THE IMPORTANCE OF PLANNING

“The will to win means nothing without the will to prepare.”

Juma Ikangaa, 1989 NYC Marathon Winner

“It’s something I believe I can [do], and with time, I will plan.”

Kenyan Geoffrey Kamworor’s thoughts on breaking the half-marathon world record
For many years elite athletes know that the foundation of success lies in careful planning.

Just like the world’s best, you will need a carefully developed training plan to maximise your chances of hitting your target time.

Planning also allows you to gauge what’s achievable in context of family and work-related commitments. Furthermore, it reduces your risk of overuse injury.

Sweat Elite brings together the tens of thousands of hours of training, racing and coaching experience of the world’s best athletes, to form this plan to guide you to half-marathon success!
ROAD RHYTHMS

To achieve peak condition for a particular race(s), it’s important to select your races well ahead in advance so that you can plan your training cycle carefully. Divide your racing season into 4 key phases shown below. Each phase builds on top of each other such that mileage, strength and speedwork combine to produce a synergistic & multiplicative effect at just the right time.

- Base (5-6 weeks)
- Strength (4 weeks)
- Speedwork (3 weeks)
- Tapering (1-2 weeks)

Each of these are incorporated in our 16-week half-marathon training schedule.