



GREAT SOUTH RUN - 21.1KM TRAINING PLANS

Welcome to the official training plans for Brisbane's Great South Run on April 8th. We provide all entrants to the half-marathon event with a complementary training plan suitable for 2 different levels: **INTERMEDIATE** and **ADVANCED**. Please refer to the separate training plans for the 7km and 10km distance on our website [HERE](#) or [CONTACT US](#) if you are interested in a personal training plan taking your current fitness level, lifestyle and personal goals into account. In addition to these plans, P.A.T.42.2 RUNNING offers the following coaching services tailored to participants of the Great South Run:

- Weekly group run sessions in Southbank and at University of Queensland. [More info and sign up for your 2 week FREE TRIAL.](#)
- Enter [GREAT SOUTH RUN](#) and go into the draw to win one of our 3x 1 hour 1-on-1 personal coaching/ training sessions.

I personally wish you a fantastic preparation and looking forward to see you at one of our training sessions or at the event on April 8th.

Pat Nispel

Accredited Running Coach, Owner & Head Coach [P.A.T.42.2 RUNNING](#),
2016 Great South Run half-marathon winner.





21.1KM INTERMEDIATE TRAINING PLAN (sub 2 hours)

- Goal finish time: under 2 hours (race pace: 5:40 min/km)
- Participants should be able to run a 10km in under 55 minutes before starting on this program
- 3 to 4 training sessions per week: Monday / Tuesday / Thursday / Saturday (training days are flexible)
- Cross-training possible on any other day with minimum 1 rest day per week
- 2 time trials: 5k on 03.03. and 10km on 24.03.
- A glossary of common terms and training explanations can be found here: <https://runningcoach.me/pages/glossar>

WEEK 1		Ease into the training plan with a mix of slow base aerobic conditioning and short fast interval running.							
Day	Date	Training Type	Warm up/ down	Main Training	Distance	Total Time	Total Distance	Actual Time	Actual Distance
MON.	29.01.	Steady Run 1	na	50:00 @7:00 pace	7'100m	0:50:00	7'100m		
TUE.	30.01.	Rest Day				0:00:00	0m		
THU.	01.02.	Intervals	15:00 jogging	8x 1:30 @5:10 pace (1:00 jog recovery)	8x 290m	0:56:00	8'200m		
SAT.	03.02.	Long Run	na	1:10:00 @7:20 pace	9'500m	1:10:00	9'500m		
TOTAL FOR WEEK 1:						2:56:00	24'800m		
WEEK 2		Build your training slowly by adding a little bit more running this week.							
Day	Date	Training Type	Warm up/ down	Main Training	Distance	Total Time	Total Distance	Actual Time	Actual Distance
MON.	05.02.	Steady Run 1	na	40:00 @7:00 pace	5'700m	0:40:00	5'700m		
TUE.	06.02.	Steady Run 1	na	55:00 @7:00 pace	7'900m	0:55:00	7'900m		
THU.	08.02.	Tempo Run	15:00 jogging	2x 15:00 @5:45 pace (5:00 jog recovery)	2x 2'600m	1:05:00	10'200m		
SAT.	10.02.	Long Run	na	1:20:00 @7:20 pace	10'900m	1:20:00	10'900m		
TOTAL FOR WEEK 2:						4:00:00	34'700m		



