



HALF MARATHON TRAINING PLAN

Developed by Dubai Creek Striders Coach Ravi Kumar

This 12-week training program has been developed specifically for the upcoming **Dubai Creek Striders Half Marathon** ([CLICK TO REGISTER](#)).

This training plan will be useful, whether you are a first-time half marathon runner or an experienced runner looking to improve your timing.

This plan is aligned with the DCS weekly sessions (free to attend) and we look forward to seeing you at the sessions! **You can find details of our weekly schedule on our social media channels [Instagram](#) or [Facebook](#).** Please also join the DCS [WhatsApp](#) group for up-to-date information.

12 Week Training Plan for 21st Marina Home Dubai Creek Striders Half Marathon

General Brief

There will be 3 core sessions every week. **On Monday/Tuesday** will be the interval or speed training or hill sessions. We will have repeats of 400m and 800m. Hill repeats will typically be 200m. These sessions will work on your VO2 Max and stimulate your fast twitch muscles. **On Wednesday/Thursday**, it will be the tempo session or Anaerobic Threshold (AT) training. Here we do mile repeats or 2-mile repeats or 4-mile tempo runs.

Finally on Saturday/Sunday, it will be the long run which **will build up from 8 km in Week 1 to 20 km in Week 10 and then taper to 14 km in Week 11 and finally the 21.1 Km on race day in Week 12.**

To be able to follow this training program, you should have been running for some time on and off about 3 times a week with runs of 5 to 6 km and an occasional 10 Km. If you have run a 10K race before, it will help but it is not at all mandatory. The program caters to runners of all abilities targeting a Half Marathon time starting from 1:30 hours all the way to 3:00 hours which is the cut off time for the DCS Half Marathon. Novices and beginners can follow the workout paces corresponding to the 3:00 hour finish time. These are very easy on your cardiovascular system as well as your Musculo-skeletal system. The suggested paces for the long run are almost like a walk run combination pace. Even the interval and tempo paces are quite easy.

Overview of 12 week Training Program (3 days a week core workout)			
Week	Mon/Tue	Wed/Thu	Sat/Sun
	<i>Intervals/Speed Sessions</i>	<i>Long Intervals/Tempo Runs</i>	<i>Long Run</i>
	<i>Hill Intervals</i>		
1	400m x 6	1600m x 3	8km
2	400m x 8	1600m x 3	9km
3	800m x 4	3200m x 1, 1600m x 1	10km
4	200m x 8 Hills	1600m x 4	12km
5	400m x 10	3200mx1, 1600mx1, 800m x 2	14km
6	800m x 6	3200m x 2	16km
7	200m x 10 Hills	6400m x 1	18km
8	400m x 16	1600m x 4	16km
9	400m x 20	3200mx1, 1600mx1, 800m x 2	18km
10	200m x 12 Hills	3200m x 2	20km
11	800m x 6	1600m x 3	14km
12	400m x 6	3200m (Very Easy)	21.1 Km (race day)



12 Week Training Plan for 21st Marina Home Dubai Creek Striders Half Marathon



In case you are running more than 3 times a week, the extra runs over and above what is stipulated above should be very easy runs and should not impact your core 3-day program of the week.

It is also advisable to keep two non-running days in a week devoted to strength training and flexibility/stretching exercises. We will try to send out a separate note on this at a subsequent date.

The following pacing charts and tables are meant to be a guide to your training workouts. Depending on your half marathon race finish target time, you can decide at what pace to do your work outs. For example, if you are targeting a 2:00 hour finish time, then your 400m interval pace during training should be at 3K pace which for a 2:00 hour finish in the table below is 4:52 mins per km. Similarly, a 1:45 finish target means a training tempo run of 1600m should be done at 10K pace which is 4:46 mins per km.

HM Target	Training Paces (mins:secs per km)							
Time (hrs:mins)	1 Mile	3K	5K	10K	HM	FM	FM+5%	FM+10%
1:30	03:28	03:39	03:55	04:05	04:16	04:27	04:40	04:54
1:40	03:51	04:03	04:21	04:32	04:44	04:56	05:11	05:26
1:45	04:03	04:15	04:34	04:46	04:59	05:11	05:27	05:42
1:50	04:15	04:28	04:47	04:59	05:13	05:26	05:42	05:58
1:55	04:26	04:40	05:00	05:13	05:27	05:41	05:58	06:15
2:00	04:38	04:52	05:13	05:26	05:41	05:56	06:14	06:32
2:10	05:01	05:16	05:39	05:54	06:10	06:25	06:44	07:04
2:20	05:24	05:41	06:05	06:21	06:38	06:55	07:16	07:36
2:30	05:47	06:05	06:31	06:48	07:07	07:25	07:47	08:10
2:45	06:22	06:41	07:10	07:29	07:49	08:09	08:34	08:58
3:00	06:57	07:18	07:50	08:09	08:32	08:54	09:21	09:47

Paces recommended for various workouts:

400 m Intervals	3K pace							
800m Intervals	5K pace							
1600m Intervals	10K pace							
3200m Tempo	HM Pace							
6400m Tempo	HM Pace							
200m Hill Intervals	FM Pace							
Long Run (Easy)	FM + 10%							
Long Run (Moderate)	FM +5%							
Long Run (LT)	FM Pace							

The detailed weekly schedules follow as under:

12 Week Training Plan for 21st Marina Home Dubai Creek Striders Half Marathon

Week 1 – 6th to 12th Nov 2023

Monday/Tuesday session.

