



The RaceTeam Queenstown 2022 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 RaceTeam programme has 3 group sessions a week. Descriptions of these sessions are in your **Week 1 newsletter**.

Programme Levels (choose one)

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 6.

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.

Beginner Level Note:

In your Track Session 1 you have "SFTRP" pace work. This is *Slightly Faster Than Race Pace*. Once you have your Race Pace from the Vdot (which give you your min/km pace) you can use this to gauge your SFTRP intensity via your GPS watch. If you do not have a GPS watch, go by *perceived exertion*:

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 specified.
All Out:	Running as fast as you can.



Competition Events		Queenstown Half Marathon 2022					
Beginner Programme: Evening							
Week	Mon (own run)	Tues (Group Session: 5.40pm)	Wed	Thurs (Group Session: 5.40pm)	Fri	Sat (Group Session)	Sun
1	45mins easy	Track Session 1 (see below)	Rest/Stretch	5k Time Trial Time yourself for this 5km	Rest/Stretch	12km (comfortable running)	Rest/Stretch
2	45mins easy	Track Session 1 (see below)	Rest/Stretch	Pace Session: 60mins 10m easy, 10mins at SFTRP* , 30mins at race pace, 10mins at SFTRP (*SFTRP - Slightly faster than race pace)	Rest/Stretch	14km (comfortable running)	Rest/Stretch
3	45mins easy	Track Session 1 (see below)	Rest/Stretch	Pace Session: 50mins 10mins easy, 10mins at SFTRP pace, 25mins at race pace, 5mins at 10km pace	Rest/Stretch	10km race	Rest/Stretch
4	Rest/Stretch	Track Session 2 (see below)	Rest/Stretch	Pace Session: 70mins 10mins easy, 10mins at SFTRP pace, 25mins at race pace, 5mins at 10km pace, 20mins at race pace	Rest/Stretch	16km (comfortable running) (7am start time)	Rest/Stretch
5	50mins easy	Track Session 2 (see below)	Rest/Stretch	Pace Session: 80mins 10mins easy, 10mins at SFTRP pace, 25mins at race pace, 10mins at SFTRP pace, 20mins at race pace, 5mins at 10km pace	Rest/Stretch	18km Race Day Practice Run First 12km at race pace (7am start time)	Rest/Stretch
6	50mins easy	Track Session 2 (see below)	Rest/Stretch	Pace Session: 80mins 10mins easy, 10mins at SFTRP pace, 25mins at race pace, 10mins at SFTRP pace, 20mins at race pace, 5mins at 10km pace	Rest/Stretch	20km (7am start time)	Rest/Stretch
7	50mins easy	Track Session 3 (see below)	Rest/Stretch	Pace Session: 55mins 10mins easy, 10mins at SFTRP pace, 25mins at race pace, 10mins at SFTRP pace	Rest/Stretch	80mins rolling hills (7am start time)	Rest/Stretch
8	45mins easy	Track Session 3 (see below)	Rest/Stretch	Pace Session: 50mins 10mins easy, 10mins at SFTRP pace, 25mins at race pace, 5mins at 10km	Rest/Stretch	10km (comfortable running)	Rest/Stretch
9	30mins easy	40min easy run	Rest/Stretch	25min easy run with 6 x 30secs surge on return leg	Rest/Stretch	Race Day!	Rest/Stretch
		* SFTRP = Slightly faster than Race Pace					
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 recovery 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*					
2mins @ SFTRP* pace	2mins @ SFTRP* pace	2mins @ 10km pace					
2mins @ 10km pace	2mins @ 10km pace	1min @ 5km pace					
2mins @ SFTRP pace	4mins @ 5km pace	30secs sprint					
2mins @ 5km Pace	2mins Recovery	30secs light jog					
2mins Recovery	Repeat x 4 Sets	<i>Repeat above x 2 Sets</i>					
Repeat x 4 Sets		2mins Recovery					
		Repeat x 4 Sets					
* SFTRP = Slightly faster than Race Pace							
*Strength Warm Up (1min of each movement - coach lead). This Strength Warm Up involves resistance bands which will be provided to you at each session.							
<i>Jog back and forward</i>							
<i>Squat into calf raise</i>							
<i>Jog back and forward</i>							
<i>Knee Lift / Side Lunge / Knee Lift</i>							
<i>Jog back and forward</i>							
<i>Single leg hamstring into Knee lift stretch</i>							
<i>Jog back and forward</i>							
<i>Bolt into side rotation plank</i>							
<i>Jog back and forward</i>							
<i>Press up</i>							



