**How Hard Am I Working?**

**The Talk Test**

**Endurance Zone:** Carry on a full conversation

**Stamina Zone:** Speak 1-2 sentences

**Speed Zone:** Speak 2-3 words

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**Training Guidelines**

These plans do not dictate a pace for you to run at, instead favouring a measure of effort. Be honest with yourself and take the time to listen to your body during training. A missed run here and there won’t sabotage your training. You will have bad runs, and you will have runs where you think you can go on forever. Embrace the process, and you’ll be ready to celebrate on race day.

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**The Types of Workout That You Will Be Doing...**

**Endurance**

A key component in all of the plans, the aerobic endurance run is your longest run of the week. They should be run in the Talk Test Endurance Zone, that means you should be able to have a conversation during the run (a great excuse to run with friends). These training runs help your whole body adapt to the training load and form the cornerstone of every good training plan.

They also provide a great opportunity to explore your local area. Head to a park you haven’t visited recently.

Use the time it takes to run there as a warm up before you settle into some loops exploring and finally cool down on the way back home. In the early weeks of training you can break these into a Walk-Run workout, depending on your fitness level.

**Aerobic (Steady Jog)**

Designed to help improve your aerobic fitness, but at a shorter distance than an endurance run, these form the bulk of your miles for the week. They should be performed at a comfortable pace, building from the Talk Test Endurance Zone towards the Stamina Zone as the run progresses. In the early weeks of training you can break these into a Walk-Run workout.
TEMPO
These are the icing on the cake. You need to bake a cake and let it cool before you put the icing on, so speed work features later on in the training plans once your body has had some time to adapt to the training load. For the Royal Parks Half Marathon, speed work is in the Talk Test Stamina Zone.

FARTLEK
Fartlek means ‘Speed Play’ and that’s exactly what you’ll be doing in these runs. Think steady running with surges of pace added in to increase the quality of the workout and help increase your aerobic power. You won’t be able to talk much at the end of an effort, hitting the Talk Test Speed Zone, and you should take the recovery very easily, even breaking to a brisk walk if you are new to speed work.

AEROBIC CROSS-TRAINING
This is all non-running exercise that improves your aerobic capacity without the stress of running, including cycling, swimming, rowing, elliptical trainer, etc... These sessions can be great to use in place of a general aerobic run. Try to mimic the intensity of the workout as closely as possible.

STRENGTH
Training for a half marathon not only demands more from your cardiovascular system, it also asks your body to be strong enough to maintain good posture, move efficiently, and tolerate the increasing demands you place on it. There is a strong body of evidence that demonstrates improvement in efficiency, with two sessions per week being the ideal target. Adding on some strength work after your run can be a great way to maximise workout days, and you don’t need to be in the gym to benefit - your local park has plenty of options for you!

RECOVERY
Rest and Recovery is important. The tendency to think more is better is actually harmful to the body’s training adaptations. Rest days shouldn’t place any additional stress on your muscles or nervous system, but that doesn’t mean you have to do nothing. Think about light work if you’re being active. Listen to your body, an extra rest day here and there will not affect the overall training process. Sleep and nutrition is key. Make sure your sleep quality is high and fuel your body so that it can repair itself.