



# 12 weeks to victory

2024

Your marathon  
training blueprint



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In cooperation with Manulife



Your journey  
starts  
here



Conquer  
Angkor Wat  
International  
Half Marathon



Training guide

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Half Marathon training guide

# Marathon journey



**12 Weeks**  
Duration

**10km / 21km**  
Goal distance

**About**

**2-3**  
Runs per week

**24 Nov**  
End date

Each plan is tailored to help you gradually build your running capacity, with a mix of rest days, running sessions, and cross-training options.



Welcome to the Angkor Wat Half Marathon training program sponsored by Manulife Cambodia. Whether you're aiming for the 5km, 10km or 21km race, this 12-week beginner running program is designed to guide you every step of the way. From your first training session to race day, we'll help you build endurance, improve your fitness, and cross the finish line with confidence.



## Training Options

Beginner	10K Training Plan
Intermediate	10K Training Plan
Beginner	21K Training Plan

## Goal

By following the guidelines laid out in the training tables, you'll be well on your way to successfully completing your 10km or 21km race. Remember, consistency is key, and every step you take brings you closer to the finish line. Let's get started on this exciting journey!





## Before you start: Important considerations

### Know your limits

Before you begin, it's crucial to understand your physical limits. If you have any underlying health conditions, such as diabetes, heart conditions, or asthma, be sure to account for these during your training. Listen to your body and run at a pace that is comfortable and safe for you.

### Trust the process

This training plan is designed to be followed over 12 weeks. Consistency is key. By sticking to the plan and putting in the work, you'll be in great shape for the 10km or 21km race on December 1st.

Important notes

# Understanding Your Training

Types of Runs:

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1.

**Easy recovery runs:**

These are low-intensity runs that promote active recovery. Run at a comfortable pace without worrying about speed, focusing on building stamina and staying power.

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2.

**Cross training:**

Incorporate activities like cycling, swimming, or strength training to build overall fitness and prevent injury.

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3.

**Rest days:**

These are just as important as your running days. Rest allows your body to recover and build strength.





## All you need to know about training zones:

Not all runs require the same level of intensity. Usually, the longer the distance, the lower the intensity. Training zones are a great way to regulate the amount of effort required for each run type.

Each zone is a bracket with heartbeats per minute determining its level. These zones are numbered 1 to 5. Start by sprinting until you record your maximum heart rate using a smartwatch or a heart rate monitor.

Once you have your maximum heart rate, you can use the bracketed zones below to determine what percentage of this number you need to put into each run type.

- Zone 1: 55-65% HR (warmups and light jogging)
- Zone 2: 65-75% HR (comfortable/conversational pace for aerobic training and recovery runs)
- Zone 3: 80-85% HR (moderate intensity for aerobic capacity and tempo runs)
- Zone 4: 85-88% HR (medium to high intensity for intervals and hill sessions)
- Zone 5: 90% + HR max (full effort for anaerobic fitness, endurance, and power sessions)

## Pacing and why it is important

When you run your first half-marathon, pace isn't important. Your goal should be to run at a comfortable speed that minimizes your risk of fatigue and injury.

The main strategy for your race should be to prepare yourself physically and mentally to complete the 10km or 21km distance. Rather than fixating on a specific finish time, your energy should be focused on completing the weekly training sessions and monitoring your performance, heart rate and recovery.

As you progress through the plan, you'll find a pace that works for you across different distances, durations, and intensities.

## Running pace Calculator

[Click here](#)

Looking to estimate your finish time for your next race? Use Strava's Running Pace Calculator to plan your race strategy effectively. This tool allows you to calculate your finish time for popular race distances like the 5K, 10K, half marathon, and more, based on your expected pace. Simply enter your expected pace, and the calculator will show you how long it will take you to complete your race.

For example, a pace of 10 minutes per kilometer is a relaxed, easy walk, while a pace of 5 minutes per kilometer is a strong and fast run.

# Run like a pro: Calculate your Perfect pace







## Top tips for training

- Make sure you are stretching before and after every workout. If you don't, you run the risk of picking up an injury and ruling yourself out on race day
- Slow your long run right down. Maintaining a pace you know you can manage throughout a long run is the best way to avoid burnout
- Adjust your schedule if you need to. If you're busy one day, reschedule a session for the following week. Try your best not to skip sessions if you can avoid it

## Top tips for race day

- Stick to what you know on race day and avoid anything new
- This is most important when it comes to food
- Gather all your essentials in one spot before bed
- Make sure all your equipment and gadgets are charged the night before your race
- Eat a light and satisfying breakfast approximately three hours before the race

## The value of rest and recovery

Long periods of rest and recovery give your body the opportunity to put all your hard work and training into action. If you never rest, your body never gets the chance to build your muscles and body back stronger after training. When the body rests, it's building and repairing your muscles that get damaged during training.