Competition Events Queenstown Half Marathon 2022

Intermediate Programme: Evening

Week	Mon (own run)	Tues (Group Session: 5.40pm)	Wed	Thurs (Group Session: 5.40pm)	Fri	Sat (Group Session)	Sun (own run)
1	45mins easy	Track Session 1 (see below)	Rest/Stretch	5k Time Trial <i>Time yourself for this 5km</i>	Rest/Stretch	14km <i>After 2km do 8km at race pace</i>	Easy 30mins
2	45mins easy	Track Session 1 (see below)	Rest/Stretch	Pace Session: 60mins 10mins easy, 10mins at 10km pace, 30mins at race pace, 10mins at 10km pace	Rest/Stretch	16km <i>After 2km do 10km at race pace</i>	Easy 30mins
3	45mins easy	Track Session 1 (see below)	Rest/Stretch	Pace Session: 50mins 10mins easy, 10mins at 10km pace, 25mins at race pace, 5mins at 5km pace	Rest/Stretch	10km race	Easy 30mins
4	Rest/Stretch	Track Session 2 (see below)	Rest/Stretch	Pace Session: 70mins 10mins easy, 10mins at 10km pace, 25mins at race pace, 5mins at 5km pace, 20mins at race pace	Rest/Stretch	18km <i>After 2km do 10km at race pace (7am start time)</i>	Rest/Stretch
5	50mins easy	Track Session 2 (see below)	Rest/Stretch	Pace Session: 80mins 10mins easy, 10mins at 10km pace, 25mins at race pace, 10mins at 10km pace, 20mins at race pace, 5mins at 5km pace	Rest/Stretch	20km Race Day Practice Run <i>First 16km at Race Pace (7am start time)</i>	Easy 40mins
6	50mins easy	Track Session 2 (see below)	Rest/Stretch	Pace Session: 80mins 10mins easy, 10mins at 10km pace, 25mins at race pace, 10mins at 10km pace, 20mins at race pace, 5mins at 5km pace	Rest/Stretch	22km <i>Last 12km at race pace (7am start time)</i>	Easy 40mins
7	50mins easy	Track Session 3 (see below)	Rest/Stretch	Pace Session: 55mins 10mins easy, 10mins at 10km pace, 25mins at race pace, 10mins at 10km pace	Rest/Stretch	90mins rolling hills <i>After 2km do 10km at race pace (7am start time)</i>	Easy 30mins
8	45mins easy	Track Session 3 (see below)	Rest/Stretch	Pace Session: 50mins 10mins easy, 10mins at 10km pace, 25mins at race pace, 5mins at 5km pace	Rest/Stretch	12km <i>After 2km do 8km at race pace</i>	Rest/Stretch
9	30mins easy	Easy 40min run	Rest/Stretch	Easy 20min run with 6 x 30secs surge on return leg	Rest/Stretch	Race Day!	Rest/Stretch

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 recovery 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*
2mins @ 10km pace	2mins @ 10km pace	2mins @ 5km pace
2mins @ 5km pace	2mins @ 5km pace	1min @ 3km pace
2mins @ 10km pace	4mins @ 3km pace	30secs sprint
2mins @ 3km Pace	2mins Recovery	30secs light jog
2mins Recovery	Repeat x 4 Sets	<i>Repeat above x 2 Sets</i>
Repeat x 4 Sets		2mins Recovery
		Repeat x 4 Sets

