



ENERGY FITNESS BY MASOMZA @MASOMZA

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ARE YOU HALF MARATHON READY (1 /2)

Half marathon is 21.1 long, very long Kilometres.

Many people will start a half marathon only to finish in a great deal of pain, injuries and some even end up in hospitals.

The aim of this guide is to help you be a healthy and happy half marathon finisher.

To complete a half marathon you need to build a body that is able to handle the distance, and that means becoming stronger and staying mobile, as well as learning to run with good form so you don't get repetitive stress injuries as you increase your training.

ARE YOU HALF MARATHON READY (2 / 2)

If:

1. You love road running;
2. You have been road running consistently for 6 months;
3. Within those 6 months you have been able to complete a 10KM distance within 1h30 without being completely destroyed and feeling like you will never run again.
4. Your lifestyle can support the training – Training for a half marathon demands a lot of your time and energy.

Then you are probably a training block away from conquering the 21.1KM distance.

HOW LONG IS A HALF MARATHON TRAINING BLOCK

This is totally dependant on your current fitness level.

IF YOU ARE STARTING FROM THE COUCH:

It is not wise to jump straight into a half marathon. I would advise you to start with my [Couch to 5K guide](#) which includes a 5 week training plan. You need to build up and bring it up to the 21.1km distance which can take you 6 to 9 months

YOU HAVE CONQUERED THE 10K DISTANCE WITHIN THE LAST 6 MONTHS:

It can take you 3 months (12 weeks) to get ready for this distance.

YOU HAVE ALREADY DONE A HALF MARATHON BUT WANT TO IMPROVE YOUR PACE:

I would recommend a 2 month (8 weeks) training block for experienced runners.

THE COST OF RUNNING A HALF MARATHON (1 / 2)

Yes, there are costs to consider associated with running a half marathon.

Not everything listed below is absolutely necessary, you need to assess your situation and see what it is you need and what it is that you can survive without.

RACE FEE Ranging between R100 – R300, depending on the race

RUNNING SHOES Ranging from R500 all the way up to R5000. *It is important to have the right foot wear to avoid injuries.*

RACE FOOD The Gu / Gel / Protein, Etc used during your training and on race day. R50 – R300 depending on the products you buy and the frequency with which you buy them. *Race organisers normally provide refreshments along the route.*

THE COST OF RUNNING A HALF MARATHON (2 / 2)

RUNNING CLOTHES Shorts / Socks / Tanktop complete gear start price from R500. *It is important to have the right gear to avoid discomfort and shafing.*

COST OF TRAVEL ANDACCOMODATION if the race is not local, you need to factor these costs depending on the location of the race.

RUNNING GPS WATCH To track you distance and time and log your training R2000 >

WHAT TO EXPECT DURING A HALF MARATHON TRAINING BLOCK

21.1KM is a long distance to run with your own two feet. The very first thing that you need to do is **RESPECT THE DISTANCE**.

Below is what you can expect in my **Bring it up to 21KM** training plan:

- ✓ Gradual increase in distance week by week
- ✓ Cross training sessions for strength and mobility
- ✓ Speed work session
- ✓ Hill repeats
- ✓ Rest and recovery days

NUTRITION & HYDRATION GUIDE (1 / 4)



The proper nutrition and hydration is very important in order to optimise performance.

Gels, Race bars or Sports drink can get you through that long run but those are not the items want to eat 24/7.



NUTRITION & HYDRATION GUIDE (2 / 4)

When it comes to nutrition, basic and simple always conquers the distance.

Do not over complicate things, find what works for you and then stick with it, during your training, leading up to the race and during the race.

Keep is simple.

NUTRITION & HYDRATION GUIDE (3 / 4)

Below are my nutrition guidelines that you can implement during this trainer:

EAT REAL FOOD – Whole nutrition dense meals is the way to go. These provide more nutritional value than highly processed options. Preparing meals from real-food sources gives you more control over your sodium, fat, and calorie intake. Fish, chicken, vegetables, whole grains, nuts, fruit.

MACRONUTRIENTS – Choose high quality carbohydrates. Carbs are the backbone of a runner's diet. Brown rice, white Basmati rice, Sweet potatoes, White potatoes, butternut, Beans. Real Food - think potatoes, not potato chips.

NUTRITION & HYDRATION GUIDE (4 / 4)

MICRONUTRIENTS – Long distance runners can have a greater rate of micronutrient losses and generally higher energy needs. It is therefore very important to make sure you are replenishing your vitamins and minerals. Some key vitamins and minerals for runners are Vit D3, Vit E, Vit C, Calcium, Magnesium, Iron, Potassium, Zinc and Copper. *Assess your deficiencies and take the appropriate micro.*

HYDRATION – All day, every single day. While a glass (or seven) of water is best; tea, milk and juices also help ensure you're properly hydrated. There are fluid filled foods you can eat as well such as watermelon, celery, cucumbers, strawberries and greens.

Be mindful with your running diet in order to optimize performance and recovery.

