



HALF MARATHON TRAINING PROGRAM

A FIT COORDINATED TRAINING PROGRAM

What is the Half Marathon Training Program?

The Half Marathon Training program is a 12-week supported training program aimed at preparing FIT members with a solid running base to complete the Australian Running Festival's Half Marathon in Canberra on 5 April 2020. The primary objective of the program is to deliver a training program which prepares participants to get to the start line of the event without injury.

The training program will be delivered via Basecamp (please note that access is provided to the Basecamp app on registration for the program).

What equipment do I need?

Coaches will provide sessions on specific equipment during an information session as part of the program.

Who should register?

The program is targeted to FIT Members that are currently running regularly at least three times per week. Participants are aiming to either complete their first half marathon, or are interested in competing in their subsequent half marathons.

Participants should be able to:

- Complete a 10km run
- Be able to attend the majority of training sessions throughout the 12-week period
- Register for, and participate in, the [Australian Running Festival](#) being held on 5 April, 2020

What is the commitment?

Training sessions will include three general coached training sessions (Tuesday, Thursday and Saturday with cross training recommended on non-running days). The program will commence on 13 January for 12 weeks.

What is the cost?

The program costs is \$50, and you must be a member of FIT to register ([membership info](#)).

- Registrations are open NOW and close on Friday 31 January, 2020
- Registrations can be accessed [here](#)
- Got a question not covered here? Contact us at enquiries@fitact.org.au