get the benefit of the effort you put into your workouts. Think of your rest days as recovery & adaption days, this is when the body gets to recover and make itself stronger ready for your upcoming workouts. Try to take it easy and eat and hydrate well to fuel the body.

Saturday

Running
Steady
This workout is designed to build mental resilience and endurance while ensuring a proper warm-up and cool-down.

1. Warm Up: Start with an easy run to warm up. This should be at a pace where you can talk easily (Green effort) for 10 minutes with an RPE of 3-5.
2. Steady Effort: Proceed to a steady effort run, just above easy, focusing on sustainability and mental hardening. This effort should be at a pace where you can say 5-7 words between breaths for 30 minutes with an RPE of 6.
3. Cool Down: Finish with a walk to cool down, allowing your body to recover. This should be at a pace where you can talk easily (Green effort) for 5 minutes with an RPE of 1-3.

00h:45m

Sunday

Running
Steady
This workout is designed to build and maintain a steady running pace. It focuses on holding a consistent effort throughout the duration. The effort level is classified as Intense Endurance, or Zone 3, which means you should be able to speak 2-3 sentences between breaths. This is categorised as an Amber effort in the traffic light training system.

Steps:
1. Steady effort: Run for 50 minutes at an Intense Endurance effort (RPE 5), maintaining a steady pace.

00h:50m

Week 2 (4:22)

Monday

Cross Training
Cross Training
Cross-Training. Low impact aerobic work (bike, swim) to build engine without pounding.

1. Perform the workout for 30 minutes at an RPE of 3-5

00h:30m

Tuesday

Running
Easy & Strides
This workout consists of a combination of an easy run followed by repeated strides with recovery phases. The goal is to build endurance while incorporating speed work in a controlled manner.

1. Begin with an easy run for 30 minutes at a conversational pace (Green Zone, RPE 3-5).
2. Perform 4 sets of strides:
   a. Stride Work Phase: Execute a stride, which is a controlled 20-30 second burst of fast running following a bell curve intensity. Smoothly build speed for 5-10 seconds, peak pace for 10-15 seconds at 85-95% effort (Red Zone, RPE 8-9), and gradually coast to a stop over the final few seconds.
   b. Strides Recovery Phase: Walk or very gentle jog back to the start (Green Zone, RPE 1-3).

00h:32m

Wednesday

Running
Tempo
This workout consists of a warm-up, drills, a tempo effort, and a cool-down.

1. Warm Up: Easy jog for 10 minutes at an RPE of 3-5 (Green Zone).
2. Drills:
   - Leg Swings (Front/Back & Side/Side): 10 per leg. Loosens hips.
   - High Knees: 20 seconds. Activates hip flexors.
   - Butt Kicks: 20 seconds. Wakes up hamstrings.
   - Walking Lunges: 10 reps per leg. Engages glutes and stabilisers.
3. Tempo Effort: Run for 30 minutes at an RPE of 7-8 (Red Zone). Comfortably hard, short sentences only.
4. Cool Down: Easy jog for 10 minutes at an RPE of 3-5 (Green Zone).

00h:55m

Thursday

Running
Easy
This workout is designed to be a gentle, long endurance run. It targets Zone 2 (Long Endurance) with an RPE of 3-5, meaning you should be able to maintain a conversational pace throughout the session. This type of effort is classified as Green in the traffic light training system, indicating an easy run.

1. Easy Effort: Run for 30 minutes at an RPE of 3-5 (conversational pace).

00h:30m

Strength
Strength
Complete 3 Sets of:

Clamshells: 15 reps per side.

Side Leg Raises: 15 reps per side.

Single-Leg Balance: Stand on a pillow or unstable surface for 45 seconds per leg.

00h:10m

Friday

Rest
Recovery & Adaption Day
Without adequate recovery you can not get the benefit of the effort you put into your workouts. Think of your rest days as recovery & adaption days, this is when the body gets to recover and make itself stronger ready for your upcoming workouts. Try to take it easy and eat and hydrate well to fuel the body.

Saturday

Running
Goal Pace
This workout is designed for a steady run, focusing on building endurance and practicing your goal pace. The session includes a warm-up, a main set at your half marathon pace, and a cooldown.

1. Warm Up: Easy run to warm up for 10 minutes at an RPE of 3-5 (Green Zone). This should be conversational and comfortable.
2. Goal Pace: Aim for your half marathon goal pace for 30 minutes at an RPE of 6-7 (Red Zone). This effort should feel challenging, allowing only 5-7 words between breaths.
3. Cool Down: Walk to cool down for 5 minutes at an RPE of 1-3 (Green Zone). This should be easy and relaxing, allowing you to fully recover.

00h:45m

Sunday

Running
Steady
This workout is designed to build and maintain a steady running pace. It focuses on holding a consistent effort throughout the duration. The effort level is classified as Intense Endurance, or Zone 3, which means you should be able to speak 2-3 sentences between breaths. This is categorised as an Amber effort in the traffic light training system.

Steps:
1. Steady effort: Run for 60 minutes at an Intense Endurance effort (RPE 5), maintaining a steady pace.

01h:00m

Week 3 (3:03)

Monday

Cross Training
Cross Training
Cross-Training. Low impact aerobic work (bike, swim) to build engine without pounding.