400m x 8 with at a 90 secs jog/walk break. Paces for each 400m segment will be as follows:

<u>HM Target</u>	<u>Pace</u>
<u>Time (hrs:mins)</u>	<u>min:secs/Km</u>
1:30	03:39
1:40	04:03
1:45	04:15
1:50	04:28
1:55	04:40
2:00	04:52
2:10	05:16
2:20	05:41
2:30	06:05
2:45	06:41
3:00	07:18

Wed/Thu session

Long intervals or tempo session. The purpose of this session is to train you to run at higher speeds for longer durations. The details are as follows:

- 1600 m x 3 repeats with a 3 mins break after each interval.
- A warmup run of 1 km plus warm up drills and stretching exercises before the main session.

Paces for each 1600m segment will basically be your 10K pace and will be as follows for the various HM finish times:

<u>HM Target</u>	<u>Pace</u>
<u>Time (hrs:mins)</u>	<u>min:secs/Km</u>
1:30	04:05
1:40	04:32
1:45	04:46
1:50	04:59
1:55	05:13
2:00	05:26
2:10	05:54
2:20	06:21
2:30	06:48
2:45	07:29
3:00	08:09



12 Week Training Plan for 21st Marina Home Dubai Creek Striders Half Marathon



Sat/Sun session – 8 kms LONG RUN

Since you will be just starting your long runs, we will take it easy for the first 4 weeks and go at a pace 10% slower than your equivalent FM pace, which will be as follows:

<u>HM Target</u>	<u>Pace</u>
<u>Time (hrs:mins)</u>	<u>min:secs/Km</u>
1:30	04:54
1:40	05:26
1:45	05:42
1:50	05:58
1:55	06:15
2:00	06:32
2:10	07:04
2:20	07:36
2:30	08:10
2:45	08:58
3:00	09:47

12 Week Training Plan for 21st Marina Home Dubai Creek Striders Half Marathon

Week 2 – 13th – 19th Nov

Monday/Tuesday session.

400m x 8 with at a 90 secs jog/walk break. Paces for each 400m segment will be as follows:

<u>HM Target</u>	<u>Pace</u>
<u>Time (hrs:mins)</u>	<u>min:secs/Km</u>
1:30	03:39
1:40	04:03
1:45	04:15
1:50	04:28
1:55	04:40
2:00	04:52
2:10	05:16
2:20	05:41
2:30	06:05
2:45	06:41
3:00	07:18

Wed/Thu session

Long intervals or tempo session. The purpose of this session is to train you to run at higher speeds for longer durations. The details are as follows:

- 1600 m x 3 repeats with a 3 mins break after each interval.
- As usual, a warmup run of 1 km plus warm up drills and stretching exercises before the main session.

Paces for each 1600m segment will basically be your 10K pace and will be as follows for the various HM finish times:

<u>HM Target</u>	<u>Pace</u>
<u>Time (hrs:mins)</u>	<u>min:secs/Km</u>
1:30	04:05
1:40	04:32
1:45	04:46
1:50	04:59
1:55	05:13
2:00	05:26
2:10	05:54
2:20	06:21
2:30	06:48
2:45	07:29
3:00	08:09



12 Week Training Plan for 21st Marina Home Dubai Creek Striders Half Marathon



Sat/Sun session – 9 kms LONG RUN

As mentioned earlier for the long runs, we will take it easy for the first 4 weeks and go at a pace 10% slower than your equivalent FM pace, which will be as follows:

<u>HM Target</u>	<u>Pace</u>
<u>Time (hrs:mins)</u>	<u>min:secs/Km</u>
1:30	04:54
1:40	05:26
1:45	05:42
1:50	05:58
1:55	06:15
2:00	06:32
2:10	07:04
2:20	07:36
2:30	08:10
2:45	08:58
3:00	09:47

12 Week Training Plan for 21st Marina Home Dubai Creek Striders Half Marathon

Week 3 – 20th – 26th Nov

Monday/Tuesday session.

800m x 4 with at a 90 secs jog/walk break. Paces for each 800m segment will be as follows:

HM Target	Pace
Time (hrs:mins)	min:secs/Km
1:30	03:55
1:40	04:21
1:45	04:34
1:50	04:47
1:55	05:00
2:00	05:13
2:10	05:39
2:20	06:05
2:30	06:31
2:45	07:10
3:00	07:50

Wed/Thu session

Long intervals or tempo session. The purpose of this session is to train you to run at higher speeds for longer durations. The details are as follows:

3200 m x 1 followed by 1600m x 1

As usual, a warm up run of 1 km plus warm up drills and stretching exercises before the main session.