Some great ways to keep your muscles feeling fresh include:

- Using a foam roller on your IT band/quads/hips/hamstrings/calves
- Completing hamstring toe touch stretches, quadricep couch stretches, foot on wall calf stretches, seated twists low back stretches
- Using a massage gun to relieve tension in your muscles

# Understanding the training tables

Each training plan—whether for the 10km or 21km race—has been carefully structured to build your endurance, strength, and speed over a 12-week period. Here’s how to read and follow the tables:

## Run distances (in Kilometers):

The distances listed under each day represent how far you should run. For example, “3km - 3.5km Run” means you should aim to run between 3 and 3.5 kilometers at a comfortable pace.

## Cross training, Easy Run, or Rest:

On certain days, you have the option to engage in cross-training (such as cycling, swimming, or strength exercises), do an easy run, or take a rest day. Cross-training helps build overall fitness and reduces the risk of overuse injuries.

## Rest days:

Rest is a crucial component of your training. It allows your muscles to recover and grow stronger. Be sure to take full advantage of your rest days.

## Tapering weeks:

In the weeks leading up to the race, the plan includes tapering—where the training intensity and distance decrease slightly to allow your body to rest and prepare for peak performance on race day.

**Download  
Blank  
Training  
Sheet**



Intermediate 10K training plan							
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	1km - 1.5km Run	Cross Training, Easy Run, or Rest	1km - 1.5km Run	Cross Training, Easy Run, or Rest	Rest	Cross Training, Easy Run, or Rest
2	Rest	1.5km - 2km Run	Cross Training, Easy Run, or Rest	1.5km - 2km Run	Cross Training, Easy Run, or Rest	Rest	Cross Training, Easy Run, or Rest
3	Rest	2km - 2.5km Run	Cross Training, Easy Run, or Rest	2km - 2.5km Run	Cross Training, Easy Run, or Rest	Rest	Cross Training, Easy Run, or Rest
4	Rest	2.5km - 3km Run	Cross Training, Easy Run, or Rest	2.5km - 3km Run	Cross Training, Easy Run, or Rest	Rest	Cross Training, Easy Run, or Rest
5	Rest	3km - 3.5km Run	Cross Training, Easy Run, or Rest	3km - 3.5km Run	Cross Training, Easy Run, or Rest	Rest	Cross Training, Easy Run, or Rest
Tapering week							
6	Rest	1.5km - 2km Run	Cross Training, Easy Run, or Rest	1.5km - 2km Run	Rest	Cross Training, Easy Run, or Rest	2.5km - 3km Run
7	Rest	3.5km - 4km Run	Cross Training, Easy Run, or Rest	3.5km - 4km Run	Rest	Cross Training, Easy Run, or Rest	4km - 4.5km Run
8	Rest	4km - 4.5km Run	Cross Training, Easy Run, or Rest	4km - 4.5km Run	Rest	Cross Training, Easy Run, or Rest	4.5km - 5km Run
9	Rest	4.5km - 5km Run	Cross Training, Easy Run, or Rest	4.5km - 5km Run	Rest	Cross Training, Easy Run, or Rest	5km - 5.5km Run
10	Rest	5km - 5.5km Run	Cross Training, Easy Run, or Rest	5km - 5.5km Run	Rest	Cross Training, Easy Run, or Rest	6.5km - 7km Run
Water festival - Cross training or rest							
11	Tapering week						
12	Rest	5km - 5.5km Run	Cross Training, Easy Run, or Rest	5km - 5.5km Run	Rest	Cross Training, Easy Run, or Rest	6.5km - 6km Run