1. Perform the workout for 40 minutes at an RPE of 3-5

00h:40m

Tuesday

Running
Easy & Strides
This workout consists of a combination of an easy run followed by repeated strides with recovery phases. The goal is to build endurance while incorporating speed work in a controlled manner.

1. Begin with an easy run for 35 minutes at a conversational pace (Green Zone, RPE 3-5).
2. Perform 4 sets of strides:
   a. Stride Work Phase: Execute a stride, which is a controlled 20-30 second burst of fast running following a bell curve intensity. Smoothly build speed for 5-10 seconds, peak pace for 10-15 seconds at 85-95% effort (Red Zone, RPE 8-9), and gradually coast to a stop over the final few seconds.
   b. Strides Recovery Phase: Walk or very gentle jog back to the start (Green Zone, RPE 1-3).

00h:37m

Wednesday

Running
Speed Intervals
The workout is designed to improve your speed and endurance with structured intervals. Begin with a warm-up to prepare your muscles, followed by dynamic drills to activate key muscle groups. The main set consists of repeated fast-paced efforts with recovery periods in between. Finish with a cool-down to aid recovery.

1. Warm Up: Easy jog for 10 minutes at a conversational pace (RPE 3-5, Green).
2. Drills:
   - Leg Swings (Front/Back & Side/Side): 10 per leg. Loosens hips.
   - High Knees: 20 seconds. Activates hip flexors.
   - Butt Kicks: 20 seconds. Wakes up hamstrings.
   - Walking Lunges: 10 reps per leg. Engages glutes and stabilizers.
3. Repeat 6 times:
   - Efforts: Run at a fast pace for 2 minutes (RPE 9, Red).
   - Recovery: Gentle jog or walk for 2 minutes (RPE 1-5, Green).
4. Cool Down: Gentle jog for 10 minutes (RPE 1-5, Green).

00h:49m

Thursday

Running
Easy
This workout is designed to be a gentle, long endurance run. It targets Zone 2 (Long Endurance) with an RPE of 3-5, meaning you should be able to maintain a conversational pace throughout the session. This type of effort is classified as Green in the traffic light training system, indicating an easy run.

1. Easy Effort: Run for 30 minutes at an RPE of 3-5 (conversational pace).

00h:30m

Strength
Strength
Complete 3 Sets of:

Clamshells: 15 reps per side.

Side Leg Raises: 15 reps per side.

Single-Leg Balance: Stand on a pillow or unstable surface for 45 seconds per leg.

00h:10m

Friday

Rest
Recovery & Adaption Day
Without adequate recovery you can not get the benefit of the effort you put into your workouts. Think of your rest days as recovery & adaption days, this is when the body gets to recover and make itself stronger ready for your upcoming workouts. Try to take it easy and eat and hydrate well to fuel the body.

Saturday

Rest
Recovery & Adaption Day
Without adequate recovery you can not get the benefit of the effort you put into your workouts. Think of your rest days as recovery & adaption days, this is when the body gets to recover and make itself stronger ready for your upcoming workouts. Try to take it easy and eat and hydrate well to fuel the body.

Sunday

Running
Time Trial
This workout consists of a warm-up, strides, a 5k time trial, and a cool down. The warm-up is designed to ease you into the session. The strides segment involves repeated intervals of controlled bursts of fast running followed by recovery periods. The 5k time trial should be run at race effort on flat terrain, aim to run each mile faster than the one before. Finally, the cool down helps to bring your body back to a resting state.

1. Warm Up: Easy warm up for 10 minutes at a conversational pace (Green zone, RPE 3-5).
2. Strides: Repeat the following 4 times:
   - Stride Work Phase: A controlled 20-30 second burst of fast running, building speed for 5-10 seconds, holding peak pace for 10-15 seconds, and gradually coasting to a stop (Red zone, RPE 8-9).
   - Strides Recovery Phase: Walk or very gentle jog recovery back to start (Green zone, RPE 1-3).
3. Race Effort: 5k Time Trial - Run this as a race effort on flat road (Red zone, RPE 8-10).
4. Cool Down: Walking recovery to cool down for 5 minutes at an easy pace (Green zone, RPE 1-3).

00h:17m ~ 3.1 miles

Week 4 (4:50)

Monday

Cross Training
Cross Training
Cross-Training. Low impact aerobic work (bike, swim) to build engine without pounding.

1. Perform the workout for 40 minutes at an RPE of 3-5

00h:40m

Tuesday

Running
Easy
This workout is designed to be a gentle, long endurance run. It targets Zone 2 (Long Endurance) with an RPE of 3-5, meaning you should be able to maintain a conversational pace throughout the session. This type of effort is classified as Green in the traffic light training system, indicating an easy run.

1. Easy Effort: Run for 35 minutes at an RPE of 3-5 (conversational pace).

00h:35m

Wednesday

Running
Tempo
This workout consists of a warm-up, drills, a tempo effort, and a cool-down.

1. Warm Up: Easy jog for 10 minutes at an RPE of 3-5 (Green Zone).
2. Drills:
- Leg Swings (Front/Back & Side/Side): 10 per leg. Loosens hips.
- High Knees: 20 seconds. Activates hip flexors.
- Butt Kicks: 20 seconds. Wakes up hamstrings.
- Walking Lunges: 10 reps per leg. Engages glutes and stabilisers.
3. Tempo Effort: Run for 35 minutes at an RPE of 7-8 (Red Zone). Comfortably hard, short sentences only.
4. Cool Down: Easy jog for 10 minutes at an RPE of 3-5 (Green Zone).