Paces for each 1600m segment will basically be your 10k pace and will be as follows for the various HM finish times:



12 Week Training Plan for 21st Marina Home Dubai Creek Striders Half Marathon



HM Target	Pace
Time (hrs:mins)	min:secs/Km
1:30	04:05
1:40	04:32
1:45	04:46
1:50	04:59
1:55	05:13
2:00	05:26
2:10	05:54
2:20	06:21
2:30	06:48
2:45	07:29
3:00	08:09

Paces for the 3200m segment will be your HM pace which will be as follows:

HM Target	Pace
Time (hrs:mins)	min:secs/Km
1:30	04:16
1:40	04:44
1:45	04:59
1:50	05:13
1:55	05:27
2:00	05:41
2:10	06:10
2:20	06:38
2:30	07:07
2:45	07:49
3:00	08:32



12 Week Training Plan for 21st Marina Home Dubai Creek Striders Half Marathon



Sat/Sun session – 10 kms LONG RUN

As mentioned earlier for the long runs, we will take it easy for the first 4 weeks and go at a pace 10% slower than your equivalent FM pace, which will be as follows:

<u>HM Target</u>	<u>Pace</u>
<u>Time (hrs:mins)</u>	<u>min:secs/Km</u>
1:30	04:54
1:40	05:26
1:45	05:42
1:50	05:58
1:55	06:15
2:00	06:32
2:10	07:04
2:20	07:36
2:30	08:10
2:45	08:58
3:00	09:47

Week 4 – 27th Nov – 3rd Dec

Mon/Tue Session

Hill intervals of 200m x 8 repeats. The ideal location will be the Garhoud Bridge or something equivalent. You need to find an incline with a gradient of 7 to 10%. As a reference point, the two main inclines on the Wafi/Bur Dubai side of Garhoud Bridge are a 7% gradient climbing to an elevation of 14 m over 200m. We run up for 200m at the designated paces and then walk back down the incline and then start the next interval.

Hill intervals are excellent for developing leg strength and endurance. At much lower speeds you can get the benefits of the much higher speeds on a flat stretch which you may not even be able to achieve. The reason is that for every 1% increase in gradient the energy required to run goes up by 10% compared to the same pace on a flat stretch. So, for a 7% incline one will consume 70% more energy compared to a flat stretch. Just to get a feel, if one can maintain a pace of 5:00 min/km on the 7% incline it is equivalent to a pace of 2:56.5 on a flat stretch which in real terms will not be possible for most of us who are capable of a 5 min pace on flat ground. So that is the power of hill training. It is intense but exhilarating. Also, the shock impact on the legs is much lesser in an uphill run.

Recommended paces for 200m hill repeats at 7% incline.

<u>HM Target</u>	<u>Pace</u>
<u>Time (hrs:mins)</u>	<u>min:secs/Km</u>
1:30	04:27
1:40	04:56
1:45	05:11
1:50	05:26
1:55	05:41
2:00	05:56
2:10	06:25
2:20	06:55
2:30	07:25
2:45	08:09
3:00	08:54

Wed/Thu sessions

Tempo session consisting of 1-mile repeats. It will be 1600m x 4 with a break of 3 mins after every set. This will be a steady run at your 10K pace. This type of run trains you to run at an intensity experienced during an actual race but for shorter durations so that you don't wear yourself out. The target paces of this run are as follows.

12 Week Training Plan for 21st Marina Home Dubai Creek Striders Half Marathon

HM Target	Pace
Time (hrs:mins)	min:secs/Km
1:30	04:05
1:40	04:32
1:45	04:46
1:50	04:59
1:55	05:13
2:00	05:26
2:10	05:54
2:20	06:21
2:30	06:48
2:45	07:29
3:00	08:09

Sat/Sun Session - 12 km LONG RUN

This will be the last of your 4 easy long runs at 10% slower than marathon pace. We will take it very easy as the idea is to maintain a steady pace with easy breathing. You may be tempted to go faster in the early stages. I suggest you hold back and if you feel like going faster you can do so in the second half or the last one third. Slow running stimulates your fat metabolism which is very important if you want to conserve your glycogen reserves for the full run.

Recommended paces for the 12Km long run:

HM Target	Pace
Time (hrs:mins)	min:secs/Km
1:30	04:54
1:40	05:26
1:45	05:42
1:50	05:58
1:55	06:15
2:00	06:32
2:10	07:04
2:20	07:36
2:30	08:10
2:45	08:58
3:00	09:47

Week 5 – 4th – 10th Dec

Mon/Tue Session

400m x 10 with at a 90 secs jog/walk break. Paces for each 400m segment will be as follows:

<u>HM Target</u>	<u>Pace</u>
<u>Time (hrs:mins)</u>	<u>min:secs/Km</u>
1:30	03:39
1:40	04:03
1:45	04:15
1:50	04:28
1:55	04:40
2:00	04:52
2:10	05:16
2:20	05:41
2:30	06:05
2:45	06:41
3:00	07:18

Wed/Thu session

The session for wed/Thu is a varying tempo run of 3200m x1, 1600m x 1 and 800m x 2 with a break of 3 mins after each segment.

