

asics

RM
RUNMELBOURNE

21.1K / 10K / 5.5K

2025

8 WEEK TRAINING GUIDE

powered by  SOLE MOTIVE

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M CITY OF
MELBOURNE

ROKIBY

PURE
SPORTS NUTRITION

FUNDAY
NATURAL SWEETS

RUNNER'S
WORLD

RUNMELBOURNE



**The will
to win is
important,
but the will
to prepare
is vital.”**

- Haile Gebrselassie

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SOLE MOTIVATION

ROKBY

PURE

WILL OF DESTINY

ASICS

RUNNERS

WORLD

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A large crowd of runners is gathered at the start of a marathon, with a blue overlay and text. The runners are wearing various athletic gear, including tank tops, shorts, and running shoes. Some are looking towards the camera, while others are looking down at their phones or gear. The background is a dark blue gradient with white text and logos.

RUNMELBOURNE

Your training journey starts here!

Training for a half marathon is key to performing your best on race day. By following a structured training plan, you can build the strength, stamina, and confidence needed to reach your race day goals. A well-designed plan helps prevent injuries, improves your endurance, and ensures you're fully prepared to take on the challenge ahead. Stick to your plan, stay committed, and you'll cross that finish line stronger than ever!

TRAINING TERMINOLOGY

Easy: The “Easy” level is all about running at a comfortable pace where you can easily hold a conversation. It helps build endurance and fitness without pushing your limits. Focus on maintaining a steady, relaxed pace within an aerobic zone, ideal for beginners or those building stamina. The goal is consistency and gradual improvement, while enjoying the run and staying relaxed throughout each session.

Moderate: At the “Moderate” level, your pace should challenge you but still allow you to say short phrases without gasping for air. This level helps improve both endurance and speed, pushing your limits while maintaining control. You’ll start to feel the effort, but you should still be able to carry on a conversation in short bursts. Ideal for building stamina and increasing pace, this level fosters steady progress while improving cardiovascular fitness.

Tempo: A tempo run is a workout that is run at a pace faster than your moderate pace but not as intense as a hard run. It’s usually described as a “comfortably hard” effort, where you can maintain the pace without feeling like you’re at your maximum, but it still feels challenging. A tempo run helps improve your endurance and lactate threshold, making it easier to sustain faster paces over longer distances.

Hard: At the “Hard” level, your pace is intense, making speaking nearly impossible. This level pushes your limits, increasing both speed and cardiovascular capacity. You’ll be working at a high effort, where you’re focused on maintaining your

form and completing the session. It’s ideal for improving race performance or building strength, but it should feel challenging. The goal is to push through the discomfort, increasing your fitness and stamina with each run.

Builds: A “build” run is a workout where you gradually increase your pace throughout the session. You start at an easy, comfortable pace, then pick up the speed during the middle portion of the run. Finally, you finish the run with an even faster pace, pushing yourself to the end. This type of workout helps improve your stamina and speed endurance, as it teaches your body to handle increasing levels of effort and finish strong.

Why does the training program include gym/strength training?

Incorporating gym or cross-training into your running program is essential for building overall strength, improving endurance, and preventing injury. Cross-training enhances muscle balance, reduces the risk of overuse injuries, and targets different muscle groups that running alone may miss. Activities like strength training, cycling, or swimming can boost cardiovascular fitness, increase power, and promote recovery, helping you become a more well-rounded, efficient runner.

RUNMELBOURNE 2025

RUNMELBOURNE 2025 **RUNMELBOURNE**



**5.5K
BEGINNER**

GOAL = TO RUN A 5.5K BEGINNER!

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY LONG RUN
1	Rest	15min walk	Rest	Warm-up: 5min walk 3 x (1min run + 2min walk) Cool down: 7min walk	Rest	Cross training/Gym	6 x (1min run + 1min walk)
2	Rest	15min walk	Rest	Warm up: 5min walk 4 x (1min run + 2min walk) Cool down: 7min walk	Rest	Cross training/Gym	6 x (1min run + 1min walk)
3	Rest	20min walk	Rest	Warm up: 5min walk 6 x (1min run + 2min walk) Cool down: 1min walk	Rest	Cross training/Gym	5 x (2min run + 2min walk)
4	Rest	20min walk	Rest	Warm up: 5min walk 8 x (1min run + 2min walk) Cool down: 1min walk	Rest	Cross training/Gym	6 x (2min run + 2min walk)
5	Rest	25min walk	Rest	Warm up: 5min run 5 x (2min run + 2min walk)	Rest	Cross training/Gym	4 x 4min run + 2min walk or try 2 x (10min run + 2 min walk))
6	Rest	25min walk	Rest	Warm up: 5min run 5 x (3min run + 2min walk)	Rest	Cross training/Gym	4 x 4min run + 2min walk or try 2 x (10min run + 2 min walk)
7	Rest	15min walk + 10min run	Rest	Warm up: 5min run 5 x (3min run + 1min walk) Cool down: 5min walk	Rest	Cross training/Gym	5 x (4min run + 2min walk) or try 25min run
8	Rest	15min walk + 10min run	Rest	Warm up: 5min run 5 x (2min run + 1min walk) Cool down: 5min walk	Rest	Cross training/Gym	RACE DAY

RUNMELBOURNE 2025

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 **RM**
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**10K
BEGINNER**

GOAL = TO RUN A 10K BEGINNER!