01h:00m

Thursday

Running
Easy
This workout is designed to be a gentle, long endurance run. It targets Zone 2 (Long Endurance) with an RPE of 3-5, meaning you should be able to maintain a conversational pace throughout the session. This type of effort is classified as Green in the traffic light training system, indicating an easy run.

1. Easy Effort: Run for 30 minutes at an RPE of 3-5 (conversational pace).

00h:30m

Strength
Strength
Complete 3 Sets of:

Clamshells: 15 reps per side.

Side Leg Raises: 15 reps per side.

Single-Leg Balance: Stand on a pillow or unstable surface for 45 seconds per leg.

00h:10m

Friday

Rest
Recovery & Adaption Day
Without adequate recovery you can not get the benefit of the effort you put into your workouts. Think of your rest days as recovery & adaption days, this is when the body gets to recover and make itself stronger ready for your upcoming workouts. Try to take it easy and eat and hydrate well to fuel the body.

Saturday

Running
Easy Run
This workout focuses on achieving a goal pace while maintaining a comfortable, conversational effort. The session includes a warm-up, a main set, and a cool-down. The warm-up is designed to prepare your body for main set, followed by the main set where you will aim to run at an easy, conversational effort. Finally, a cool-down helps your body recover.

1. Warm-up: Very Easy Run to warm up. Duration: 10 minutes. Target RPE: 2-3 (Green zone, easy to talk).
2. Goal Easy Effort: Easy conversational pace. Duration: 30 minutes. Target RPE: 3-5 (Green zone, conversational).
3. Cool-down: Walk to cool down. Duration: 5 minutes. Target RPE: 1-3 (Green zone, easy to talk).

00h:45m

Sunday

Running
Steady
This workout is designed to build and maintain a steady running pace. It focuses on holding a consistent effort throughout the duration. The effort level is classified as Intense Endurance, or Zone 3, which means you should be able to speak 2-3 sentences between breaths. This is categorised as an Amber effort in the traffic light training system.

Steps:
1. Steady effort: Run for 70 minutes at an Intense Endurance effort (RPE 5), maintaining a steady pace.

01h:10m

Week 5 (5:05)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cross Training Cross Training **Cross-Training.** Low impact aerobic work (bike, swim) to build engine without pounding. 1. Perform the workout for 40 minutes at an RPE of 3-5 00h:40m	**Running** Easy This workout is designed to be a gentle, long endurance run. It targets Zone 2 (Long Endurance) with an RPE of 3-5, meaning you should be able to maintain a conversational pace throughout the session. This type of effort is classified as Green in the traffic light training system, indicating an easy run. 1. Easy Effort: Run for 40 minutes at an RPE of 3-5 (conversational pace). 00h:40m **Strength** Strength **Complete 3 Sets of:** **Clamshells:** 15 reps per side. **Side Leg Raises:** 15 reps per side. **Single-Leg Balance:** Stand on a pillow or unstable surface for 45 seconds per leg. 00h:10m	**Running** Speed Intervals This running workout is designed to improve speed and endurance through a series of structured intervals. The workout begins with a warmup, followed by stride intervals, max effort intervals, and concludes with a cooldown. The workout utilizes the traffic light system, with green for easy runs, amber for moderate efforts, and red for hard efforts. 1. Warmup: Start with a warmup of 15 minutes at a long endurance pace (RPE 3-5, Green). This should feel conversational and prepare your body for the workout ahead. 2. Stride Intervals: Perform 4 sets of strides. - Each stride involves a controlled, 20–30 second burst of fast running, gradually increasing speed, holding peak pace (RPE 8-9, Red) for 10-15 seconds, then gradually slowing down. - Recover by walking or very gentle jogging back to the start (RPE 1-3, Green). 3. Fast Effort Intervals: Complete 7 sets of fast effort intervals. - Each interval consists of 2 minutes of fast effort running (RPE 9, Red). - Recover with 2 minutes of very easy jogging (RPE 1-3, Green). 4. Cooldown: Finish with a very easy jog for 15 minutes (RPE 1-5, Green). This will help your body recover and transition to a resting state. 01h:00m	**Running** Easy This workout is designed to be a gentle, long endurance run. It targets Zone 2 (Long Endurance) with an RPE of 3-5, meaning you should be able to maintain a conversational pace throughout the session. This type of effort is classified as Green in the traffic light training system, indicating an easy run. 1. Easy Effort: Run for 30 minutes at an RPE of 3-5 (conversational pace). 00h:30m	**Rest** Recovery & Adaption Day Without adequate recovery you can not get the benefit of the effort you put into your workouts. Think of your rest days as recovery & adaption days, this is when the body gets to recover and make itself stronger ready for your upcoming workouts. Try to take it easy and eat and hydrate well to fuel the body.	**Running** Goal Pace This workout is designed for a steady run, focusing on building endurance and practicing your goal pace. The session includes a warm-up, a main set at your half marathon pace, and a cooldown. 1. Warm Up: Easy run to warm up for 10 minutes at an RPE of 3-5 (Green Zone). This should be conversational and comfortable. 2. Goal Pace: Aim for your half marathon goal pace for 30 minutes at an RPE of 6-7 (Red Zone). This effort should feel challenging, allowing only 5-7 words between breaths. 3. Cool Down: Walk to cool down for 5 minutes at an RPE of 1-3 (Green Zone). This should be easy and relaxing, allowing you to fully recover. 00h:45m	**Running** Steady This workout is designed to build and maintain a steady running pace. It focuses on holding a consistent effort throughout the duration. The effort level is classified as Intense Endurance, or Zone 3, which means you should be able to speak 2-3 sentences between breaths. This is categorised as an Amber effort in the traffic light training system. Steps: 1. Steady effort: Run for 80 minutes at an Intense Endurance effort (RPE 5), maintaining a steady pace. 01h:20m

Week 6 (4:24)

Monday

Cross Training
Cross Training
Cross-Training. Low impact aerobic work (bike, swim) to build engine without pounding.

