

RaceTeam Queenstown 2023 Programme

There are 3 levels to choose from within the RaceTeam programme: Beginner, Intermediate and Advanced. Choose a level which you feel is achievable for you *right now,* be realistic and wise when choosing your programme, we don't mind - if after a couple of sessions - you need to change up or down a level, the important thing is you are *working at a level that is safe for your body.*

The Programme Levels:

Beginner Level

This is for someone who is doing their first half marathon or who may not have done a lot of endurance runs up until this point. The aim of this level is to build your conditioning and run fitness up gradually over the 10 weeks.

Your Saturday sessions *have no intensity at all,* these sessions are about building up your endurance.

If you choose the beginner level, be mindful of working at the right intensity during the week - build your body up safely in the pace and track sessions, it is easy to get carried away with the group. Be mindful of not running too fast in these weekday sessions initially until your body has had time to adjust to intensity running.

You have 1 x solo run to do during the week - this is an easy run.

Intermediate Level

This is for someone who is currently running regularly and can currently run 10-12km comfortably. This may not be your first half marathon and you are wanting to improve your pace. You also have pace work within your Saturday sessions.

You also have 2 solo sessions to do on your own outside of the group sessions, these are "easy" runs, one of which is optional.

Advanced Level

This is for someone who has done several half marathons before and is running currently 4-5 times a week. Your body is used to intensity running. You also have pace work within your Saturday endurance sessions. Your longest run with the group is 24km in Week 7.

You have 3 additional solo runs during the week - these are "easy" runs, no intensity.

Pace Notes

You will see in all programme levels there is pace work in your weekday sessions.

In Week 1 you have a 5km Time Trial. The purpose of this time trial is so you can see where you are at *right now* with your running. After your 5km Time Trial (time yourself durning this run), use the Vdot app (refer to your Week 1 newsletter) to figure out your paces for the subsequent weekday sessions.

This 5km Time Trial is not a race against each other, it is about doing your best to get a gauge for where your running is at currently. If you have not done any intensity running in a while, just listen to your body during this session.

Perceived Exertion Scale:

Easy Running:	Easily hold a conversation, breathing easily - "gossip pace".
Race Pace:	More difficult to hold a conversation but could still talk, slightly heavier breathing.
10km pace:	Can't hold conversation, concentrating and pushing self but not extremely hard.
5km pace:	Can't talk, heavy breathing, focused and really pushing yourself .
3km pace:	Close to ALL OUT but sustainable for the duration of time required in programme.
All Out:	Running as fast as you can!



