



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 during 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 Programme: Morning							
Week	Mon (Group Session)	Tues	Wed (Group Session)	Thurs (own run)	Fri	Sat (Group Session)	Sun
1	5km Time Trial <i>Time yourself for this 5km and use Vdot to work out your paces (refer Week 1 Newsletter)</i>	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/Stretch
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/Stretch
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/Stretch
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 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 Easy	Rest/Stretch
10	40mins easy running	Rest/Stretch	Easy 25min plus 6x30sec surges on return leg	Rest/Stretch	Rest/Stretch	Race Day!!	

Track Sessions Our coach will call out your sets. You don't need to remember them but be aware of what your session involves.

In each track session the team starts at the same corner of track. After each working section of the set stop your watch/take note of where you finish so you can aim to improve in the subsequent sets. Once each working set is over, use your recover time to make your way back to the start point of the track ready for the next set.

Track Session 1	Track Session 2	Track Session 3
Strength Warm Up*	Strength Warm Up*	Strength Warm Up*
5mins 10km pace	5mins 5km pace	5mins at 5km pace
5mins 5km pace	2mins recovery	2mins recovery
2mins recovery	X 1 Set	X 1 Set
X 1 Set	<i>Then...</i>	<i>Then...</i>
<i>Then...</i>	2mins at 5km pace	2mins at 3km pace
1min 3km pace	30sec Sprint	2mins recovery
2mins 5km pace	1min at 5km pace	Repeat x 3 sets
90 secs recovery	2mins recovery	
Repeat above x 6 Sets	Repeat above x 6 Sets	<i>Then...</i>
		2mins at 3km pace
		90secs recovery
		Repeat x 3 sets
		<i>Then...</i>
		2mins at 3km pace
		30secs recovery
*Strength Warm Up (1min of each movement - coach lead)		Repeat x 2 sets
Twist run one direction and run back		
Knee tag		
Heel kicks one direction run back		
Plank fist pump		
High knee Skip		
Combo 10x Press Up/Squat Exchange		
Surge one direction run back		
Plank fist pump		
Surge one direction skip back		
Straight leg tag		



Competition Event: Queenstown Half Marathon 2023

Intermediate Programme: Morning							
Week	Mon (Group Session)	Tues	Wed (Group Session)	Thurs (own run)	Fri	Sat (Group Session)	Sun (own run)
1	5km Time Trial <i>Time yourself for this 5km and use Vdot to work out your paces (refer Week 1 Newsletter)</i>	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 30mins
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 30mins
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 30mins
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	Rest/Stretch	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 40mins
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) Race Day Practice Run First 16km at Race Pace then Easy running for remaining distance	Optional - Easy 40mins
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 40mins
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 30mins
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:
Track Sessions Our coach will call out your sets. You don't need to remember them but be aware of what your session involves.

In each track session the team starts at the same corner of track. After each working section of the set stop your watch/take note of where you finish so you can aim to improve in the subsequent sets. Once each working set is over, use your recover time to make your way back to the start point of the track ready for the next set.

Track Session 1	Track Session 2	Track Session 3
Strength Warm Up*	Strength Warm Up*	Strength Warm Up*
5mins 10km pace	5mins 5km pace	5mins at 5km pace
5mins 5km pace	2mins recovery	2mins recovery
2mins recovery	X 1 Set	X 1 Set
X 1 Set	<i>Then...</i>	<i>Then...</i>
<i>Then...</i>	2mins at 5km pace	2mins at 3km pace
1min 3km pace	30sec Sprint	2mins recovery
2mins 5km pace	1min at 5km pace	Repeat x 3 sets
90 secs recovery	2mins recovery	
Repeat above x 6 Sets	Repeat above x 6 Sets	<i>Then...</i>
		2mins at 3km pace
		90secs recovery
		Repeat x 3 sets
		<i>Then...</i>
		2mins at 3km pace
		30secs recovery
*Strength Warm Up (1min of each movement - coach lead)		Repeat x 2 sets
<i>Twist run one direction and run back</i>		
Knee tag		
<i>Heel kicks one direction run back</i>		
Plank fist pump		
<i>High knee Skip</i>		
Combo 10x Press Up/Squat Exchange		
<i>Surge one direction run back</i>		
Plank fist pump		
<i>Surge one direction skip back</i>		
Straight leg tag		



Competition Event: Queenstown Half Marathon 2023

Advanced Programme: Morning							
Week	Mon (Group Session)	Tues (own run)	Wed (Group Session)	Thurs (own run)	Fri	Sat (Group Session)	Sun (own run)
1	5km Time Trial <i>Time yourself for this 5km and use Vdot to work out your paces (refer Week 1 Newsletter)</i>	8km easy	Track Session 1 (see Notes below)	40mins easy	Rest/Stretch	75min Run: 30mins Easy then 35mins at Race Pace then 10mins at 10km pace	40mins easy
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	8km easy	Track Session 1 (see Notes below)	40mins easy	Rest/Stretch	90min Run: 30mins Easy then 40mins at Race Pace then 10mins Easy then 10mins at 10km pace	50mins easy
3	Pace Session: 55min 10mins easy running (with 4x 20sec surges) then 20mins at 10km pace then 25mins at race pace	10k easy	Track Session 1 (see Notes below)	40mins easy	Rest/Stretch	110mins undulating hill run	60mins easy
4	40mins easy running	5km easy	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	10km easy	Track Session 2 (see below)	40mins 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)	60mins easy
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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	12km easy	Track Session 3 (see Notes below)	40mins 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	Rest/Stretch
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10	40mins easy running	Rest/Stretch	Easy 25min plus 6x30sec surges on return leg	Rest/Stretch	Rest/Stretch	Race Day!!	

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5mins 5km pace	2mins recovery	2mins recovery
2mins recovery	X 1 Set	X 1 Set
X 1 Set	<i>Then...</i>	<i>Then...</i>
<i>Then...</i>	2mins at 5km pace	2mins at 3km pace
1min 3km pace	30sec Sprint	2mins recovery
2mins 5km pace	1min at 5km pace	Repeat x 3 sets
90 secs recovery	2mins recovery	
Repeat above x 6 Sets	Repeat above x 6 Sets	<i>Then...</i>
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