1. Perform the workout for 50 minutes at an RPE of 3-5

00h:50m

Tuesday

Running
Easy
This workout is designed to be a gentle, long endurance run. It targets Zone 2 (Long Endurance) with an RPE of 3-5, meaning you should be able to maintain a conversational pace throughout the session. This type of effort is classified as Green in the traffic light training system, indicating an easy run.

1. Easy Effort: Run for 40 minutes at an RPE of 3-5 (conversational pace).

00h:40m

Strength
Strength
Complete 3 Sets of:

Clamshells: 15 reps per side.

Side Leg Raises: 15 reps per side.

Single-Leg Balance: Stand on a pillow or unstable surface for 45 seconds per leg.

00h:10m

Wednesday

Running
Tempo
This run workout is designed to help you improve your endurance, speed, and lactate threshold. The workout is composed of four structured steps, including a warm-up, repeated strides, a tempo run, and a cool-down. Follow the steps below to ensure effective execution of the workout.

1. Warm Up: Start with an easy warm-up for 15 minutes. Maintain a conversational pace (Green Zone, RPE 3-5). This phase prepares your body for the upcoming workout.

2. Strides: Perform 4 sets of strides, each consisting of a 20-30 second burst of fast running. Build speed gradually for 5-10 seconds, hold peak pace at 85-95% effort for 10-15 seconds, and coast to a stop over the final few seconds (Red Zone, RPE 8-9). After each stride, recover by walking or jogging back to the start (Green Zone, RPE 1-3).

3. Tempo: Run at a comfortably hard pace for 40 minutes. You should be able to speak only in short sentences during this phase (Amber Zone, RPE 7-8). This phase targets your lactate threshold.

4. Cool Down: Finish with an easy effort for 15 minutes, maintaining a conversational pace (Green Zone, RPE 3-5). This phase helps your body recover and transition back to a resting state.

01h:12m

Thursday

Running
Easy
This workout is designed to be a gentle, long endurance run. It targets Zone 2 (Long Endurance) with an RPE of 3-5, meaning you should be able to maintain a conversational pace throughout the session. This type of effort is classified as Green in the traffic light training system, indicating an easy run.

1. Easy Effort: Run for 30 minutes at an RPE of 3-5 (conversational pace).

00h:30m

Friday

Rest
Recovery & Adaption Day
Without adequate recovery you can not get the benefit of the effort you put into your workouts. Think of your rest days as recovery & adaption days, this is when the body gets to recover and make itself stronger ready for your upcoming workouts. Try to take it easy and eat and hydrate well to fuel the body.

Saturday

Running
Easy Run
This workout focuses on achieving a goal pace while maintaining a comfortable, conversational effort. The session includes a warm-up, a main set, and a cool-down. The warm-up is designed to prepare your body for main set, followed by the main set where you will aim to run at an easy, conversational effort. Finally, a cool-down helps your body recover.

1. Warm-up: Very Easy Run to warm up. Duration: 10 minutes. Target RPE: 2-3 (Green zone, easy to talk).
2. Goal Easy Effort: Easy conversational pace. Duration: 30 minutes. Target RPE: 3-5 (Green zone, conversational).
3. Cool-down: Walk to cool down. Duration: 5 minutes. Target RPE: 1-3 (Green zone, easy to talk).

00h:45m

Sunday

Running
10k Race or Time Trial
This workout is a tune up race or race effort 10k with a structured warm-up, stride intervals, race effort, and a cool-down.

1. Warm Up: Begin with an easy warm-up for 10 minutes, maintaining a conversational pace in Zone 2 (Green effort).
2. Stride Intervals: Perform 4 repetitions of strides. Each stride consists of a 30-second burst of fast running, building speed for 5–10 seconds, holding peak pace (Zone 4, Red effort) for 10–15 seconds, and gradually coasting to a stop. Recover by walking or jogging gently (Zone 1, Green effort).
3. Race Day: Execute the race effort over a distance of 6.2 miles (10 km), pushing yourself to your maximum capability in Zone 4-5 (Red effort). Have fun and good luck!
4. Cool Down: Finish with a 5-minute walking recovery to cool down and help your body transition to rest (Zone 1, Green effort).