Paces for the 3200-tempo run (your half marathon pace):

<u>HM Target</u>	<u>Pace</u>
<u>Time (hrs:mins)</u>	<u>min:secs/Km</u>
1:30	04:16
1:40	04:44
1:45	04:59
1:50	05:13
1:55	05:27
2:00	05:41
2:10	06:10
2:20	06:38
2:30	07:07
2:45	07:49
3:00	08:32

Paces for the 1600m tempo run segment (your 10K pace):



12 Week Training Plan for 21st Marina Home Dubai Creek Striders Half Marathon



HM Target	Pace
Time (hrs:mins)	min:secs/Km
1:30	04:05
1:40	04:32
1:45	04:46
1:50	04:59
1:55	05:13
2:00	05:26
2:10	05:54
2:20	06:21
2:30	06:48
2:45	07:29
3:00	08:09

Paces for the 800m tempo run (your 5k pace):

HM Target	Pace
Time (hrs:mins)	min:secs/Km
1:30	03:55
1:40	04:21
1:45	04:34
1:50	04:47
1:55	05:00
2:00	05:13
2:10	05:39
2:20	06:05
2:30	06:31
2:45	07:10
3:00	07:50



12 Week Training Plan for 21st Marina Home Dubai Creek Striders Half Marathon



Sat/Sun Session - 14 kms LONG RUN

The long run planned for this Sat/Sun is a 14km. From this week and for the coming 4 weeks, we will up the pace a bit for the long runs and go at 5% slower than FM pace.

Recommended paces (5% slower than marathon pace):

<u>HM Target</u>	<u>Pace</u>
<u>Time (hrs:mins)</u>	<u>min:secs/Km</u>
1:30	04:40
1:40	05:11
1:45	05:27
1:50	05:42
1:55	05:58
2:00	06:14
2:10	06:44
2:20	07:16
2:30	07:47
2:45	08:34
3:00	09:21

Week 6 – 11th – 17th Dec

Mon/Tue Session:

800m x 6 with at a 90 secs jog/walk break. Paces for each 800m segment will be as follows:

HM Target	Pace
Time (hrs:mins)	min:secs/Km
1:30	03:55
1:40	04:21
1:45	04:34
1:50	04:47
1:55	05:00
2:00	05:13
2:10	05:39
2:20	06:05
2:30	06:31
2:45	07:10
3:00	07:50

Wed/Thu sessions:

2 Mile repeats – 3200m x 2 with a 3 mins break between the two segments. The paces for the session will be as follows:

HM Target	Pace
Time (hrs:mins)	min:secs/Km
1:30	04:16
1:40	04:44
1:45	04:59
1:50	05:13
1:55	05:27
2:00	05:41
2:10	06:10
2:20	06:38
2:30	07:07
2:45	07:49
3:00	08:32



12 Week Training Plan for 21st Marina Home Dubai Creek Striders Half Marathon



Sat/Sun session - 16 km LONG RUN

This will be a 16Km long run and the second of our slightly faster long runs at a pace of 5% slower than Marathon pace:

<u>HM Target</u>	<u>Pace</u>
<u>Time (hrs:mins)</u>	<u>min:secs/Km</u>
1:30	04:40
1:40	05:11
1:45	05:27
1:50	05:42
1:55	05:58
2:00	06:14
2:10	06:44
2:20	07:16
2:30	07:47
2:45	08:34
3:00	09:21

Week 7 – 18th – 24th Dec

Mon/Tue Session:

Hill intervals of 200m x 10 repeats. The ideal location will be the Garhoud Bridge or something equivalent. You need to find an incline with a gradient of 7 to 10%. As a reference point, the two main inclines on the Wafi/Bur Dubai side of Garhoud Bridge are a 7% gradient climbing to an elevation of 14 m over 200m. We run up for 200m at the designated paces and then walk back down the incline and then start the next interval.

Hill intervals are excellent for developing leg strength and endurance. At much lower speeds you can get the benefits of the much higher speeds on a flat stretch which you may not even be able to achieve. The reason is that for every 1% increase in gradient the energy required to run goes up by 10% compared to the same pace on a flat stretch. So, for a 7% incline one will consume 70% more energy compared to a flat stretch. Just to get a feel, if one can maintain a pace of 5:00 min/km on the 7% incline it is equivalent to a pace of 2:56.5 on a flat stretch which in real terms will not be possible for most of us who are capable of a 5 min pace on flat ground. So that is the power of hill training. It is intense but exhilarating. Also, the shock impact on the legs is much lesser in an uphill run.

Recommended paces for 200m hill repeats at 7% incline.