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY LONG RUN
1	Rest	30min walk	Rest	Warm up: 5min walk 6 x (2min run + 1min walk) Cool down: 5min walk	Rest	Cross training/Gym	5 x (1K run + 2min walk)
2	Rest	30min walk	Rest	Warm up: 5min walk 6 x (2min run + 1min walk) Cool down: 5min walk	Rest	Cross training/Gym	5 x (1K run + 2min walk)
3	Rest	25min walk + 5min run	Rest	Warm up: 5min walk 6 x (3min run + 1min walk) Cool down: 5min walk	Rest	Cross training/Gym	4 x (1.5K run + 2min walk)
4	Rest	25min walk + 5min run	Rest	Warm up: 6min walk 6 x (3min run + 1min walk) Cool down: 5min walk	Rest	Cross training/Gym	5 x (1.5K run + 2min walk)
5	Rest	20min walk + 10min run	Rest	Warm up: 5min run 6 x (4min run + 1min walk) Cool down: 5min easy run	Rest	Cross training/Gym	4 x (2K run + 2min walk)
6	Rest	20min walk + 10min run	Rest	Warm up: 5min run 5 x (4min moderate run + 1min walk) Cool down: 5min easy run	Rest	Cross training/Gym	4 x (2.5K run + 1min walk)
7	Rest	15min walk + 15min run	Rest	Warm up: 10min run 6 x (4min run + 1min easy run) Cool down: 5min easy run	Rest	Cross training/Gym	8K run
8	Rest	15min walk + 15min run	Rest	Warm up: 10min run 5 x (2min moderate run + 2min easy run) Cool down: 5min easy run	Rest	Cross training/Gym	RACE DAY

RUNMELBOURNE 2025

RUNMELBOURNE 2025 **RUNMELBOURNE**



**21.1K
BEGINNER**

GOAL = TO RUN A HALF MARATHON BEGINNER!

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY LONG RUN
1	Rest	20min run + 10min walk	Rest	Warm up: 7min run 6 x (2min moderate run + 1min walk) Cool down: 5min easy run	Rest	Cross training/Gym	5-6K
2	Rest	20min run + 10min walk	Rest	Warm up: 15min run 6 x (2min moderate run + 1min walk) Cool down: 2min easy run	Rest	Cross training/Gym	6-7K
3	Rest	20min run + 10min walk	Rest	Warm up: 6min run 6 x (3min moderate run + 1min walk) Cool down: 5min easy run	Rest	Cross training/Gym	8-10K
4	Rest	20min run + 10min walk	Rest	Warm up: 11 min run 6 x (3min moderate run + 1min walk) Cool down: 5min easy run	Rest	Cross training/Gym	10-12K
5	Rest	30min easy run	Rest	Warm up: 10min run 5 x (4min moderate run + 1min walk) Cool down: 5min easy run	Rest	Cross training/Gym	12-14K
6	Rest	30min easy run	Rest	Warm up: 15min run 5 x (4min moderate run + 1min walk) Cool down: 5min easy run	Rest	Cross training/Gym	14-18K
7	Rest	30min easy run	Rest	Warm up: 10min run 5 x (1K mod/hard run + 2min walk) Cool down: 5min easy run	Rest	Cross training/Gym	10K
8	Rest	35min easy run	Rest	Warm up: 10min run 8 x (2min mod/hard run + 1min easy run) Cool down: 6min easy run	Rest	Cross training/Gym	RACE DAY

RUNMELBOURNE 2025

RUNMELBOURNE 2025 **RUNMELBOURNE**



5.5K
INTERMEDIATE

GOAL = TO RUN A 5.5K INTERMEDIATE!