00h:17m ~ 6.2 miles

Week 7 (4:44)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest Recovery & Adaption Day Without adequate recovery you can not get the benefit of the effort you put into your workouts. Think of your rest days as recovery & adaption days, this is when the body gets to recover and make itself stronger ready for your upcoming workouts. Try to take it easy and eat and hydrate well to fuel the body.	**Running** Easy This workout is designed to be a gentle, long endurance run. It targets Zone 2 (Long Endurance) with an RPE of 3-5, meaning you should be able to maintain a conversational pace throughout the session. This type of effort is classified as Green in the traffic light training system, indicating an easy run. 1. Easy Effort: Run for 45 minutes at an RPE of 3-5 (conversational pace). 00h:45m	**Running** Speed Intervals This running workout is designed to improve speed and endurance through a series of structured intervals. The workout begins with a warmup, followed by stride intervals, max effort intervals, and concludes with a cooldown. The workout utilizes the traffic light system, with green for easy runs, amber for moderate efforts, and red for hard efforts. 1. Warmup: Start with a warmup of 15 minutes at a long endurance pace (RPE 3-5, Green). This should feel conversational and prepare your body for the workout ahead. 2. Stride Intervals: Perform 4 sets of strides. - Each stride involves a controlled, 20–30 second burst of fast running, gradually increasing speed, holding peak pace (RPE 8-9, Red) for 10-15 seconds, then gradually slowing down. - Recover by walking or very gentle jogging back to the start (RPE 1-3, Green). 3. Fast Effort Intervals: Complete 8 sets of fast effort intervals. - Each interval consists of 2 minutes of fast effort running (RPE 9, Red). - Recover with 2 minutes of very easy jogging (RPE 1-3, Green). 4. Cooldown: Finish with a very easy jog for 15 minutes (RPE 1-5, Green). This will help your body recover and transition to a resting state. 01h:04m	**Running** Easy This workout is designed to be a gentle, long endurance run. It targets Zone 2 (Long Endurance) with an RPE of 3-5, meaning you should be able to maintain a conversational pace throughout the session. This type of effort is classified as Green in the traffic light training system, indicating an easy run. 1. Easy Effort: Run for 30 minutes at an RPE of 3-5 (conversational pace). 00h:30m	**Rest** Recovery & Adaption Day Without adequate recovery you can not get the benefit of the effort you put into your workouts. Think of your rest days as recovery & adaption days, this is when the body gets to recover and make itself stronger ready for your upcoming workouts. Try to take it easy and eat and hydrate well to fuel the body.	**Running** Goal Pace This workout is designed for a steady run, focusing on building endurance and practicing your goal pace. The session includes a warm-up, a main set at your half marathon pace, and a cooldown. 1. Warm Up: Easy run to warm up for 10 minutes at an RPE of 3-5 (Green Zone). This should be conversational and comfortable. 2. Goal Pace: Aim for your half marathon goal pace for 40 minutes at an RPE of 6-7 (Red Zone). This effort should feel challenging, allowing only 5-7 words between breaths. 3. Cool Down: Walk to cool down for 5 minutes at an RPE of 1-3 (Green Zone). This should be easy and relaxing, allowing you to fully recover. 00h:55m	**Running** Steady This workout is designed to build and maintain a steady running pace. It focuses on holding a consistent effort throughout the duration. The effort level is classified as Intense Endurance, or Zone 3, which means you should be able to speak 2-3 sentences between breaths. This is categorised as an Amber effort in the traffic light training system. Steps: 1. Steady effort: Run for 90 minutes at an Intense Endurance effort (RPE 5), maintaining a steady pace. 01h:30m

Week 8 (6:12)

Monday

Cross Training
Cross Training
Cross-Training. Low impact aerobic work (bike, swim) to build engine without pounding.

1. Perform the workout for 50 minutes at an RPE of 3-5

00h:50m

Tuesday

Running
Easy
This workout is designed to be a gentle, long endurance run. It targets Zone 2 (Long Endurance) with an RPE of 3-5, meaning you should be able to maintain a conversational pace throughout the session. This type of effort is classified as Green in the traffic light training system, indicating an easy run.

1. Easy Effort: Run for 45 minutes at an RPE of 3-5 (conversational pace).

00h:45m

Strength
Strength
Complete 3 Sets of:

Clamshells: 15 reps per side.

Side Leg Raises: 15 reps per side.

Single-Leg Balance: Stand on a pillow or unstable surface for 45 seconds per leg.

00h:10m

Wednesday

Running
Tempo
This run workout is designed to help you improve your endurance, speed, and lactate threshold. The workout is composed of four structured steps, including a warm-up, repeated strides, a tempo run, and a cool-down. Follow the steps below to ensure effective execution of the workout.

1. Warm Up: Start with an easy warm-up for 15 minutes. Maintain a conversational pace (Green Zone, RPE 3-5). This phase prepares your body for the upcoming workout.

2. Strides: Perform 4 sets of strides, each consisting of a 20-30 second burst of fast running. Build speed gradually for 5-10 seconds, hold peak pace at 85-95% effort for 10-15 seconds, and coast to a stop over the final few seconds (Red Zone, RPE 8-9). After each stride, recover by walking or jogging back to the start (Green Zone, RPE 1-3).

3. Tempo: Run at a comfortably hard pace for 40 minutes. You should be able to speak only in short sentences during this phase (Amber Zone, RPE 7-8). This phase targets your lactate threshold.

4. Cool Down: Finish with an easy effort for 15 minutes, maintaining a conversational pace (Green Zone, RPE 3-5). This phase helps your body recover and transition back to a resting state.

