

RUN4
GEELONG
2026 8 NOV

HALF MARATHON TRAINING PROGRAM





TOP TIPS FROM PROFEET PODIATRY

Footwear - Runners and Work/Everyday Shoes

Reliable and stable runners are key in completing a run, CALL INTO ProFeet Footwear FOR A COMPLIMENTARY FOOTWEAR ASSESSMENT AND GAIT ANALYSIS.

work / everyday shoes ARE EQUALLY AS IMPORTANT as this is the shoe you'll be recovering in and doing the majority of loading on your feet. Our ProFeet footwear stores in Geelong, Ocean Grove & Torquay will be happy to help with personalised fittings and footwear advice.

Mobility Work

While getting the Kms in is important for our training, so is our mobility. Prioritise pre and post run stretching and dynamic movements to allow the body to remain fluid. This will reduce the likelihood of injury long term. Mobility exercises that WE recommend include:

- calf stretching
- toe yoga
- ankle circles
- under the foot ball rolling

JOIN US

We are hosting three community training/fundraising runs in the lead up to RUN 4 GEELONG.

ALL ABILITIES WELCOME!

Sign-up on [EVENTBRITE](#) (keep an eye on our socials).

DONATION ON ENTRY :)

RUN #1:

Sun 11th Oct

Powered by HAPPY HOUR RUN CREW & PROFEET

RUN #2:

Sun 18th Oct

Powered by LEOPOLD COFFEE RUN & PROFEET

RUN #3 KIDS RUN:

Sat 31st Oct

Powered by DRYSDALE RUNNERS & PROFEET



WEEK 1

8 WEEKS TO GO

Remember to warm up and cool down each interval session

FIRST TIMER

Session 1: Long Run
2 min jog 1 min walk
for 35 mins
RPE: 4-6

Session 2: Interval Session
30 secs hard 60 secs EASY
for 20 mins
RPE: 7-8

Session 3: Recovery Run
2 min jog 1 min walk
for 20 mins
RPE: 2-3

INTERMEDIATE

Session 1: Long Run
45 mins slow jog
RPE: 4-6
Distance: 7-9km

Session 2: Interval Session
1 min hard 90 secs slow jog
for 25 mins
RPE: 7-8
Distance: 5-6km

Session 3: Recovery Run
25 mins slow jog
RPE: 2-3
Distance: 4-5km

TOP TIP: Patience is key, we don't need to run 21.1km tomorrow. Trust the process.

WEEK 2

7 WEEKS TO GO

Remember to warm up and cool down each interval session

FIRST TIMER

Session 1: Long Run
3 min jog 1 min walk
for 40 mins
RPE: 4-6

Session 2: Interval Session
Hill repeats
45 secs hard uphill
walk/jog back recovery X 8
RPE: 7-8

Session 3: Recovery Run
3 min jog 1 min walk
for 25 mins
RPE: 2-3

INTERMEDIATE

Session 1: Long Run
50 mins slow jog
RPE: 4-6
Distance: 8-10km

Session 2: Interval Session
800m efforts X 5
2 min slow jog recovery
RPE: 7-8
Distance: 4km efforts

Session 3: Recovery Run
30 mins slow jog
RPE: 2-3
Distance: 5-6km

TOP TIP: Geelong residents, head to Eastern Beach for your stair climbs / hill repeats, grab a coffee at Pavilion Geelong afterwards!

*For stair climbs we recommend running up the stairs and down the ramp for a longer recovery.

WEEK 3

6 WEEKS TO GO

Remember to warm up and cool down each interval session

FIRST TIMER

Session 1: Long Run
5 min jog 1 min walk
for 50 mins
RPE: 4-6

Session 2: Interval Session
400m efforts X 8
90 sec slow jog recovery
RPE: 7-8
Distance: 3.2km

Session 3: Recovery Run
25 min easy jog/walk
RPE: 2-3

INTERMEDIATE

Session 1: Long Run
3km slow jog
3km GOAL race pace
3km slow jog
RPE: 5-6
Distance: 9km

Session 2: Interval Session
1km efforts X 5
2 min slow jog recovery
RPE: 7-8
Distance: 5km

Session 3: Recovery Run
35 mins slow jog
RPE: 2-3
Distance: 5-7km

TOP TIP: We recommend having a lighter pair of shoes for interval sessions and race day. You will feel lighter and faster for these sessions which is great when your legs are moving quicker and the heart rate is higher!