<u>HM Target</u>	<u>Pace</u>
<u>Time (hrs:mins)</u>	<u>min:secs/Km</u>
1:30	04:27
1:40	04:56
1:45	05:11
1:50	05:26
1:55	05:41
2:00	05:56
2:10	06:25
2:20	06:55
2:30	07:25
2:45	08:09
3:00	08:54

Wed/Thu sessions:

A continuous tempo run session of 4 miles or 6400 m at your FM pace
Marathon paces for quick reference:



12 Week Training Plan for 21st Marina Home Dubai Creek Striders Half Marathon



HM Target	Pace
Time (hrs:mins)	min:secs/Km
1:30	04:27
1:40	04:56
1:45	05:11
1:50	05:26
1:55	05:41
2:00	05:56
2:10	06:25
2:20	06:55
2:30	07:25
2:45	08:09
3:00	08:54

Sat/Sun session - 18 kms LONG RUN

This will be a 18Km long run and the third of our slightly faster long runs at a pace of 5% slower than Marathon pace:

HM Target	Pace
Time (hrs:mins)	min:secs/Km
1:30	04:40
1:40	05:11
1:45	05:27
1:50	05:42
1:55	05:58
2:00	06:14
2:10	06:44
2:20	07:16
2:30	07:47
2:45	08:34
3:00	09:21

Week 8 – 25th Dec – 31st Dec

Mon/Tue sessions:

This week we step up our speed session and go for 400m x 16 with at a 90 secs jog/walk break as a build up to the peak session of 400m x 20 next week. Paces for each 400m segment will be as follows:

<u>HM Target</u>	<u>Pace</u>
<u>Time (hrs:mins)</u>	<u>min:secs/Km</u>
1:30	03:39
1:40	04:03
1:45	04:15
1:50	04:28
1:55	04:40
2:00	04:52
2:10	05:16
2:20	05:41
2:30	06:05
2:45	06:41
3:00	07:18

Wed/Thu sessions:

Tempo session consisting of 1-mile repeats. It will be 1600m x 4 with a break of 3 mins after every set. This will be a steady run at your 10K pace. This type of run trains you to run at an intensity experienced during an actual race but for shorter durations so that you don't wear yourself out. The target paces of this run are as follows.

<u>HM Target</u>	<u>Pace</u>
<u>Time (hrs:mins)</u>	<u>min:secs/Km</u>
1:30	04:05
1:40	04:32
1:45	04:46
1:50	04:59
1:55	05:13
2:00	05:26
2:10	05:54
2:20	06:21
2:30	06:48
2:45	07:29
3:00	08:09

12 Week Training Plan for 21st Marina Home Dubai Creek Striders Half Marathon

Sat/Sun session - LONG RUN of 16 kms

This week we pull back a little and go back to 16kms to allow some recovery before stepping up again from next week. Recommended paces are given below and the same as last week's FM plus 5% pace:

HM Target	Pace
Time (hrs:mins)	min:secs/Km
1:30	04:40
1:40	05:11
1:45	05:27
1:50	05:42
1:55	05:58
2:00	06:14
2:10	06:44
2:20	07:16
2:30	07:47
2:45	08:34
3:00	09:21

Week 9 – 1st Jan – 7th Jan

Mon/Tue Sessions

This will be the toughest and most tedious mid-week workout during this half marathon training. We will be doing 400m x 20 repeats with 90 secs break after each interval. This is the half marathon equivalent of the Yasso 800s work out for the FM. This is a predictive workout from which you can estimate your half marathon finish time provided you have done the full gamut of half marathon training - long runs, intervals, tempo, hills, etc. The average amount of time you take to complete each 400m segment in mins and secs is your half marathon finish in hours and mins. For example, if your average time to finish each of the twenty 400m segments is 1:45 mins (1 min & 45 secs) then your predicted half marathon finish time is 1:45 hours (1 hours & 45 mins).

Recommended paces for the 400m repeats (your 3k pace):

<u>HM Target</u>	<u>Pace</u>
<u>Time (hrs:mins)</u>	<u>min:secs/Km</u>
1:30	03:39
1:40	04:03
1:45	04:15
1:50	04:28
1:55	04:40
2:00	04:52
2:10	05:16
2:20	05:41
2:30	06:05
2:45	06:41
3:00	07:18

Wed/Thu Sessions:

The session for wed/Thu is a varying tempo run of 3200m x1, 1600m x 1 and 800m x 2 with a break of 3 mins after each segment.

Paces for the 3200-tempo run (your half marathon pace):



12 Week Training Plan for 21st Marina Home Dubai Creek Striders Half Marathon



HM Target	Pace
Time (hrs:mins)	min:secs/Km
1:30	04:16
1:40	04:44
1:45	04:59
1:50	05:13
1:55	05:27
2:00	05:41
2:10	06:10
2:20	06:38
2:30	07:07
2:45	07:49
3:00	08:32

Paces for the 1600m tempo run segment (your 10K pace):

HM Target	Pace
Time (hrs:mins)	min:secs/Km
1:30	04:05
1:40	04:32
1:45	04:46
1:50	04:59
1:55	05:13
2:00	05:26
2:10	05:54
2:20	06:21
2:30	06:48
2:45	07:29
3:00	08:09

Paces for the 800m tempo run (your 5k pace):



12 Week Training Plan for 21st Marina Home Dubai Creek Striders Half Marathon



<u>HM Target</u>	<u>Pace</u>
<u>Time (hrs:mins)</u>	<u>min:secs/Km</u>
1:30	03:55
1:40	04:21
1:45	04:34
1:50	04:47
1:55	05:00
2:00	05:13
2:10	05:39
2:20	06:05
2:30	06:31
2:45	07:10
3:00	07:50