WEEK 3		This is the first big training week - keep up the consistency. Buddy up for extra motivation.							
Day	Date	Training Type	Warm up/ down	Main Training	Distance	Total Time	Total Distance	Actual Time	Actual Distance
MON.	12.02.	Steady Run 1	na	1:00:00 @7:00 pace	8'600m	1:00:00	8'600m		
TUE.	13.02.	Steady Run 2	na	1:10:00 @6:40 pace	10'500m	1:10:00	10'500m		
THU.	15.02.	Intervals	15:00 jogging	6x 2:00 @5:00 pace (2:00 jog recovery)	8x 400m	0:52:00	8'900m		
SAT.	17.02.	Long Run	na	1:30:00 @7:20 pace	12'500m	1:30:00	12'500m		
TOTAL FOR WEEK 3:						4:32:00	40'500m		
WEEK 4		You have earned a recovery week with a bit less training overall this week.							
Day	Date	Training Type	Warm up/ down	Main Training	Distance	Total Time	Total Distance	Actual Time	Actual Distance
MON.	19.02.	Rest Day				0:00:00	0m		
TUE.	20.02.	Steady Run 2	na	1:00:00 @6:40 pace	9'000m	1:00:00	9'000m		
THU.	22.02.	Tempo Run	15:00 jogging	2x 20:00 @5:45 pace (5:00 jog recovery)	2x 3'500m	1:15:00	12'000m		
SAT.	24.02.	Long Run	na	1:10:00 @7:20 pace	9'500m	1:10:00	9'500m		
TOTAL FOR WEEK 4:						3:25:00	30'500m		
WEEK 5		This week will see your first time trial over 5km: try to run the distance at the target goal race pace.							
Day	Date	Training Type	Warm up/ down	Main Training	Distance	Total Time	Total Distance	Actual Time	Actual Distance
MON.	26.02.	Steady Run 1	na	1:00:00 @6:50 pace	8'800m	1:00:00	8'800m		
TUE.	27.02.	Intervals	15:00 jogging	12x 1:15 @5:00 pace (1:00 jog recovery)	12x 250m	0:56:00	8'400m		
THU.	01.03.	Recovery Run	na	45:00 @7:20 pace	6'100m	0:45:00	6'100m		
SAT.	03.03.	Time Trial	15:00 jogging	Run 5km @5:10 pace	5'000m	0:56:00	9'200m		
TOTAL FOR WEEK 5:						3:37:00	32'500m		



WEEK 6		Keep building your endurance by following the plan closely.							
Day	Date	Training Type	Warm up/ down	Main Training	Distance	Total Time	Total Distance	Actual Time	Actual Distance
MON.	05.03.	Recovery Run	na	45:00 @7:20 pace	6'100m	0:45:00	6'100m		
TUE.	06.03.	Steady Run 1	na	1:00:00 @6:50 pace	8'800m	1:00:00	8'800m		
THU.	08.03.	Tempo Run	15:00 jogging	1x 45:00 @5:50 pace	1x 7'700m	1:15:00	11'700m		
SAT.	10.03.	Long Run	na	1:30:00 @7:00 pace	12'800m	1:30:00	12'800m		
TOTAL FOR WEEK 6:						4:30:00	39'400m		
WEEK 7		The biggest training week. Keep track of the total time and distances for extra motivation.							
Day	Date	Training Type	Warm up/ down	Main Training	Distance	Total Time	Total Distance	Actual Time	Actual Distance
MON.	12.03.	Steady Run 1	na	55:00 @6:50 pace	8'000m	0:55:00	8'000m		
TUE.	13.03.	Steady Run 2	na	1:00:00 @6:30 pace	9'200m	1:00:00	9'200m		
THU.	15.03.	Intervals	15:00 jogging	8x 3:00 @5:15 pace (2:00 jog recovery)	8x 570m	1:10:00	11'400m		
SAT.	17.03.	Long Run	na	1:45:00 @7:00 pace	15'000m	1:45:00	15'000m		
TOTAL FOR WEEK 7:						4:50:00	43'600m		
WEEK 8		Your second recovery week and time trial over 5km: try to run the distance at the target goal race pace.							
Day	Date	Training Type	Warm up/ down	Main Training	Distance	Total Time	Total Distance	Actual Time	Actual Distance
MON.	19.03.	Steady Run 1	na	50:00 @6:50 pace	7'300m	0:50:00	7'300m		
TUE.	20.03.	Intervals	15:00 jogging	8x 1:15 @5:00 pace (1:00 jog recovery)	8x 250m	0:47:00	7'200m		
THU.	22.03.	Recovery Run	na	45:00 @7:20 pace	6'100m	0:45:00	6'100m		
SAT.	24.03.	Time Trial	10:00 jogging	Run 10km @5:30 pace	10'000m	1:15:00	14'000m		
TOTAL FOR WEEK 8:						3:37:00	34'600m		