Competition Event: Queenstown Half Marathon 2023

Beginner Programm	e: Morning						
Week	Mon (Group Session)	Tues	Wed (Group Session)	Thurs (own run)	Fri	Sat (Group Session)	Sun
1	5km Time Trial Time yourself for this 5km and use Vdot to work out your paces (refer Week 1 Newsletter)	Rest/Stretch	Track Session 1 (see Notes below)	45mins easy	Rest/Stretch	75min Run: 30mins Easy then 35mins at Race Pace then 10mins Easy	Rest/Stretch
2	Pace Session: 50min 10mins easy running (with 4x 20sec surges) then 20mins at race pace then 10mins easy running then 10mins at 5km pace	Rest/Stretch	Track Session 1 (see Notes below)	45mins easy	Rest/Stretch	90min Run: 30mins Easy then 40mins at Race Pace then 10mins Easy then 10mins at 10km pace	Rest/Stretch
3	Pace Session: 55min 10mins easy running (with 4x 20sec surges) then 20mins at 10km pace then 25mins at race pace	Rest/Stretch	Track Session 1 (see Notes below)	45mins easy	Rest/Stretch	110mins undulating hill run	Rest/Stretch
4	40mins easy running	Rest/Stretch	Track Session 2 (see below)	Rest/Stretch	Rest/Stretch	10km Race - Redo Vdot	Rest/Stretcl
5	Pace Session: 70min 10mins easy running (with 4x 20sec surges) then 20mins at 10km pace then 40mins at race pace	Rest/Stretch	Track Session 2 (see below)	50mins easy	Rest/Stretch	130min Run: (7am start time) 30mins Easy then 10mins at SFTRP* pace then 70mins at Race Pace then 20mins Easy (focus on good technique) *SFTRP = Slightly Faster Than Race Pace	Rest/Stretch
6	Pace Session: 80min 10mins easy running (with 4x 20sec surges) then 20mins at 10km pace then 40mins at race pace then 10mins at 10km pace	Rest/Stretch	Track Session 2 (see Notes below)	50mins easy	Rest/Stretch	18km (7am start time) Race Day Practice Run First 16km at Race Pace then Easy running for remainder of distance	Rest/Stretcl
7	Pace Session: 80min 10mins easy running (with 4x 20sec surges) then 20mins at 10km pace then 40mins at race pace then 10mins at 10km pace	Rest/Stretch	Track Session 3 (see Notes below)	50mins easy	Rest/Stretch	150min Run: (7am start time) 30mins Easy then 10mins at SFTRP pace Then 40mins at Race Pace then 20mins Easy then 30mins at Race Pace then 20mins Easy	Rest/Stretcl
8	Pace Session: 55min 10mins easy running (with 4x 20sec surges) then 10mins at 5km pace then 30mins at race pace then 5mins at 5km pace	Rest/Stretch	Track Session 1 (see Notes below)	45mins easy	Rest/Stretch	80min Rolling Hills Run: 30mins Easy then 30mins at Race Pace then 5mins Easy then 15mins Race Pace	Rest/Stretch
9	Pace Session: 50min 10mins easy running (with 4x 20sec surges) then 20mins at race pace then 10mins easy running	Rest/Stretch	Track Session 3 (see Notes below)	30mins easy	Rest/Stretch	70min Run: 30mins Easy then 30mins at Race Pace then 10mins Easy	Rest/Stretcl
10	40mins easy running	Rest/Stretch	Easy 25min plus 6x30sec surges on return leg	Rest/Stretch	Rest/Stretch	Race Day!!	
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n each track session the tea	Our coach will call out your sets. You don't need to ream starts at the same corner of track. After each working sets. Once each working set is over, use your recover t	ng section of the set stop	your watch/take note of where y	ou finish so you can aim to			
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Competition Event: Queenstown Half Marathon 2023