12 Week Training Plan for 21st Marina Home Dubai Creek Striders Half Marathon

Sat/Sun Session - 18km Long run

This week we step up the distance as well as the pace a little bit. The first 12 km will be at last week's pace of FM plus 5%:

<u>HM Target</u>	<u>Pace</u>
<u>Time</u> <u>(hrs:mins)</u>	<u>min:secs/Km</u>
1:30	04:40
1:40	05:11
1:45	05:27
1:50	05:42
1:55	05:58
2:00	06:14
2:10	06:44
2:20	07:16
2:30	07:47
2:45	08:34
3:00	09:21

The last 6km will be at Marathon pace as follows:

<u>HM Target</u>	<u>Pace</u>
<u>Time</u> <u>(hrs:mins)</u>	<u>min:secs/Km</u>
1:30	04:27
1:40	04:56
1:45	05:11
1:50	05:26
1:55	05:41
2:00	05:56
2:10	06:25
2:20	06:55
2:30	07:25
2:45	08:09
3:00	08:54

Week 10 – 8th – 14thJan

Mon/Tue Session:

Hill intervals of 200m x 12 repeats. The ideal location will be the Garhoud Bridge or something equivalent. You need to find an incline with a gradient of 7 to 10%. As a reference point, the two main inclines on the Wafi/Bur Dubai side of Garhoud Bridge are a 7% gradient climbing to an elevation of 14 m over 200m. We run up for 200m at the designated paces and then walk back down the incline and then start the next interval.

Hill intervals are excellent for developing leg strength and endurance. At much lower speeds you can get the benefits of the much higher speeds on a flat stretch which you may not even be able to achieve. The reason is that for every 1% increase in gradient the energy required to run goes up by 10% compared to the same pace on a flat stretch. So, for a 7% incline one will consume 70% more energy compared to a flat stretch. Just to get a feel, if one can maintain a pace of 5:00 min/km on the 7% incline it is equivalent to a pace of 2:56.5 on a flat stretch which in real terms will not be possible for most of us who are capable of a 5 min pace on flat ground. So that is the power of hill training. It is intense but exhilarating. Also, the shock impact on the legs is much lesser in an uphill run.

Recommended paces for 200m hill repeats at 7% incline.

<u>HM Target</u>	<u>Pace</u>
<u>Time (hrs:mins)</u>	<u>min:secs/Km</u>
1:30	04:27
1:40	04:56
1:45	05:11
1:50	05:26
1:55	05:41
2:00	05:56
2:10	06:25
2:20	06:55
2:30	07:25
2:45	08:09
3:00	08:54

Wed/Thu sessions:

2 Mile repeats – 3200m x 2 with a 3 mins break between the two segments. The paces for the session will be as follows:

12 Week Training Plan for 21st Marina Home Dubai Creek Striders Half Marathon

<u>HM Target</u>	<u>Pace</u>
<u>Time (hrs:mins)</u>	<u>min:secs/Km</u>
1:30	04:16
1:40	04:44
1:45	04:59
1:50	05:13
1:55	05:27
2:00	05:41
2:10	06:10
2:20	06:38
2:30	07:07
2:45	07:49
3:00	08:32

Sat/Sun session - 20 kms LONG RUN

This will be the longest run of the training program at 20km with the first 12km at FM plus 5% pace as follows:

<u>HM Target</u>	<u>Pace</u>
<u>Time (hrs:mins)</u>	<u>min:secs/Km</u>
1:30	04:40
1:40	05:11
1:45	05:27
1:50	05:42
1:55	05:58
2:00	06:14
2:10	06:44
2:20	07:16
2:30	07:47
2:45	08:34
3:00	09:21

The last 8 km will be at Marathon pace as follows:

<u>HM Target</u>	<u>Pace</u>
<u>Time (hrs:mins)</u>	<u>min:secs/Km</u>



12 Week Training Plan for 21st Marina Home Dubai Creek Striders Half Marathon



1:30	04:27
1:40	04:56
1:45	05:11
1:50	05:26
1:55	05:41
2:00	05:56
2:10	06:25
2:20	06:55
2:30	07:25
2:45	08:09
3:00	08:54

Week 11 – 15th – 21st Jan

Mon/Tue Session:

We start tapering down a little bit in the penultimate week before race day. We do a 800m x 6 with a 90 secs jog/walk break. Paces for each 800m segment will be as follows:

<u>HM Target</u>	<u>Pace</u>
<u>Time (hrs:mins)</u>	<u>min:secs/Km</u>
1:30	03:55
1:40	04:21
1:45	04:34
1:50	04:47
1:55	05:00
2:00	05:13
2:10	05:39
2:20	06:05
2:30	06:31
2:45	07:10
3:00	07:50

Wed/Thu session:

Long intervals or tempo session. We start tapering down a little bit in the penultimate week before the race.

1600 m x 3 repeats with a 3 mins break after each interval.

As usual, a warm up run of 1 km plus warm up drills and stretching exercises before the main session.