01h:12m

Thursday

Running
Easy
This workout is designed to be a gentle, long endurance run. It targets Zone 2 (Long Endurance) with an RPE of 3-5, meaning you should be able to maintain a conversational pace throughout the session. This type of effort is classified as Green in the traffic light training system, indicating an easy run.

1. Easy Effort: Run for 30 minutes at an RPE of 3-5 (conversational pace).

00h:30m

Friday

Rest
Recovery & Adaption Day
Without adequate recovery you can not get the benefit of the effort you put into your workouts. Think of your rest days as recovery & adaption days, this is when the body gets to recover and make itself stronger ready for your upcoming workouts. Try to take it easy and eat and hydrate well to fuel the body.

Saturday

Running
Goal Pace
This workout is designed for a steady run, focusing on building endurance and practicing your goal pace. The session includes a warm-up, a main set at your half marathon pace, and a cooldown.

1. Warm Up: Easy run to warm up for 10 minutes at an RPE of 3-5 (Green Zone). This should be conversational and comfortable.
2. Goal Pace: Aim for your half marathon goal pace for 50 minutes at an RPE of 6-7 (Red Zone). This effort should feel challenging, allowing only 5-7 words between breaths.
3. Cool Down: Walk to cool down for 5 minutes at an RPE of 1-3 (Green Zone). This should be easy and relaxing, allowing you to fully recover.

01h:05m

Sunday

Running
Steady
This workout is designed to build and maintain a steady running pace. It focuses on holding a consistent effort throughout the duration. The effort level is classified as Intense Endurance, or Zone 3, which means you should be able to speak 2-3 sentences between breaths. This is categorised as an Amber effort in the traffic light training system.

Steps:
1. Steady effort: Run for 100 minutes at an Intense Endurance effort (RPE 5), maintaining a steady pace.

01h:40m

Week 9 (3:55)

Monday

Cross Training
Cross Training
Cross-Training. Low impact aerobic work (bike, swim) to build engine without pounding.

1. Perform the workout for 60 minutes at an RPE of 3-5

01h:00m

Tuesday

Running
Easy
This workout is designed to be a gentle, long endurance run. It targets Zone 2 (Long Endurance) with an RPE of 3-5, meaning you should be able to maintain a conversational pace throughout the session. This type of effort is classified as Green in the traffic light training system, indicating an easy run.

1. Easy Effort: Run for 50 minutes at an RPE of 3-5 (conversational pace).

00h:50m

Strength
Strength
Complete 3 Sets of:

Clamshells: 15 reps per side.

Side Leg Raises: 15 reps per side.

Single-Leg Balance: Stand on a pillow or unstable surface for 45 seconds per leg.

00h:10m

Wednesday

Running
Speed Intervals
This running workout is designed to improve speed and endurance through a series of structured intervals. The workout begins with a warmup, followed by stride intervals, max effort intervals, and concludes with a cooldown. The workout utilizes the traffic light system, with green for easy runs, amber for moderate efforts, and red for hard efforts.

1. Warmup: Start with a warmup of 15 minutes at a long endurance pace (RPE 3-5, Green). This should feel conversational and prepare your body for the workout ahead.

2. Stride Intervals: Perform 4 sets of strides.
- Each stride involves a controlled, 20–30 second burst of fast running, gradually increasing speed, holding peak pace (RPE 8-9, Red) for 10-15 seconds, then gradually slowing down.
- Recover by walking or very gentle jogging back to the start (RPE 1-3, Green).

3. Fast Effort Intervals: Complete 9 sets of fast effort intervals.
- Each interval consists of 2 minutes of fast effort running (RPE 9, Red).
- Recover with 2 minutes of very easy jogging (RPE 1-3, Green).

4. Cooldown: Finish with a very easy jog for 15 minutes (RPE 1-5, Green). This will help your body recover and transition to a resting state.

01h:08m

Thursday

Running
Easy
This workout is designed to be a gentle, long endurance run. It targets Zone 2 (Long Endurance) with an RPE of 3-5, meaning you should be able to maintain a conversational pace throughout the session. This type of effort is classified as Green in the traffic light training system, indicating an easy run.

1. Easy Effort: Run for 30 minutes at an RPE of 3-5 (conversational pace).

00h:30m

Friday

Rest
Recovery & Adaption Day
Without adequate recovery you can not get the benefit of the effort you put into your workouts. Think of your rest days as recovery & adaption days, this is when the body gets to recover and make itself stronger ready for your upcoming workouts. Try to take it easy and eat and hydrate well to fuel the body.

Saturday

Rest
Recovery & Adaption Day
Without adequate recovery you can not get the benefit of the effort you put into your workouts. Think of your rest days as recovery & adaption days, this is when the body gets to recover and make itself stronger ready for your upcoming workouts. Try to take it easy and eat and hydrate well to fuel the body.

Sunday

Running
10k Race or Time Trial
This workout is a tune up race or race effort 10k with a structured warm-up, stride intervals, race effort, and a cool-down.

1. Warm Up: Begin with an easy warm-up for 10 minutes, maintaining a conversational pace in Zone 2 (Green effort).
2. Stride Intervals: Perform 4 repetitions of strides. Each stride consists of a 30-second burst of fast running, building speed for 5–10 seconds, holding peak pace (Zone 4, Red effort) for 10–15 seconds, and gradually coasting to a stop. Recover by walking or jogging gently (Zone 1, Green effort).
3. Time Trial: Execute the race effort over a distance of 9.3 miles, pushing yourself to your maximum capability.
4. Cool Down: Finish with a 5-minute walking recovery to cool down and help your body transition to rest (Zone 1, Green effort).