***Strength Warm Up (1min of each movement - coach lead). This Strength Warm Up involves resistance bands which will be provided to you at each session.**

Jog back and forward
Squat into calf raise
Jog back and forward
Knee Lift / Side Lunge / Knee Lift
Jog back and forward
Single leg hamstring into Knee lift stretch
Jog back and forward
Bolt into side rotation plank
Jog back and forward
Press up



Competition Events		Queenstown Half Marathon 2022					
Advanced Programme: Evening							
Week	Mon	Tues (Group Session: 5.40pm)	Wed (own run)	Thurs (Group Session: 5.40pm)	Fri (own run)	Sat (Group Session)	Sun (own run)
1	Rest/Stretch	Track Session 1 (see below)	8km easy	5k Time Trial Time yourself for this 5km	40mins easy	16km After 2km do 10km at race pace	60mins easy
2	Rest/Stretch	Track Session 1 (see below)	8km easy	Pace Session: 60mins 10mins easy, 10mins at 10km pace, 30mins at race pace, 10mins at 10km pace	40mins easy	18km After 10mins do 5mins at 5km Pace followed by 12km at Race Pace	60mins easy
3	Rest/Stretch	Track Session 1 (see below)	10k easy	Pace Session: 50mins 10mins easy, 10mins at 10km pace, 25mins at race pace, 5mins at 5km pace	40mins easy	10km Race	60mins easy
4	Rest/Stretch	Track Session 2 (see below)	10km easy	Pace Session: 70mins 10mins easy, 10mins at 10km pace, 25mins at race pace, 5mins at 5km pace, 20mins at race pace	Rest/Stretch	20km After 10mins do 8mins at 5km Pace followed by 12km at Race Pace (7am start time)	Rest/Stretch
5	Rest/Stretch	Track Session 2 (see below)	12km easy	Pace Session: 80mins 10mins easy, 10mins at 10km pace, 25mins at race pace, 10mins at 10km pace, 20mins at race pace, 5mins at 5km pace	40mins easy	Race Day Practice Run 22km First 16km at race pace (7am start time)	60mins easy
6	Rest/Stretch	Track Session 2 (see below)	12km easy	Pace Session: 80mins 10mins easy, 10mins at 10km pace, 25mins at race pace, 10mins at 10km pace, 20mins at race pace, 5mins at 5km pace	40mins easy	24km After 10mins do 8mins at 5km Pace followed by 14km at Race Pace (7am start time)	30mins easy
7	Rest/Stretch	Track Session 3 (see below)	8km easy	Pace Session: 55mins 10mins easy, 10mins at 10km pace, 25mins at race pace, 10mins at 10km pace	40mins easy	90mins rolling hills (7am start time) After 10mins do 5mins at 5km Pace followed by 10km at Race Pace	Rest/Stretch
8	Rest/Stretch	Track Session 3 (see below)	5km easy	Pace Session: 50mins 10mins easy, 10mins at 10km pace, 25mins at race pace, 5mins at 5km pace	40mins easy	14km After 10mins do 5mins at 5km Pace followed by 6km at Race Pace	40mins easy
9	Rest/Stretch	40mins - Easy Running	Rest/Stretch	Easy 20min run with 6 x 30secs surge on return leg	Rest/Stretch	Race Day!	Rest and Recover!
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*			
2mins @ 10km pace		2mins @ 10km pace		2mins @ 5km pace			
2mins @ 5km pace		2mins @ 5km pace		1min @ 3km pace			
2mins @ 10km pace		4mins @ 3km pace		30secs sprint			
2mins @ 3km Pace		2mins Recovery		30secs light jog			
2mins Recovery		Repeat x 4 Sets		Repeat above x 2 Sets			
Repeat x 4 Sets				2mins Recovery			
				Repeat x 4 Sets			
*Strength Warm Up (1min of each movement - coach lead). This Strength Warm Up involves resistance bands which will be provided to you at each session.							
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Jog back and forward							
Press up							