



Activeliving4all Coaching

Nutrition and Movement is life

Est 2017

Multiple Half Marathon Build-Up Plan

For the Seasoned Runner Who's Always in the Game

This is *not* a novice program.

This is for runners who are *already fit*, already training — and want to *stay half marathon ready* year-round or use Blouberg as a smart stepping stone to more.

Who it's for:

- You've done a few half marathons already
- You're not starting from scratch
- You're already running 15km+ long runs
- You recover well and know how to push smart
- You're chasing consistency, strength, and performance

This plan is built for the *runner who doesn't need convincing* — you're here because you're already in shape, but you want structure, purpose, and progression.

We're not just training for Blouberg.

We're building a body and mindset to go the distance – race after race, block after block, season after season.

Let's run smart. Stay strong. And use every race as a stepping stone — not just a finish line.

You know how experienced you are! Be smart on the track – if you are a speedster – use the maximum intervals. If you are a midfielder, please be sensible and use the lower end of the spectrum.

 **22 -Week Program** |  **Tick as you go!**

Multiple Half Training Plan

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✔ Tick off as you go!

📌 Designed for runners building toward Multiple Half Marathons

📄 STR = Strength | XT = Cross-Training | Mobility = Activation & Recovery / E = Easy Run / H = Hills / RP = Race Pace / TP = Tempo / TR = Threshold

✔ Print it, tick it, and track your journey.

📌 Stick it on the fridge like it's a school art project — and actually follow it this time! 😊

Week	✔ Mon	✔ Tue	✔ Wed	✔ Thu	✔ Fri	✔ Sat	✔ Sun
1	STR + Mobility	WU 2km 8-10 x 600m -200m walk CD or CMC Track	8 km Tempo	Hill Repeats WU 2-3km 8-10 x 1 min Hill Repeats with 2 min easy CD 2-3km	XT + STR	REST	1 hrs E
2	STR + Mobility	WU 2km 6-8 x 800m -2min Stand CD or CMC Track	8 km Threshold	Hill Repeats WU 2-3km 6-8 x 2 min Hill Repeats with 2 min easy CD 2-3km	XT + STR	REST	12 km E
3	STR + Mobility	WU 2km 12-14 x 200m - 200m walk CD	8 km Aerobic	Hill Repeats WU 2-3km	XT + STR	REST	18 km E

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		or CMC Track		4-6 x 3 min Hill Repeats with 2 min easy CD 2-3km			
4	STR + Mobility	WU 2km 10-12 x 400m 90 sec stand CD or CMC Track	8 km Threshold	1 hour Hilly Run Heart rate in Threshold zone	XT + STR	REST	20 km E
5	STR + Mobility	WU 2km 4-6 x 1200m 200m walk 1min Stand CD or CMC Track	8 km Tempo	Hill Repeats WU 2-3km 8-10 x 1 min Hill Repeats with 2 min easy CD 2-3km	XT + STR	REST	22 km E
6	STR + Mobility	WU 2km 8-10 x 600m -200m walk CD or CMC Track	8 km Aerobic	Hill Repeats WU 2-3km 6-8 x 2 min Hill Repeats with 2 min easy CD 2-3km	XT + STR	REST	25 km E

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Week	☑ Mon	☑ Tue	☑ Wed	☑ Thu	☑ Fri	☑ Sat	☑ Sun
7	STR + Mobility	WU 2km 6-8 x 800m -2min Stand CD or CMC Track	8km Tempo	Hill Repeats WU 2-3km 4-6 x 3 min Hill Repeats with 2 min easy CD 2-3km	XT + STR	REST	15 km E
8	STR + Mobility	WU 2km 12-14 x 200m - 200m walk CD or CMC Track	8 km Threshold	1 hour Hilly Run Heart rate in Threshold zone	XT + STR	REST	10 km E
9	STR + Mobility	1 hour Hilly Run Heart rate in Threshold zone	5 km E	5km E	XT + STR	REST	21km or Or 1-2 hours E
10	STR + Mobility	7 km E	8 km Aerobic	Hill Repeats WU 2-3km 8-10 x 1 min Hill Repeats with 2 min easy CD 2-3km	XT + STR	REST	1 hrs E

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Week	☑ Mon	☑ Tue	☑ Wed	☑ Thu	☑ Fri	☑ Sat	☑ Sun
11	STR + Mobility	WU 2km 8-10 x 400m 90 sec stand CD or CMC Track	7 km Threshold	5km E	XT + STR	REST	21 km E OR 1-2 hours E
12	STR + Mobility	WU 2km 4-6 x 1200m 200m walk 1min Stand CD or CMC Track	8 km Tempo	Hill Repeats WU 2-3km 4-6 x 3 min Hill Repeats with 2 min easy CD 2-3km	XT + STR	REST	10 km E
13	STR + Mobility	WU 2km 8-10 x 600m 200m walk CD or CMC Track	8 km Aerobic	1 hour Hilly Run Heart rate in Threshold zone	XT + STR	REST	15 km E
14	STR + Mobility	WU 2km 6-8 x 800m -2min Stand CD or CMC Track	8 km Tempo	Hill Repeats WU 2-3km 8-10 x 1 min Hill Repeats with 2 min easy CD 2-3km	XT + STR	REST	18 km E

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Week	☑ Mon	☑ Tue	☑ Wed	☑ Thu	☑ Fri	☑ Sat	☑ Sun
15	STR + Mobility	WU 2km 6-8 x 800m -2min Stand CD or CMC Track	8km Threshold	Hill Repeats WU 2-3km 6-8 x 2 min Hill Repeats with 2 min easy CD 2-3km	XT + STR	REST	20 km E
16	STR + Mobility	WU 2km 4-6 x 1500m -3min Stand CD or CMC Track	8km Tempo	Hill Repeats WU 2-3km 6-8 x 90sec Hill Repeats with 2 min easy	XT + STR	REST	22 km E
17	STR + Mobility	7 km E	8 km E	7 km E	XT + STR	REST	15 hrs E
18	STR + Mobility	WU 2km 12-14 x 200m - 200m walk CD or CMC Track	8 km Threshold	Hill Repeats WU 2-3km 6-8 x 2 min Hill Repeats with 2 min easy CD 2-3km	XT + STR	REST	10 km E
19	STR + Mobility	WU 2km 6-8 x 400m 90 sec stand	8 km Aerobic	5km E	XT + STR	REST	21 km E OR

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Week	☑ Mon	☑ Tue	☑ Wed	☑ Thu	☑ Fri	☑ Sat	☑ Sun
		CD or CMC Track					1-2 hours E
20	STR + Mobility	WU 2km 4-6 x 1200m 200m walk 1min Stand CD or CMC Track	8 km Tempo	5km E	XT + STR	REST	21 km E OR 1-2 hours E
21	STR + Mobility	1 hour Hilly Run Heart rate in Threshold zone	8 km E	5km E	XT + STR	REST	21km OR 1-2 hour E
22	STR + Mobility	Hill Repeats WU 2-3km 4-6 x 3 min Hill Repeats with 2 min easy CD 2-3km	8 km	5km E	XT + STR	REST	21km Or 1-2 hours E

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