

# Dublin City Council

## Dublin City Half Marathon

### Preparation

# Week 1

# Build Awareness

## BEGINNERS – FINISH STRONG

This week is not about proving fitness. It's about learning what different effort levels feel like. Over the next eight weeks, you'll build steadily toward race day.

But first, we need to understand the difference between easy, steady, and controlled hard effort. If you get this right now, everything else becomes simpler.

**Stay patient. Stay controlled. Trust the process.**



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# BEGINNERS - FINISH STRONG

For first-time half marathoners or those building confidence

Run/walk friendly. Walking breaks are encouraged if needed.

Walking is smart, not failure.

**Typical half marathon goal:** 2:15-2:45+.

**Typical easy run pace:** 6:30-7:30 min/km

## TUESDAY

**Activity:** RPE (Rate of Perceived Exertion) Calibration.

**Duration:** 25-30 min. **Intensity:** Warm-Up: 8-10m easy (RPE 3).

Main: 10m RPE 3 (conversational), 5m RPE 5 (elevated), 3m RPE 7 (working, but controlled), 3m easy. Cool Down: 5m walk/jog.

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## THURSDAY

**Activity:** Easy Run. **Duration:** 30 min

**Intensity:** RPE 3. Hold full conversation. Use short walk breaks if needed. Finish comfortable, not drained.

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## SUNDAY

**Activity:** Long Run. **Distance:** 8km

**Intensity:** RPE 3-4. Keep relaxed. Alternate run/walk is fine.  
Goal: time on feet, not speed.

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## OPTIONAL

**Activity:** Recovery. **Duration:** 20-25 min

**Intensity:** Easy jog or brisk walk if recovered.

## COACHING NOTE

This is awareness training. Notice your breathing and posture at each effort.

## **STRENGTH**

2 rounds: 10 Squats, 8 Reverse Lunges (each leg), 12 Glute Bridges, 30s Plank, 12 Calf Raises. Controlled.

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## **NUTRITION**

Hydration Basics: Aim to drink regularly. Urine should be light. Consider water for runs >45m.

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## **MINDSET**

Awareness builds confidence. Write down RPE feels. Understand effort levels for a calmer race day.

# RUNNING GLOSSARY

## **RPE (Rate of Perceived Exertion):**

1-10 intensity scale. RPE 3 is easy conversation;  
RPE 7 is purposeful hard work.

**Strides:** Short bursts of fast, relaxed running  
(15-20s) to improve form.

**Aerobic:** Oxygen-using steady effort.

**Taper:** Reducing training volume before a race  
to ensure you are recovered and fresh.

**"Awareness builds confidence."**

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 **DUBLIN CITY**  
**HALF MARATHON**



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