

Dublin City Council

Dublin City Half Marathon

Preparation

Week 7

Stay Calm

INTERMEDIATE – PROGRESSION

You've done the work. This week is about reducing fatigue while keeping your legs feeling fresh. You are not losing fitness.

You are allowing it to surface.

Less volume. Controlled rhythm.
Confidence growing. Trust the process.



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INTERMEDIATE – PROGRESSION

For 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 – CONTROLLED RACE REMINDER

Warm-Up: 8–10 minutes easy jog. **Main Set:** 3 × 1.5km.

Intensity: RPE 7. 2 minutes easy jog between efforts.

Controlled race rhythm. No straining.

Cool Down: 5 minutes easy.

THURSDAY – EASY RUN

Duration: 35–40 minutes. **Intensity:** RPE 3.

Keep it truly easy.

SUNDAY – LONG RUN (REDUCED)

Distance: 14–15km. **Intensity:** RPE 3–4.

Comfortable and steady.

OPTIONAL

Duration: 30 minutes easy aerobic.

COACHING NOTE

This is a reminder, not a test.

OPTIONAL STRENGTH (VERY LIGHT)

One light round only.
Focus on mobility and activation.

NUTRITION FOCUS – TAPER NUTRITION

Maintain balanced meals.
Do not drastically increase calories yet.
Stay hydrated. Keep meals consistent.
Consistency matters more than change.

MINDSET FOCUS

It's normal to feel slightly flat this week.
That does not mean you are unfit.
Fatigue is reducing. Fitness remains.
Stay calm.

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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