WEEK 9		Your last hard training week. Make sure you recover well and stay healthy.							
Day	Date	Training Type	Warm up/ down	Main Training	Distance	Total Time	Total Distance	Actual Time	Actual Distance
MON.	26.03.	Steady Run 1	na	50:00 @6:50 pace	7'300m	0:50:00	7'300m		
TUE.	27.03.	Steady Run 1	na	1:00:00 @6:50 pace	8'700m	1:00:00	8'700m		
THU.	29.03.	Tempo Run	15:00 jogging	1x 45:00 @5:40 pace	1x 8'000m	1:15:00	12'00m		
SAT.	31.03.	Long Run	na	1:25:00 @7:00 pace	12'100m	1:25:00	12'100m		
TOTAL FOR WEEK 9:						4:30:00	40'100m		

WEEK 10		RACE WEEK: less is more to freshen up for the event on Sunday. GOOD LUCK!							
Day	Date	Training Type	Warm up/ down	Main Training	Distance	Total Time	Total Distance	Actual Time	Actual Distance
MON.	02.04.	Steady Run 1	na	45:00 @6:50 pace	6'500m	0:45:00	6'500m		
TUE.	03.04.	Tempo Run	15:00 jogging	2x 15:00 @5:40 pace (5:00 jog recovery)	2x 2'600m	1:05:00	9'700m		
THU.	05.04.	Rest Day				0:00:00	0m		
SUN.	08.04.	RACE DAY	5:00 jogging	Run 21.1km @5:40 pace or bit faster	21'100m	2:10:00	23'000m		
TOTAL FOR WEEK 10:						4:00:00	39'200m		

Congrats for completing the 10 week training plan. I hope you achieved your goal of running the half-marathon in under 2 hours.

Pat

21.1KM ADVANCED TRAINING PLAN (sub 1 hour and 35 minutes)

- Goal finish time: under 1h 35min (race pace: 4:30 min/km)
- Participants should be able to run a 10km in under 45 minutes before starting on this program
- 4 to 5 training sessions per week: Tuesday / Wednesday/ Thursday / Saturday / Sunday (days are flexible)
- Cross-training possible on any other day with minimum 1 rest day per week
- 2 time trials: 5k on 03.03. and 10k on 24.03.
- A glossary of common terms and training explanations can be found here: <https://runningcoach.me/pages/glossar>

WEEK 1		Ease into the training plan with a mix of slow base aerobic conditioning and short fast interval running.							
Day	Date	Training Type	Warm up/ down	Main Training	Distance	Total Time	Total Distance	Actual Time	Actual Distance
TUE.	30.01.	Steady Run 2	na	1:00:00 @5:40 pace	10'600m	1:00:00	10'600m		
WED.	31.01.	Rest Day				0:00:00	0m		
THU.	01.02.	Intervals	15:00 jogging	8x 1:30 @4:10 pace (2:00 jog recovery)	8x 360m	0:55:00	9'700m		
SAT.	03.02.	Steady Run 1	na	55:00 @6:00 pace	9'200m	0:55:00	9'200m		
SUN.	04.02.	Long Run	na	1:10:00 @6:20 pace	11'000m	1:10:00	11'000m		
TOTAL FOR WEEK 1:						4:00:00	40'500m		
WEEK 2		Build your training slowly by adding a little bit more running this week.							
Day	Date	Training Type	Warm up/ down	Main Training	Distance	Total Time	Total Distance	Actual Time	Actual Distance
TUE.	06.02.	Steady Run 2	na	1:00:00 @5:40 pace	10'600m	1:00:00	10'600m		
WED.	07.02.	Steady Run 1	na	45:00 @6:00 pace	7'500m	0:45:00	7'500m		
THU.	08.02.	Tempo Run	15:00 jogging	2x 20:00 @4:45 pace (5:00 jog recovery)	2x 4'200m	1:15:00	13'800m		
SAT.	10.02.	Steady Run 1	na	40:00 @6:00 pace	6'600m	0:40:00	6'600m		
SUN.	11.02.	Long Run	na	1:20:00 @6:20 pace	12'600m	1:20:00	12'600m		
TOTAL FOR WEEK 2:						5:00:00	51'100m		