Paces for each 1600m segment will basically be your 10K pace and will be as follows for the various HM finish times:



12 Week Training Plan for 21st Marina Home Dubai Creek Striders Half Marathon



HM Target	Pace
Time (hrs:mins)	min:secs/Km
1:30	04:05
1:40	04:32
1:45	04:46
1:50	04:59
1:55	05:13
2:00	05:26
2:10	05:54
2:20	06:21
2:30	06:48
2:45	07:29
3:00	08:09

12 Week Training Plan for 21st Marina Home Dubai Creek Striders Half Marathon

Sat/Sun session - 14 kms LONG RUN

From last week's 20km run, we taper down to 14km but increase overall average pace. The first 4km will be at FM plus 5% pace as follows:

<u>HM Target</u>	<u>Pace</u>
<u>Time</u> <u>(hrs:mins)</u>	<u>min:secs/Km</u>
1:30	04:40
1:40	05:11
1:45	05:27
1:50	05:42
1:55	05:58
2:00	06:14
2:10	06:44
2:20	07:16
2:30	07:47
2:45	08:34
3:00	09:21

The last 10 km will be at Marathon pace as follows:

<u>HM Target</u>	<u>Pace</u>
<u>Time</u> <u>(hrs:mins)</u>	<u>min:secs/Km</u>
1:30	04:27
1:40	04:56
1:45	05:11
1:50	05:26
1:55	05:41
2:00	05:56
2:10	06:25
2:20	06:55
2:30	07:25
2:45	08:09
3:00	08:54

12 Week Training Plan for 21st Marina Home Dubai Creek Striders Half Marathon

Final Week 12 – 21st – 28th Jan (Race Day)

With just a few days to go, we have just two more sessions before race day. On Tuesday, we will have a small interval session and on **Thursday, there will be an easy shakeout run.**

Mon/Tue sessions:

The interval session on Tuesday will be an easy 400m x 6 session with 90 secs break between intervals. Paces for each 400m segment will be as follows:

<u>HM Target</u>	<u>Pace</u>
<u>Time (hrs:mins)</u>	<u>min:secs/Km</u>
1:30	03:39
1:40	04:03
1:45	04:15
1:50	04:28
1:55	04:40
2:00	04:52
2:10	05:16
2:20	05:41
2:30	06:05
2:45	06:41
3:00	07:18

Wed/Thu Session:

FINAL SESSION before race day on Saturday. It will be an easy session known as a shakeout run just to loosen up your muscles and rid them of any stiffness. An easy 3200m run at FM plus 10% pace as follows:



12 Week Training Plan for 21st Marina Home Dubai Creek Striders Half Marathon



<u>HM Target</u>	<u>Pace</u>
<u>Time (hrs:mins)</u>	<u>min:secs/Km</u>
1:30	04:54
1:40	05:26
1:45	05:42
1:50	05:58
1:55	06:15
2:00	06:32
2:10	07:04
2:20	07:36
2:30	08:10
2:45	08:58
3:00	09:47

Tips for the final week

With less than a week to go before race day, it is now time focus on diet. Of course, it is important to have a clean diet all the time, but some special attention needs to be paid in the last week before race day. During a long race like the half marathon, the body's source of energy comes from both carbohydrates and fats. The utilization proportion of the two depends on how fast you run. At lower paces, a significant chunk comes from fat reserves but as pace increases the balance shifts towards carbs. In fact, for elite runners almost 90% of the energy comes from carbs. While the body has very large reserves of fat energy, the amount of carbs which the body can store as glycogen in the muscles is very limited - about 400-500 gms which can give about 1600-2000 calories.

A typical runner weighing 70kgs needs about 1500 cal to complete a 21.1 km half marathon assuming a flat course. So, you will be consuming most of your carb reserves in a half marathon race. So, it makes sense to ensure that you are fully loaded up on carbs prior to race day.

So, over the next few days, please increase your carb intake and load up on your muscle glycogen to the maximum extent. Please note that it is important not to overeat. Your overall calories intake should be the same as before - it is just that you have to reduce the protein and fat intake and replace that with carbs. Load up on eating bread, pasta, chapatis, rotis, khubs, fruits, vegetables, desserts without much fat content. Reduce or eliminate full fat dairy, red meat, spicy and oily stuff, fried snacks, processed food, etc. On the day before the race, you can also avoid high fiber food and increase your liquid food intake. Finally, don't experiment with any new foods you have not taken before in these last few days before the race day. Stick to your tried and tested foods.

Final tips on hydration.

Please ensure that in the last few days before the race you hydrate well and drink a lot of fluids, especially water. You need to enter the race fully hydrated. Many of us sweat anywhere from 750ml to 1 ltr every hour during a race. It is actually very difficult to exactly replace the same quantity of fluids you lose as sweat through consuming drinks while on the run. Even if you drink more, the body can only absorb at a certain rate. So, it is important to drink at least a small quantity of drinks at every station. Even when humidity is low, you may feel you are not sweating but the fact is sweat evaporates fast in low humidity and your clothes feel dry. There is of course the very low risk of hyponatremia due to excessive water consumption. This happens if you are only drinking water and not consuming electrolytes. Sodium is an important component for maintaining the osmotic balance of fluids in the body and if a lot of Sodium is drained out of the body through sweat and not replaced and you consume only water, your body fluids get diluted and this is dangerous if not corrected soon.