00h:17m ~ 9.3 miles

Week 10 (5:42)

Monday

Rest
Recovery & Adaption Day
Without adequate recovery you can not get the benefit of the effort you put into your workouts. Think of your rest days as recovery & adaption days, this is when the body gets to recover and make itself stronger ready for your upcoming workouts. Try to take it easy and eat and hydrate well to fuel the body.

Tuesday

Running
Easy
This workout is designed to be a gentle, long endurance run. It targets Zone 2 (Long Endurance) with an RPE of 3-5, meaning you should be able to maintain a conversational pace throughout the session. This type of effort is classified as Green in the traffic light training system, indicating an easy run.

1. Easy Effort: Run for 50 minutes at an RPE of 3-5 (conversational pace).

00h:50m

Strength
Strength
Complete 3 Sets of:

Clamshells: 15 reps per side.

Side Leg Raises: 15 reps per side.

Single-Leg Balance: Stand on a pillow or unstable surface for 45 seconds per leg.

00h:10m

Wednesday

Running
Tempo
This run workout is designed to help you improve your endurance, speed, and lactate threshold. The workout is composed of four structured steps, including a warm-up, repeated strides, a tempo run, and a cool-down. Follow the steps below to ensure effective execution of the workout.

1. Warm Up: Start with an easy warm-up for 15 minutes. Maintain a conversational pace (Green Zone, RPE 3-5). This phase prepares your body for the upcoming workout.

2. Strides: Perform 4 sets of strides, each consisting of a 20-30 second burst of fast running. Build speed gradually for 5-10 seconds, hold peak pace at 85-95% effort for 10-15 seconds, and coast to a stop over the final few seconds (Red Zone, RPE 8-9). After each stride, recover by walking or jogging back to the start (Green Zone, RPE 1-3).

3. Tempo: Run at a comfortably hard pace for 45 minutes. You should be able to speak only in short sentences during this phase (Amber Zone, RPE 7-8). This phase targets your lactate threshold.

4. Cool Down: Finish with an easy effort for 15 minutes, maintaining a conversational pace (Green Zone, RPE 3-5). This phase helps your body recover and transition back to a resting state.

01h:17m

Thursday

Running
Easy
This workout is designed to be a gentle, long endurance run. It targets Zone 2 (Long Endurance) with an RPE of 3-5, meaning you should be able to maintain a conversational pace throughout the session. This type of effort is classified as Green in the traffic light training system, indicating an easy run.

1. Easy Effort: Run for 30 minutes at an RPE of 3-5 (conversational pace).

00h:30m

Friday

Rest
Recovery & Adaption Day
Without adequate recovery you can not get the benefit of the effort you put into your workouts. Think of your rest days as recovery & adaption days, this is when the body gets to recover and make itself stronger ready for your upcoming workouts. Try to take it easy and eat and hydrate well to fuel the body.

Saturday

Running
Goal Pace
This workout is designed for a steady run, focusing on building endurance and practicing your goal pace. The session includes a warm-up, a main set at your half marathon pace, and a cooldown.

1. Warm Up: Easy run to warm up for 10 minutes at an RPE of 3-5 (Green Zone). This should be conversational and comfortable.
2. Goal Pace: Aim for your half marathon goal pace for 50 minutes at an RPE of 6-7 (Red Zone). This effort should feel challenging, allowing only 5-7 words between breaths.
3. Cool Down: Walk to cool down for 5 minutes at an RPE of 1-3 (Green Zone). This should be easy and relaxing, allowing you to fully recover.

01h:05m

Sunday

Running
Steady
This workout is designed to build and maintain a steady running pace. It focuses on holding a consistent effort throughout the duration. The effort level is classified as Intense Endurance, or Zone 3, which means you should be able to speak 2-3 sentences between breaths. This is categorised as an Amber effort in the traffic light training system.

Steps:
1. Steady effort: Run for 1hr 50 minutes at an Intense Endurance effort (RPE 5), maintaining a steady pace.