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Intermediate Program	me: Morning						
Week	Mon (Group Session)	Tues	Wed (Group Session)	Thurs (own run)	Fri	Sat (Group Session)	Sun (own run)
1	5km Time Trial Time yourself for this 5km and use Vdot to work out your paces (refer Week 1 Newsletter)	Rest/Stretch	Track Session 1 (see Notes below)	45mins easy	Rest/Stretch	75min Run: 30mins Easy then 35mins at Race Pace then 10mins at 10km pace	Optional - Easy 30min
2	Pace Session: 50min 10mins easy running (with 4x 20sec surges) then 20mins at race pace then 10mins easy running then 10mins at 5km pace	Rest/Stretch	Track Session 1 (see Notes below)	45mins easy	Rest/Stretch	90min Run: 30mins Easy then 40mins at Race Pace then 10mins Easy then 10mins at 10km pace	Optional - Easy 30min
3	Pace Session: 55min 10mins easy running (with 4x 20sec surges) then 20mins at 10km pace then 25mins at race pace	Rest/Stretch	Track Session 1 (see Notes below)	45mins easy	Rest/Stretch	110mins undulating hill run	Optional - Easy 30mir
4	40mins easy running	Rest/Stretch	Track Session 2 (see below)	Rest/Stretch	Rest/Stretch	10km Race - Redo Vdot	Rest/Stretch
5	Pace Session: 70min 10mins easy running (with 4x 20sec surges) then 20mins at 10km pace then 40mins at race pace		Track Session 2 (see below)	50mins easy	Rest/Stretch	130min Run: (7am start time) 30mins Easy then 10mins at 10km pace then 70mins at Race Pace then 20mins Easy (focus on good technique)	Optional - Easy 40mir
6	Pace Session: 80min 10mins easy running (with 4x 20sec surges) then 20mins at 10km pace then 40mins at race pace then 10mins at 10km pace	Rest/Stretch	Track Session 2 (see Notes below)	50mins easy	Rest/Stretch	21km (7am start time) <i>Race Day Practice Run</i> First 16km at Race Pace then Easy running for remaining distance	Optional - Easy 40mir
7	Pace Session: 80min 10mins easy running (with 4x 20sec surges) then 20mins at 10km pace then 40mins at race pace then 10mins at 10km pace	Rest/Stretch	Track Session 3 (see Notes below)	50mins easy	Rest/Stretch	150min Run: (7am start time) 30mins Easy then 10mins at 10km pace then 40mins at Race Pace then 20mins Easy then 30mins at Race Pace then 20mins Easy	Optional - Easy 40min
8	Pace Session: 55min 10mins easy running (with 4x 20sec surges) then 10mins at 5km pace then 30mins at race pace then 5mins at 5km pace	Rest/Stretch	Track Session 1 (see Notes below)	45mins easy	Rest/Stretch	80min Rolling Hills Run: 30mins Easy then 30mins at Race Pace then 5min Easy then 15mins at 10km pace	Optional - Easy 30min
9	Pace Session: 50min 10mins easy running (with 4x 20sec surges) then 20mins at race pace then 10mins easy running then 10mins at 5km pace	Rest/Stretch	Track Session 3 (see Notes below)	30mins easy	Rest/Stretch	70min Run: 30mins Easy then 30mins at Race Pace then 10mins at 10km pace	Rest/Stretch
10	40mins easy running	Rest/Stretch	Easy 25min plus 6x30sec surges on return leg	Rest/Stretch	Rest/Stretch	Race Day!!	
Notes:							
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	sets. Once each working set is over, use your recove						
Track Session 1		Track Session 2		Track Session 3			
Strength Warm Up*		Strength Warm Up*		Strength Warm Up*			
omins 10km pace		5mins 5km pace		5mins at 5km pace			
mins 5km pace		2mins recovery		2mins recovery			
2mins recovery (1 Set		X 1 Set		X 1 Set			
		Then		Then			
hen		2mins at 5km pace		2mins at 3km pace			
1 min 3km pace 2 mins 5km pace		30sec Sprint 1min at 5km pace		2mins recovery Repeat x 3 sets			
0 secs recovery		2mins recovery					
Repeat above x 6 Sets		Repeat above x 6 Sets		Then			
				2mins at 3km pace			
				90secs recovery Repeat x 3 sets			
				Then			
				2mins at 3km pace 30secs recovery			
Strength Warm Up (1min	of each movement - coach lead)	1		Repeat x 2 sets			
wist run one direction and i	run back						
Knee tag Heel kicks one direction run	back						
Heel kicks one direction run	DACK						
Plank fist pump High knee Skip							
Combo 10x Press Up/Squat	t Exchange						
Surge one direction run bac							
Plank fist pump							
Surge one direction skip bac	ck						
Straight leg tag							

traight leg tag					
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Competition Event: Queenstown Half Marathon 2023

