

Dublin City Council

Dublin City Half Marathon

Preparation

Week 1

Build Awareness

INTERMEDIATE – PROGRESSION

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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INTERMEDIATE – PROGRESSION

Runners aiming to improve or target sub-2 hours

Typical half marathon goal: 1:55–2:15

Typical easy run pace: 5:30–6:15 min/km

TUESDAY

Activity: RPE Calibration. **Duration:** 25–30 min

Intensity: Warm-Up: 8–10m easy jog (RPE 3). Main: 10m RPE 3, 5m RPE 5, 3m RPE 7, 3m easy. Cool Down: 5m easy jog.

THURSDAY

Activity: Easy Run. **Duration:** 35–40 min

Intensity: RPE 3. Relaxed and conversational throughout.

SUNDAY

Activity: Long Run. **Distance:** 10km

Intensity: RPE 3–4. Stay controlled early. Do not surge.

OPTIONAL

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

Intensity: Easy aerobic running @ RPE 3.

COACHING NOTE

The RPE 7 effort should feel purposeful, not aggressive.
Finish knowing you had a little left.

STRENGTH

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

NUTRITION

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

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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HALF MARATHON



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