01h:50m

Week 11 (6:17)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cross Training Cross Training **Cross-Training.** Low impact aerobic work (bike, swim) to build engine without pounding. 1. Perform the workout for 60 minutes at an RPE of 3-5 01h:00m	**Running** Easy This workout is designed to be a gentle, long endurance run. It targets Zone 2 (Long Endurance) with an RPE of 3-5, meaning you should be able to maintain a conversational pace throughout the session. This type of effort is classified as Green in the traffic light training system, indicating an easy run. 1. Easy Effort: Run for 50 minutes at an RPE of 3-5 (conversational pace). 00h:50m	**Running** Speed Intervals This running workout is designed to improve speed and endurance through a series of structured intervals. The workout begins with a warmup, followed by stride intervals, max effort intervals, and concludes with a cooldown. The workout utilizes the traffic light system, with green for easy runs, amber for moderate efforts, and red for hard efforts. 1. Warmup: Start with a warmup of 15 minutes at a long endurance pace (RPE 3-5, Green). This should feel conversational and prepare your body for the workout ahead. 2. Stride Intervals: Perform 4 sets of strides. - Each stride involves a controlled, 20–30 second burst of fast running, gradually increasing speed, holding peak pace (RPE 8-9, Red) for 10-15 seconds, then gradually slowing down. - Recover by walking or very gentle jogging back to the start (RPE 1-3, Green). 3. Fast Effort Intervals: Complete 10 sets of fast effort intervals. - Each interval consists of 2 minutes of fast effort running (RPE 9, Red). - Recover with 2 minutes of very easy jogging (RPE 1-3, Green). 4. Cooldown: Finish with a very easy jog for 15 minutes (RPE 1-5, Green). This will help your body recover and transition to a resting state. 01h:12m	**Running** Easy This workout is designed to be a gentle, long endurance run. It targets Zone 2 (Long Endurance) with an RPE of 3-5, meaning you should be able to maintain a conversational pace throughout the session. This type of effort is classified as Green in the traffic light training system, indicating an easy run. 1. Easy Effort: Run for 30 minutes at an RPE of 3-5 (conversational pace). 00h:30m	**Rest** Recovery & Adaption Day Without adequate recovery you can not get the benefit of the effort you put into your workouts. Think of your rest days as recovery & adaption days, this is when the body gets to recover and make itself stronger ready for your upcoming workouts. Try to take it easy and eat and hydrate well to fuel the body.	**Running** Goal Pace This workout is designed for a steady run, focusing on building endurance and practicing your goal pace. The session includes a warm-up, a main set at your half marathon pace, and a cooldown. 1. Warm Up: Easy run to warm up for 10 minutes at an RPE of 3-5 (Green Zone). This should be conversational and comfortable. 2. Goal Pace: Aim for your half marathon goal pace for 30 minutes at an RPE of 6-7 (Red Zone). This effort should feel challenging, allowing only 5-7 words between breaths. 3. Cool Down: Walk to cool down for 5 minutes at an RPE of 1-3 (Green Zone). This should be easy and relaxing, allowing you to fully recover. 00h:45m	**Running** Steady This workout is designed to build and maintain a steady running pace. It focuses on holding a consistent effort throughout the duration. The effort level is classified as Intense Endurance, or Zone 3, which means you should be able to speak 2-3 sentences between breaths. This is categorised as an Amber effort in the traffic light training system. Steps: 1. Steady effort: Run for 2 Hours at a Slow Steady effort (RPE 3-5), maintaining a steady pace. 02h:00m

Week 12 (3:46)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest Recovery & Adaption Day Without adequate recovery you can not get the benefit of the effort you put into your workouts. Think of your rest days as recovery & adaption days, this is when the body gets to recover and make itself stronger ready for your upcoming workouts. Try to take it easy and eat and hydrate well to fuel the body.	**Running** Easy This workout is designed to be a gentle, long endurance run. It targets Zone 2 (Long Endurance) with an RPE of 3-5, meaning you should be able to maintain a conversational pace throughout the session. This type of effort is classified as Green in the traffic light training system, indicating an easy run. 1. Easy Effort: Run for 40 minutes at an RPE of 3-5 (conversational pace). 00h:40m	**Running** Tempo This run workout is designed to help you improve your endurance, speed, and lactate threshold. The workout is composed of four structured steps, including a warm-up, repeated strides, a tempo run, and a cool-down. Follow the steps below to ensure effective execution of the workout. 1. Warm Up: Start with an easy warm-up for 10 minutes. Maintain a conversational pace (Green Zone, RPE 3-5). This phase prepares your body for the upcoming workout. 2. Strides: Perform 2 sets of strides, each consisting of a 20-30 second burst of fast running. Build speed gradually for 5-10 seconds, hold peak pace at 85-95% effort for 10-15 seconds, and coast to a stop over the final few seconds (Red Zone, RPE 8-9). After each stride, recover by walking or jogging back to the start (Green Zone, RPE 1-3). 3. Tempo: Run at a comfortably hard pace for 30 minutes. You should be able to speak only in short sentences during this phase (Amber Zone, RPE 7). This phase targets your lactate threshold. 4. Cool Down: Finish with a 5 minute walk. This phase helps your body recover and transition back to a resting state. 00h:46m	**Running** Shakeout **RPE:** 4/10 Light to Moderate This workout is a shakeout run designed to keep the legs fresh with a light intensity level. The focus is on recovery, ensuring you stay within the easy zones and maintain a conversational pace. 1. Easy run: 20 minutes at RPE 3-5 (Green zone). 00h:20m	**Rest** Recovery & Adaption Day Without adequate recovery you can not get the benefit of the effort you put into your workouts. Think of your rest days as recovery & adaption days, this is when the body gets to recover and make itself stronger ready for your upcoming workouts. Try to take it easy and eat and hydrate well to fuel the body.	**Rest** Recovery & Adaption Day Without adequate recovery you can not get the benefit of the effort you put into your workouts. Think of your rest days as recovery & adaption days, this is when the body gets to recover and make itself stronger ready for your upcoming workouts. Try to take it easy and eat and hydrate well to fuel the body.	**Running** Pendine Half Marathon Pendine Sands Half Marathon Race is a challenging yet rewarding event. You will be running a distance of 13.1 miles (21.082 km) along the scenic Pendine Sands. This race requires you to maintain an intense endurance effort, which falls into the Amber zone (RPE 5-7), meaning you should be able to speak in 2-3 sentences between breaths. Good luck and have fun! 02h:00m ~ 13.1 miles