1 Skm Time Trial Time yourself for the Skm and use (bot to work over the set (bit work base) Time & Sension 1 (see Notes below) 40mins easy Rest Street Time in Sum and use Page 40mins easy 2 Peec Session: 50min 10mins easy than 30mins at Rue Page 30mins easy 70min Run: 30mins Easy than 30mins at Rue Page 30mins easy 30mins Easy than 30mins at Rue Page 30mins Easy than 30mins E	Competition Event: Que	eenstown Half Marathon 2023		1		1		
idot	Advanced Programme:	Morning						
i denome letter and an advance of end of a second of a se	Week	Mon (Group Session)	Tues (own run)	Wed (Group Session)	Thurs (own run)	Fri	Sat (Group Session)	Sun (own run)
ResultResu	1	Time yourself for this 5km and use Vdot to work		Track Session 1		Rest/Stretch	75min Run: 30mins Easy then 35mins at Race Pace	40mins easy
<table-container> Image and and any start any stary start any start any start any start any start any start any</table-container>	2	10mins easy running (with 4x 20sec surges) then 20mins at race pace then 10mins easy running	8km easy		40mins easy	Rest/Stretch	30mins Easy then 40mins at Race Pace then 10mins Easy then 10mins at 10km	50mins easy
4 2001 2000 2000 2000 2000 2000 2000 2000	3	10mins easy running (with 4x 20sec surges) then	10k easy		40mins easy	Rest/Stretch	110mins undulating hill run	60mins easy
Red space 100 min provided and provided	4		5km easy		Rest/Stretch	Rest/Stretch	10km Race - Redo Vdot	Rest/Stretch
B Exc. Score Bar Mark Score Address Address address Addres Address Addres Address Address Address Address Addr	5	10mins easy running (with 4x 20sec surges) then	10km easy		40mins easy	Rest/Stretch	30mins Easy then 10mins at 10km pace then 70mins at Race Pace then 20mins	60mins easy
Image: Section 2000 100 and 100 and 2000 100 and 100 and 2000 and 2000 and 2000 100 and 2000 100 and 2000 100 and 2000 100 an	6	10mins easy running (with 4x 20sec surges) then 20mins at 10km pace then 40mins at race pace	12km easy		40mins easy	Rest/Stretch	Race Day Practice Run First 16km at Race Pace then Easy	60mins easy
0 Now Segar 3001 Units at una construction of the structure of th	7	10mins easy running (with 4x 20sec surges) then 20mins at 10km pace then 40mins at race pace	12km easy		40mins easy	Rest/Stretch	30mins Easy then 10mins at 10km pace then 40mins at Race Pace then 20mins Easy then 30mins at Race Pace then	Rest/Stretch
Bind and add shares with the set of the foreignee with the set of th	8	10mins easy running (with 4x 20sec surges) then 10mins at 5km pace then 30mins at race pace	8km easy		Rest/Stretch	Rest/Stretch	80min Rolling Hills Run: 30mins Easy then 30mins at Race Pace	50mins easy
non- Application Petr Synth	9	10mins easy running (with 4x 20sec surges) then 20mins at race pace then 10mins easy running	5km easy		Optional easy 30mins	Rest/Stretch	30mins Easy then 30mins at Race Pace	40mins easy
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ubudgetets. Crose each working set sovie, use your necessite it work with your set and your your set and your your set and your your set and your your set and		Our coach will call out your sets. You don't need to	o remember them but be aware of v	what your session involves.				
Track Session 1Track Session 2Track Session 3Image (Manu Up*)Image (n each track session the team s subsequent sets. Once each wo	starts at the same corner of track. After each workin whing set is over, use your recover time to make you	g section of the set stop your watcl ar way back to the start point of the	h/take note of where you finish so yo track ready for the next set.	ou can aim to improve in the			
interm blan mode mem blan mode mins diam gadeinterm blan mode mins diam gade mins diam gadeinterm blan mode mins diam gade mins diam gade mins diam gadeinterm blan mode mins diam gade mins diam gadeinterm gade mins diam gade mins diam gadeinterm gade mins diam gade mins diam gade mins diam gadeinterm gade mins diam gade mins diam gade mins diam gade mins diam gade mins diam gadeinterm gade mins diam gade mins diam gade mins diam gadeinterm gade mins diam gade mins diam gade mins diam gade mins diam gadeinterm gade mins diam gade mins diam gade mins diam gadeinterm gade mins diam gade mins diam gade mins diam gadeinterm gade mins diam gade	Track Session 1		Track Session 2					
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Repeat above x 6 SetsPren.Pren.Intern.Inte	•				Repeat x 3 sets			
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