Beginner 10K training plan							
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	3km - 3.5km Run	Cross Training, Easy Run, or Rest	3km - 3.5km Run	Cross Training, Easy Run, or Rest	Rest	3.5km - 4.5km Run
2	Rest	3.5km - 4km Run	Cross Training, Easy Run, or Rest	3.5km - 4km Run	Cross Training, Easy Run, or Rest	Rest	4km - 4.5km Run
3	Rest	4km - 4.5km Run	Cross Training, Easy Run, or Rest	4km - 4.5km Run	Cross Training, Easy Run, or Rest	Rest	4.5km - 5km Run
4	Rest	4.5km - 5km Run	Cross Training, Easy Run, or Rest	4.5km - 5km Run	Cross Training, Easy Run, or Rest	Rest	5km - 5.5km Run
5	Rest	5km - 5.5km Run	Cross Training, Easy Run, or Rest	5km - 5.5km Run	Cross Training, Easy Run, or Rest	Rest	5.5km - 6km Run
Tapering week							
6	Rest	3.5km - 4km Run	Cross Training, Easy Run, or Rest	3.5km - 4km Run	Rest	Cross Training, Easy Run, or Rest	4km - 4.5km Run
7	Rest	5.5km - 6km Run	Cross Training, Easy Run, or Rest	5.5km - 6km Run	Rest	Cross Training, Easy Run, or Rest	6km - 6.5km Run
8	Rest	6km - 6.5km Run	Cross Training, Easy Run, or Rest	6km - 6.5km Run	Rest	Cross Training, Easy Run, or Rest	6.5km - 7km Run
9	Rest	6.5km - 7km Run	Cross Training, Easy Run, or Rest	6.5km - 7km Run	Rest	Cross Training, Easy Run, or Rest	7km - 7.5km Run
10	Rest	7km - 7.5km Run	Cross Training, Easy Run, or Rest	7km - 7.5km Run	Rest	Cross Training, Easy Run, or Rest	9km - 9.5km Run
11	Water festival - Cross training or rest						
Tapering week							
12	Rest	7km - 7.5km Run	Cross Training, Easy Run, or Rest	7km - 7.5km Run	Rest	Cross Training, Easy Run, or Rest	7.5km - 8km Run

Beginner 21K training plan							
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	3.5km - 4.5km Run	Cross Training, Easy Run, or Rest	3.5km - 4.5km Run	Cross Training, Easy Run, or Rest	Rest	5km - 6km Run
2	Rest	5km - 6km Run	Cross Training, Easy Run, or Rest	5km - 6km Run	Cross Training, Easy Run, or Rest	Rest	6.5km - 7.5km Run
3	Rest	6.5km - 7.5km Run	Cross Training, Easy Run, or Rest	6.5km - 7.5km Run	Cross Training, Easy Run, or Rest	Rest	8km - 9km Run
4	Rest	8km - 9km Run	Cross Training, Easy Run, or Rest	8km - 9km Run	Cross Training, Easy Run, or Rest	Rest	9.5km - 10.5km Run
5	Rest	9.5km - 10.5km Run	Cross Training, Easy Run, or Rest	9.5km - 10.5km Run	Cross Training, Easy Run, or Rest	Rest	11km - 12km Run
Tapering week							
6	Rest	5km - 6km Run	Cross Training, Easy Run, or Rest	5km - 6km Run	Rest	Cross Training, Easy Run, or Rest	6.5km - 7.5km Run
7	Rest	11km - 12km Run	Cross Training, Easy Run, or Rest	11km - 12km Run	Rest	Cross Training, Easy Run, or Rest	12.5km - 13.5km Run
8	Rest	12.5km - 13.5km Run	Cross Training, Easy Run, or Rest	12.5km - 13.5km Run	Rest	Cross Training, Easy Run, or Rest	14km - 15km Run
9	Rest	14km - 15km Run	Cross Training, Easy Run, or Rest	14km - 15km Run	Rest	Cross Training, Easy Run, or Rest	15.5km - 16.5km Run
10	Rest	15.5km - 16.5km Run	Cross Training, Easy Run, or Rest	15.5km - 16.5km Run	Rest	Cross Training, Easy Run, or Rest	18km - 19km Run
11	Water festival - Cross training or rest						
Tapering week							
12	Rest	5km - 5.5km Run	Cross Training, Easy Run, or Rest	5km - 5.5km Run	Rest	Cross Training, Easy Run, or Rest	5.5km - 6km Run





## Rest days:

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### Stick to what you know:

On race day, avoid trying anything new—especially when it comes to food. Stick to the routines and practices you've established during training.

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### Race day essentials:

Gather everything you need the night before.

Charge all your gadgets.

Eat a light, satisfying breakfast about three hours before the race.

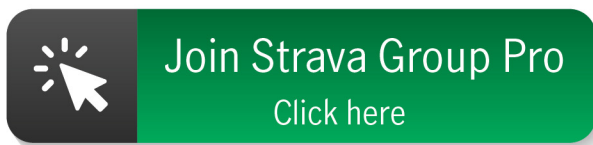
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### Weather check:

Always check the weather and dress accordingly. Layer up if necessary, and be prepared to discard old layers at the starting line.

# Join our Strava Group

Looking to stay motivated and track your progress during the 12-week marathon training program? Join our Strava group to connect with fellow runners, share your weekly runs, and support each other on this journey. It's free to join Strava, and you can easily connect almost any device to track your runs or download the Strava app on your phone. Together, we'll keep each other motivated and on track for race day success!



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