WEEK 4

5 WEEKS TO GO

Remember to warm up and cool down each interval session

FIRST TIMER

Session 1: Long Run
40 min easy jog
OR 5 min jog / 1 min walk
RPE: 4-6
Distance: 5-7km

Session 2: Intervals
Hill sprints X 10
Hard up, walk/jog back
RPE: 7-8
Distance: 2-3km

Session 3: Recovery Run
5 min jog / 1 min walk
for 35 mins
RPE: 2-3

INTERMEDIATE

Session 1: Long Run
2km easy
6km GOAL race pace
2km easy
RPE: 5-6
Distance: 10km

Session 2: Intervals
500m FAST / 500m SLOW X 6
RPE: 7-8
Distance: 6km

Session 3: Recovery Run
35 min easy jog
RPE: 2-3
Distance: 5-6km

TOP TIP: Grab a friend for your recovery runs so you can run at a talking pace. Plus running with a friend is way more fun! You might even like to remind them to sign up for R4G!

WEEK 5

4 WEEKS TO GO

Remember to warm up and cool down each interval session

FIRST TIMER

Session 1: Long Run
60 min easy jog
OR jog/walk as needed
RPE: 4-6
Distance: 8-10km

Session 2: Intervals
200m / 400m / 600m
600m / 400m / 200m
2 min recovery between reps
RPE: 7-8
Distance: 2.4km

Session 3: Recovery Run
35 min easy jog
RPE: 2-3
Distance: 5-6km

INTERMEDIATE

Session 1: Long Run
12km easy
RPE: 5-6

Session 2: Intervals
600m / 800m / 1km
1km / 800m / 600m
3 min recovery between reps
RPE: 7-8
Distance: 4.8km

Session 3: Recovery Run
40 min easy jog
RPE: 2-3
Distance: 6-8km

WEEK 6

3 WEEKS TO GO

Remember to warm up and cool down each interval session

FIRST TIMER

Session 1: Long Run
75 min easy jog
OR jog/walk as needed
RPE: 4-6
Distance: 10-12km

Session 2: Intervals
2 min hard / 2 min easy X 6
RPE: 7-8

Session 3: Recovery Run
40 min easy jog
RPE: 2-3
Distance: 6-7km

INTERMEDIATE

Session 1: Long Run
3km easy
8km race pace
2km easy
RPE: 5-6
Distance: 13km

Session 2: Intervals
1km hard / 500m easy X 5
RPE: 7-8
Distance: 5km hard

Session 3: Recovery Run
9km easy
RPE: 3-4

TOP TIP: Head to Deakin University, Waurn Ponds for your interval sessions. The track is a softer surface which your knees will love!

TOP TIP: There is a sneaky hill along the R4G course! These hill reps will prepare you perfectly for race day!



JOIN US for a group run

Sun 11th Oct @ HAPPY HOUR RUN club

Sun 18th Oct @ LEOPOLD COFFEE RUN

WEEK 7

2 WEEKS TO GO

Remember to warm up and cool down each interval session

FIRST TIMER

Session 1: Long Run
90 min easy
OR jog/walk as needed
RPE: 4-6
Distance: 12-14km

Session 2: Intervals
6 X 90 sec hard / 60 sec easy
6 X 30 sec hard / 30 sec easy
RPE: 7-8

Session 3: Recovery Run
30 min easy jog
RPE: 2-3
Distance: 4-5km

INTERMEDIATE

Session 1: Long Run
16-18km easy
RPE: 4-6

Session 2: Intervals
2km race pace X 3
3 min easy jog between sets
RPE: 6-7
Distance: 6km race pace

Session 3: Recovery Run
6-8km easy
RPE: 2-3

WEEK 8

7 DAYS TO GO

FIRST TIMER

Session 1: Long Run
45-50 min easy
OR jog/walk as needed
RPE: 4-5
Distance: 6-8km

Session 2: Recovery Run
25 min easy jog
RPE: 2-3
Distance: 3-4km

INTERMEDIATE

Session 1: Long Run
45 min easy jog
RPE: 4-5
Distance: 6-8km

Session 2: Recovery Run
30 min easy jog
RPE: 2-3
Distance: 4-5km

TOP TIP: THIS IS YOUR LAST BIG WEEK BEFORE TAPER. PUSH YOURSELF AND CELEBRATE HOW FAR YOU'VE COME!

TOP TIP: TAPER WEEK! REMEMBER YOU WANT TO LET YOUR BODY RECOVER BEFORE RACE DAY! NO HARD SESSIONS THIS WEEK. DRINK LOTS OF WATER, EAT THOSE CARBS AND GOOD LUCK!



JOIN US for a group run
Sat 31st Oct @ Drysdale Runners (Kids Run)

PROFEET VOUCHER

POP IN STORE TO CLAIM \$40 OFF YOUR
NEXT PAIR OF ADULTS SHOES!



THIS TRAINING PROGRAM BROUGHT TO YOU BY:



PLEASE CONTACT HELLO@PROFEETFOOTWEAR.COM.AU
WITH ANY QUESTIONS. HAPPY TO HELP!