

Dublin City Council

Dublin City Half Marathon

Preparation

Week 8

Race Week

BEGINNERS – FINISH STRONG

You are ready.

Nothing you do this week will make you fitter.

Your job now is simple:

Stay relaxed. Stay consistent. Arrive fresh.

Trust the work you've done.



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BEGINNERS – FINISH STRONG

For first-time half marathoners or those building confidence.
Run/walk friendly. Your goal is to finish feeling proud.
Walk breaks are completely acceptable on race day.

Typical half marathon goal: 2:15–2:45+.
Typical easy run pace: 6:30–7:30 min/km

TUESDAY – LIGHT MOVEMENT

Warm-Up: 8 minutes easy jog or brisk walk (RPE 3).

Main Set: 3 × 3 minutes. **Intensity:** RPE 5.

2 minutes easy between efforts.

Keep it smooth and controlled.

Cool Down: 5 minutes easy.

THURSDAY – EASY RUN

Duration: 20–25 minutes. **Intensity:** RPE 3.

Relaxed and comfortable.

SUNDAY – RACE DAY

Start at RPE 3–4 for the first few kilometres.

Stay controlled early. If feeling strong after halfway,
gradually build to RPE 5–6.

Walk if needed. Keep moving forward.

Finish proud.

OPTIONAL STRENGTH

None required.
Light mobility only.

NUTRITION FOCUS – RACE DAY PLAN

Eat a familiar meal 2–3 hours before the race.

Stay hydrated but do not overdrink.

Practice the fueling strategy you rehearsed in training. Nothing new on race morning.

MINDSET FOCUS

You do not need to prove anything.

You have prepared. Race day is about expressing the work you've already done. Run with composure.

Finish with pride.

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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