DEALING WITH RUNNING INJURIES

The best way to dealing injuries is to not get injured at all.

Staying healthy involves paying attention to all areas of your training block including; getting the correct training plan for your needs, using the correct footwear, focusing on mobility, recovery and strength training, proper warm-ups.

If you do get injured focus on the below:

PAY ATTENTION AND ASSESS – Do not ignore pain. if you feel pain address it immediately.

STRETCHING AND MOBILITY – Stretch, massage and keep the affected area mobile through movement.

TRAINING – If you feel severe pain, reduce your training mileage or even replace the training session with other sessions such as mobility and recovery sessions, strength sessions etc.

CONSULT A MEDICAL PROFESSIONAL – The best advise is professional advise.

GENERAL GUIDELINE ON PACE AND MEDALS (1 / 2)

Official Races grant 3 hour - 3.5 hours to complete a half marathon and qualify for a medal.

RUNNER'S PROFILE	FINISH TIME	AVERAGE PACE mins/klm
Elite	1h00 to 1h20	2:50 – 3:47
Advance	1h21 – 2h00	3:50 – 5:41
Intermediate	2h01 – 2h35	5:44 – 7:21
Basic	2h36 – 3h00	7:23 – 8:31

GENERAL GUIDELINE ON PACE AND MEDALS (2/ 2)

Pace is relative to each individual. Below is the guideline and meaning of terms used within the trainer.

Slow jog – slowest pace

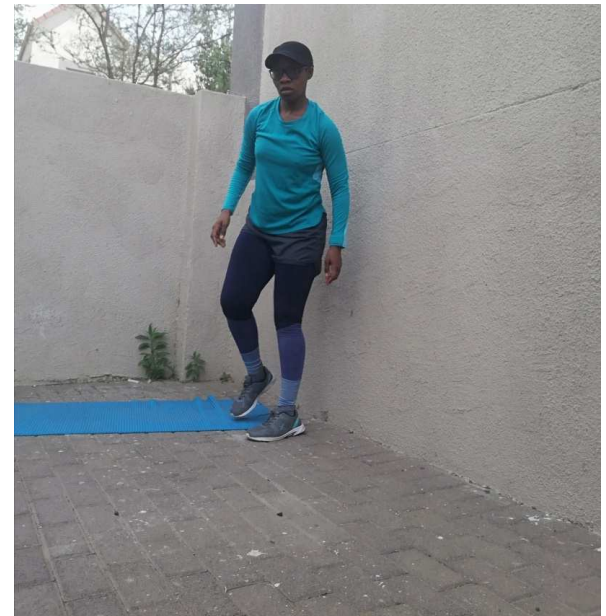
Easy run – Higher pace than a slow jog

Steady pace – Push your pace higher than and easy run

Fast run – This is a time trial – Your fastest pace you can hold for the distance

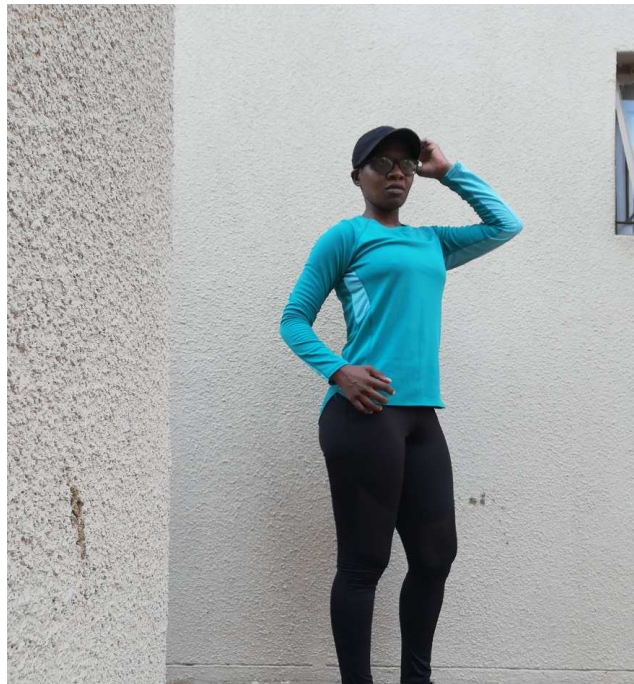
Sprint – Maximum effort for short period of time. Go all out sprints.