So please ensure you also consume the Pocaris at every available station. For people who sweat a lot, the amount of sodium in Pocari and GU Gels is very less and therefore for them it is essential to consume sodium by way of salt tablets. There is also a strong correlation between



12 Week Training Plan for 21st Marina Home Dubai Creek Striders Half Marathon



consuming salt tablets and prevention of cramps. I have personally experienced this during the hot summer months long runs. So those of you who sweat a lot, please see if you carry some salt tablets with you during the run.

Sweat on average contains about 950 to 1000mg of sodium per liter. So if you sweat at the rate of 1 ltr per hour, you will lose 4000mg of Sodium in a 4 hour marathon. The amount of sodium in GU and Pocari is far less than this.

Pacing Chart for DCS Half Marathon

Km Mark	Remarks	Finish Time - Hours:Mins									
		01:30	01:35	01:40	01:45	01:50	02:00	02:15	02:30	02:45	03:00
1		00:04:27	00:04:42	00:04:57	00:05:12	00:05:27	00:05:57	00:06:41	00:07:26	00:08:10	00:08:55
2		00:04:12	00:04:26	00:04:40	00:04:54	00:05:08	00:05:36	00:06:18	00:07:00	00:07:42	00:08:24
3		00:04:07	00:04:21	00:04:34	00:04:48	00:05:02	00:05:29	00:06:10	00:06:51	00:07:33	00:08:14
4	Garhoud Bridge	00:04:48	00:05:04	00:05:20	00:05:36	00:05:52	00:06:24	00:07:12	00:08:00	00:08:48	00:09:36
5	1st Drinks Station	00:04:17	00:04:31	00:04:46	00:05:00	00:05:14	00:05:43	00:06:26	00:07:09	00:07:51	00:08:34
6		00:04:07	00:04:21	00:04:34	00:04:48	00:05:02	00:05:29	00:06:10	00:06:51	00:07:33	00:08:14
7		00:04:07	00:04:21	00:04:34	00:04:48	00:05:02	00:05:29	00:06:10	00:06:51	00:07:33	00:08:14
8	Maktoum Br/2nd Drinks Stn	00:04:22	00:04:37	00:04:51	00:05:06	00:05:21	00:05:50	00:06:33	00:07:17	00:08:01	00:08:45
9		00:04:07	00:04:21	00:04:34	00:04:48	00:05:02	00:05:29	00:06:10	00:06:51	00:07:33	00:08:14
10		00:04:07	00:04:21	00:04:34	00:04:48	00:05:02	00:05:29	00:06:10	00:06:51	00:07:33	00:08:14
11	3rd Drinks Station	00:04:22	00:04:37	00:04:51	00:05:06	00:05:21	00:05:50	00:06:33	00:07:17	00:08:01	00:08:45
12		00:04:07	00:04:21	00:04:34	00:04:48	00:05:02	00:05:29	00:06:10	00:06:51	00:07:33	00:08:14
13		00:04:07	00:04:21	00:04:34	00:04:48	00:05:02	00:05:29	00:06:10	00:06:51	00:07:33	00:08:14
14	Shindaga Tnl/4th Drks Stn	00:04:48	00:05:04	00:05:20	00:05:36	00:05:52	00:06:24	00:07:12	00:08:00	00:08:48	00:09:36
15		00:04:07	00:04:21	00:04:34	00:04:48	00:05:02	00:05:29	00:06:10	00:06:51	00:07:33	00:08:14
16		00:04:07	00:04:21	00:04:34	00:04:48	00:05:02	00:05:29	00:06:10	00:06:51	00:07:33	00:08:14
17	5th Drinks Stn	00:04:22	00:04:37	00:04:51	00:05:06	00:05:21	00:05:50	00:06:33	00:07:17	00:08:01	00:08:45
18		00:04:07	00:04:21	00:04:34	00:04:48	00:05:02	00:05:29	00:06:10	00:06:51	00:07:33	00:08:14
19	Maktoum Br	00:04:17	00:04:31	00:04:46	00:05:00	00:05:14	00:05:43	00:06:26	00:07:09	00:07:51	00:08:34
20	Maktoum Br/6th Drinks Stn	00:04:17	00:04:31	00:04:46	00:05:00	00:05:14	00:05:43	00:06:26	00:07:09	00:07:51	00:08:34
21		00:04:04	00:04:18	00:04:31	00:04:45	00:04:59	00:05:26	00:06:06	00:06:47	00:07:28	00:08:09
21.1		00:00:24	00:00:26	00:00:27	00:00:29	00:00:30	00:00:33	00:00:37	00:00:41	00:00:45	00:00:49
Total		01:29:51	01:34:50	01:39:50	01:44:49	01:49:49	01:59:48	02:14:47	02:29:45	02:44:44	02:59:42

Note - Last 100 mtrs same pace as the 21st Km