WEEK 3		This is the first big training week - keep up the consistency. Buddy up for extra motivation.							
Day	Date	Training Type	Warm up/ down	Main Training	Distance	Total Time	Total Distance	Actual Time	Actual Distance
TUE.	13.02.	Steady Run 2	na	1:10:00 @5:40 pace	12'300m	1:10:00	12'300m		
WED.	14.02.	Steady Run 1	na	1:00:00 @6:00 pace	10'000m	1:00:00	10'000m		
THU.	15.02.	Intervals	15:00 jogging	6x 2:00 @4:10 pace (2:00 jog recovery)	8x 480m	0:52:00	9'100m		
SAT.	17.02.	Steady Run 1	na	1:00:00 @6:00 pace	10'000m	1:00:00	10'000m		
SUN.	18.02.	Long Run	na	1:30:00 @6:20 pace	14'200m	1:30:00	14'200m		
TOTAL FOR WEEK 3:						5:32:00	55'600m		
WEEK 4		You have earned a recovery week with a bit less training overall this week.							
Day	Date	Training Type	Warm up/ down	Main Training	Distance	Time	Distance	Time	Distance
TUE.	20.02.	Rest Day				0:00:00	0m		
WED.	21.02.	Steady Run 1	na	1:00:00 @6:00 pace	10'000m	1:00:00	10'000m		
THU.	22.02.	Tempo Run	15:00 jogging	2x 15:00 @4:40 pace (5:00 jog recovery)	2x 3'200m	1:05:00	12'100m		
SAT.	24.02.	Steady Run 1	na	50:00 @6:00 pace	8'300m	0:50:00	8'300m		
SUN.	04.02.	Long Run	na	1:10:00 @6:20 pace	11'000m	1:10:00	11'000m		
TOTAL FOR WEEK 4:						4:05:00	41'400m		
WEEK 5		This week will see your first time trial over 5km: try to run the distance at the target goal race pace.							
Day	Date	Training Type	Warm up/ down	Main Training	Distance	Time	Distance	Time	Distance
TUE.	27.02.	Intervals	15:00 jogging	12x 1:15 @4:10 pace (1:00 jog recovery)	12x 300m	0:56:00	10'400m		
WED.	28.02.	Steady Run 1	na	1:00:00 @6:00 pace	10'000m	1:00:00	10'000m		
THU.	01.03.	Steady Run 2	na	50:00 @5:40 pace	10'600m	0:50:00	8'800m		
SAT.	03.03.	Time Trial	15:00 jogging	Run 5km @4:00 pace	5'000m	0:50:00	10'000m		
SUN.	04.03.	Long Run	na	1:15:00 @6:20 pace	11'800m	1:15:00	11'800m		
TOTAL FOR WEEK 5:						4:51:00	51'000m		



