

Dublin City Council

Dublin City Half Marathon

Preparation

Week 3

Practice Patience

BEGINNERS – FINISH STRONG

You are starting to build momentum now. This is the stage where many runners feel tempted to push harder. Don't. Fitness develops steadily. The goal this week is to stay controlled while slightly extending your efforts.

**We are building strength without rushing it.
Patience now protects race day later.**



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BEGINNERS – FINISH STRONG

For first-time half marathoners or those building confidence.

Run/walk friendly. Walking remains completely acceptable.

Your goal is steady progress, not perfection.

Typical half marathon goal: 2:15–2:45+.

Typical easy run pace: 6:30–7:30 min/km

TUESDAY – CONTROLLED EFFORT SESSION

Warm-Up: 8–10 minutes easy jogging or brisk walking (RPE 3).

Main Set: 3 × 5 minutes. **Intensity:** RPE 5–6. 2 minutes easy walking or jogging between efforts. Keep these steady and controlled. Breathing elevated but sustainable. **Cool Down:** 5 minutes easy.

THURSDAY – EASY RUN

Duration: 35 minutes. **Intensity:** RPE 3.

Conversational throughout. Walk if needed to stay controlled.

SUNDAY – LONG RUN

Distance: 10km. **Intensity:** RPE 3–4.

Steady throughout. Focus on relaxed breathing and rhythm.

OPTIONAL (FRIDAY OR SATURDAY)

Duration: 20–30 minutes easy jog or brisk walk.

Only if you feel recovered.

COACHING NOTE

You should finish feeling worked, but not drained.

OPTIONAL STRENGTH (10-15 MINUTES)

Repeat previous routine.

If feeling strong, add one extra round.

NUTRITION FOCUS – RECOVERY BASICS

After longer or harder runs, aim to eat within 60 minutes. **Include:** Carbohydrates to refuel, Protein to support muscle repair, Simple options:, Yogurt and fruit, Smoothie, Eggs on toast. Recovery habits now support the harder weeks ahead.

MINDSET FOCUS

Are you running to improve, or running to impress?

Patience now will show on race day.

Stay controlled. Trust the build.

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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