Push your self and maximize each session



WELCOME TO 12 WEEKS OF INCREDIBLE PERFORMANCE

**BRING IT UP TO 21.1KM
TRAINER**



**Thank you for choosing me
as your trainer.**

Training plan - Half Marathon

WEEK 1	Day 1	Day 2	Day 3	Day 4	Day 3	Day 6	Day 7
	5KM slow jog	6KM easy run	Rest day Relax, massage & stretch the soar muscles	5KM steady pace run	Rest day Relax, massage & stretch the soar muscles	5KM Fast run	Rest day Relax, massage & stretch the soar muscles
WEEK 2	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Cross training: 1 Hour strength training session	6KM steady pace run	Rest day Relax, massage & stretch the soar muscles	7KM slow jog	Cross training: Mobility, Foam rolling, running form techniques.	10KM Easy run	Rest day Relax, massage & stretch the soar muscles
WEEK 3	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	10KM easy run	Cross training: Mobility, Foam rolling, running form techniques.	Rest day Relax, massage & stretch the soar muscles	Cross training: 1 Hour strength training session	12KM easy run	Rest day Relax, massage & stretch the soar muscles	15KM easy run
WEEK 4	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Cross training: Mobility, Foam rolling, running form techniques.	Rest day Relax, massage & stretch the soar muscles	5KM fast run	30 minutes hill repeats	Cross training: 1 Hour strength training session	5KM fast run	Rest day Relax, massage & stretch the soar muscles

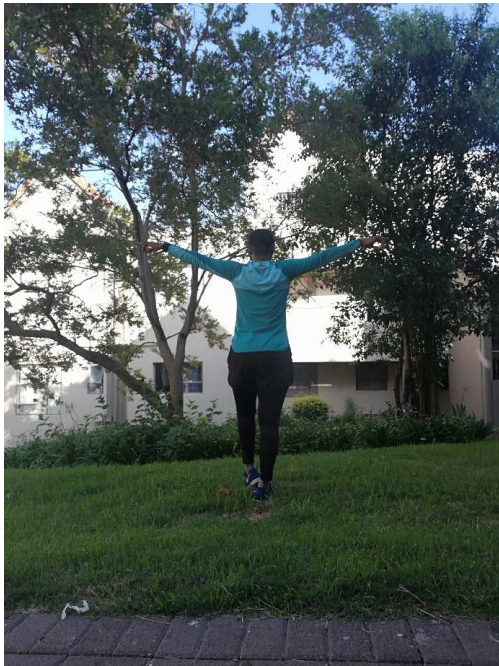
Training plan - Half Marathon

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
WEEK 5	Rest day Relax, massage & stretch the soar muscles	15KM steady pace run	Cross training: Mobility, Foam rolling, running form techniques.	30 minutes hill repeats	Rest day Relax, massage & stretch the soar muscles	30 minute speed interval training: 1 minute sprint , 30 second rest repeat untill end of 30 minutes	Rest day Relax, massage & stretch the soar muscles
WEEK 6	30 minute speed interval training: 1 minute sprint , 30 second rest repeat untill end of 30 minutes	30 minutes hill repeats	Rest day Relax, massage & stretch the soar muscles	10KM fast run	Cross training: Mobility, Foam rolling, running form techniques.	Rest day Relax, massage & stretch the soar muscles	15KM easy run
WEEK 7	Rest day Relax, massage & stretch the soar muscles	Cross training: Mobility, Foam rolling, running form techniques.	5KM easy run	Cross training: 1 Hour strength training session	6KM slow jog	6KM slow jog	Rest day Relax, massage & stretch the soar muscles
WEEK 8	5KM fast run	30 minutes hill repeats	Cross training: 1 Hour strength training session	Cross training: Mobility, Foam rolling, running form techniques.	30 minutes hill repeats	Rest day Relax, massage & stretch the soar muscles	Cross training: Mobility, Foam rolling, running form techniques.

Training plan - Half Marathon

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
WEEK 9	15KM fast run	15KM fast run	Rest day Relax, massage & stretch the soar muscles	Cross training: Mobility, Foam rolling, running form techniques.	Rest day Relax, massage & stretch the soar muscles	18KM easy run	Rest day Relax, massage & stretch the soar muscles
WEEK 10	Cross training: Mobility, Foam rolling, running form techniques.	30 minute speed interval training: 1 minute sprint , 30 second rest repeat untill end of 30 minutes	30 minute speed interval training: 1 minute sprint , 30 second rest repeat untill end of 30 minutes	10KM easy run	Rest day Relax, massage & stretch the soar muscles	Rest day Relax, massage & stretch the soar muscles	20KM easy run
WEEK 11	Rest day Relax, massage & stretch the soar muscles	Cross training: Mobility, Foam rolling, running form techniques.	Cross training: 1 Hour strength training session	Cross training: 1 Hour strength training session	Rest day Relax, massage & stretch the soar muscles	18KM steady pace	Rest day Relax, massage & stretch the soar muscles
WEEK 12	Cross training: Mobility, Foam rolling, running form techniques.	Rest day Relax, massage & stretch the soar muscles	10KM fast run	5km slow jog	Rest day Relax, massage & stretch the soar muscles	Rest day Relax, massage & stretch the soar muscles	21.1KM RUN THE DISTANCE

CONGRATULATIONS FOR ENDURING THE HALF MARATHON DISTANCE. BE PROUD OF THIS ACCOMPLISHMENT.



Please visit my website, [Energy Fitness By Masomza](#),
for more amazing training programs.

[Energy Fitness By Masomza](#)

Strong and Fierce