WEEK 6		Keep building your endurance by following the plan closely.							
Day	Date	Training Type	Warm up/ down	Main Training	Distance	Total Time	Total Distance	Actual Time	Actual Distance
TUE.	06.03.	Steady Run 1	na	40:00 @5:50 pace	6'800m	0:40:00	6'800m		
WED.	07.03.	Steady Run 2	na	1:00:00 @5:30 pace	10'900m	1:00:00	10'900m		
THU.	08.03.	Tempo Run	15:00 jogging	1x 45:00 @4:45 pace	1x 9'500m	1:15:00	14'500m		
SAT.	10.03.	Steady Run 1	na	1:10:00 @5:50 pace	12'000m	1:10:00	12'000m		
SUN.	11.03.	Long Run	na	1:30:00 @6:60 pace	14'200m	1:30:00	14'200m		
TOTAL FOR WEEK 6:						5:35:00	58'400m		
WEEK 7		The biggest training week. Keep track of the total time and distances for extra motivation.							
Day	Date	Training Type	Warm up/ down	Main Training	Distance	Time	Distance	Time	Distance
TUE.	13.03.	Tempo Run	15:00 jogging	2x 20:00 @4:30 pace (5:00 jog recovery)	2x 4'400m	1:15:00	14'200m		
WED.	14.03.	Steady Run 1	na	1:00:00 @5:50 pace	10'200m	1:00:00	10'200m		
THU.	15.03.	Intervals	15:00 jogging	8x 3:00 @4:15 pace (2:00 jog recovery)	8x 700m	1:10:00	13'000m		
SAT.	17.03.	Steady Run 1	na	50:00 @5:50 pace	8'500m	0:50:00	8'500m		
SUN.	18.03.	Long Run	na	1:45:00 @6:20 pace	16'500m	1:45:00	16'500m		
TOTAL FOR WEEK 7:						6:00:00	62'400m		
WEEK 8		Your second recovery week and time trial over 5km: try to run the distance at the target goal race pace.							
Day	Date	Training Type	Warm up/ down	Main Training	Distance	Time	Distance	Time	Distance
TUE.	20.03.	Recovery Run	na	45:00 @6:30 pace	6'900m	0:45:00	6'900m		
WED.	21.03.	Intervals	15:00 jogging	8x 1:15 @4:10 pace (1:00 jog recovery)	8x 300m	0:47:00	8'500m		
THU.	22.03.	Rest Day				0:00:00	0m		
SAT.	24.03.	Time Trial	10:00 jogging	Run 10km @4:20 pace	10'000m	1:03:00	14'000m		
SUN.	25.03.	Steady Run 1	na	1:00:00 @6:00 pace	10'000m	1:00:00	10'000m		
TOTAL FOR WEEK 8:						3:35:00	39'400m		



WEEK 9		Your last hard training week. Make sure you recover well and stay healthy.							
Day	Date	Training Type	Warm up/ down	Main Training	Distance	Total Time	Total Distance	Actual Time	Actual Distance
TUE.	27.03.	Steady Run 2	na	1:00:00 @5:30 pace	10'900m	1:00:00	10'900m		
WED.	28.03.	Steady Run 1	na	40:00 @5:50 pace	6'800m	0:40:00	6'800m		
THU.	29.03.	Tempo Run	15:00 jogging	1x 45:00 @4:30 pace	1x 10'000m	1:15:00	15'000m		
SAT.	31.03.	Steady Run 1	na	45:00 @5:50 pace	7'700m	0:45:00	7'700m		
SUN.	01.04.	Long Run	na	1:25:00 @6:00 pace	14'100m	1:25:00	14'100m		
TOTAL FOR WEEK 9:						5:05:00	54'500m		

WEEK 10		RACE WEEK: less is more to freshen up for the event on Sunday. GOOD LUCK!							
Day	Date	Training Type	Warm up/ down	Main Training	Distance	Total Time	Total Distance	Actual Time	Actual Distance
TUE.	03.04.	Steady Run 1	na	45:00 @5:50 pace	7'700m	0:45:00	7'700m		
WED.	04.04.	Tempo Run	15:00 jogging	2x 15:00 @4:30 pace (5:00 jog recovery)	2x 3'300m	1:05:00	12'500m		
THU.	05.04.	Rest Day				0:00:00	0m		
SAT.	07.04.	Recovery Run	na	30:00 @6:20 pace	4'700m	0:30:00	4'700m		
SUN.	08.04.	RACE DAY	10:00 jogging	Run 21.1km @4:30 pace or bit faster	21'100m	1:55:00	24'000m		
TOTAL FOR WEEK 10:						4:15:00	48'900m		

Congrats for completing the 10 week training plan. I hope you achieved your goal of running the half-marathon in under 1h 35min. Pat

[P.A.T.42.2 RUNNING](http://www.pat422.com.au)