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY LONG RUN
1	Rest	15min walk	Rest	Warm-up: 5min walk 6 x (1min run + 2min walk) Cool down: 7min walk	Rest	Cross training/Gym	10 x (1min run + 1min walk)
2	Rest	15min walk	Rest	Warm up: 5min walk 6 x (1min run + 2min walk) Cool down: 7min walk	Rest	Cross training/Gym	10 x (1min run + 1min walk)
3	Rest	20min walk	Rest	Warm up: 5min walk 6 x (2min run + 2min walk) Cool down: 1min walk	Rest	Cross training/Gym	6 x (3min run + 2min walk)
4	Rest	20min walk	Rest	Warm up: 5min walk 6 x (2min run + 2min walk) Cool down: 1min walk	Rest	Cross training/Gym	6 x (3min run + 2min walk)
5	Rest	25min walk	Rest	Warm up: 5min run 5 x (4min run + 2min walk)	Rest	Cross training/Gym	2 x (2K run + 2min walk)
6	Rest	25min walk	Rest	Warm up: 5min run 5 x (4min run + 2min walk)	Rest	Cross training/Gym	2 x (15min run + 1-2min walk)
7	Rest	15min walk + 10min run	Rest	Warm up: 5min run 5 x (4min run + 1min walk) Cool down: 5min walk	Rest	Cross training/Gym	3K run + 1min walk + 2Krun + 1min walk)
8	Rest	15min walk + 10min run	Rest	Warm up: 5min run 5 x (2min run + 1min walk) Cool down: 5min walk	Rest	Cross training/Gym	RACE DAY

RUNMELBOURNE 2025

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10K
INTERMEDIATE

GOAL = TO RUN 10K

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY LONG RUN
1	Rest	20min run + 10min walk	Rest	Warm up: 7min run 6 x (2min moderate run + 1min walk) Cool down: 5min easy run	Rest	Cross training/Gym	5-6K
2	Rest	20min run + 10min walk	Rest	Warm up: 7min run 6 x (2min moderate run + 1min walk) Cool down: 5min easy run	Rest	Cross training/Gym	6-7K
3	Rest	20min run + 10min walk	Rest	Warm up: 6min run 6 x (3min moderate run + 1min walk) Cool down: 5min easy run	Rest	Cross training/Gym	6-7K
4	Rest	20min run + 10min walk	Rest	Warm up: 6min run 6 x (3min moderate run + 1min walk) Cool down: 5min easy run	Rest	Cross training/Gym	7-8K
5	Rest	30min easy run	Rest	Warm up: 6 min run 6 x (3min moderate run + 1min walk) Cool down: 5min easy run	Rest	Cross training/Gym	7-8K
6	Rest	30min easy run	Rest	Warm up: 5min run 5 x (4min moderate run + 1min walk) Cool down: 5min easy run	Rest	Cross training/Gym	9-10K
7	Rest	30min easy run	Rest	Warm up: 10min run 8 x (2min mod/hard run + 1min easy run) Cool down: 6min easy run	Rest	Cross training/Gym	9-10K
8	Rest	30min easy run	Rest	Warm up: 10min run 5 x (2min mod/hard run + 2min easy run) Cool down: 5min easy run	Rest	Cross training/Gym	RACE DAY

RUNMELBOURNE 2025

RUNMELBOURNE 2025 **RUNMELBOURNE**



21.1K

INTERMEDIATE

GOAL = TO RUN A HALF MARATHON INTERMEDIATE!

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY LONG RUN
1	Rest	30min easy run	Rest	Warm up: 10min run 6 x (3min mod/hard run + 1min walk) Cool down: 6min easy run	Rest	Cross training/ Gym/ easy 30-40min run	8-10K
2	Rest	30min easy run	Rest	Warm up: 10min run 6 x (3min mod/hard run + 1min walk) Cool down: 6min easy run	Rest	Cross training/ Gym/ easy 30-40min run	10-12K
3	Rest	30min easy run	Rest	Warm up: 6min run 5 x (1K mod/hard run + 2min walk) Cool down: 5min easy run	Rest	40min run including a 20min tempo	12-14K
4	Rest	40min easy run	Rest	Warm up: 6min run 5 x (1K mod/hard run + 2min walk) Cool down: 5min easy run	Rest	Cross training/ Gym/easy 30-40min run	14-16K
5	Rest	40min easy run	Rest	Warm up: 15min run 1min fast + 1min easy + 2min fast + 1min easy + 3min fast + 2min easy + 3min fast + 2min easy + 2min fast + 1min easy + 1min fast + 1min easy Cool down: 10min easy run	Rest	Cross training/ Gym/easy 30-40min run	16-18K
6	Rest	40min easy run	Rest	Warm up: 15min run 1min fast + 1min easy + 2min fast + 1min easy + 3min fast + 2min easy + 3min fast + 2min easy + 2min fast + 1min easy + 1min fast + 1min easy Cool down: 10min easy run	Rest	Cross training/ Gym/easy 30-40min run	18-20K
7	Rest	30min easy run	Rest	Warm up: 10min run 2 x 90sec fast/90sec easy, + 4 x 60sec fast/60sec easy + 4x30sec fast/30sec easy, 4x15sec fast/15sec easy Cool down: 5min easy run	Rest	Easy 30min run	10K (HALF MARA PACE)
8	Rest	30min easy run	Rest	Warm up: 10min run 8 x (2min mod/hard run + 1min easy run) Cool down: 6min easy run	Rest	40min run including a 20min tempo	RACE DAY

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“

**It's not
about the
time you
finish, it's
about the
time you
put in.”**

- Unknown