



**21.1K**

**1000  
METERS  
ELEVATION  
GAIN**

**10** March  
2024



THE MOST SCENIC AND CHALLENGING  
HALF MARATHON IN INDIA.

TRAINING CALENDAR



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Run foundations Week</b>							
<b>1</b>	<b>Rest</b> Walk/bike/swim/stretching (low intensity)	<b>Easy run</b> Distance: 5k HR Zone: Z2 or 5/10 by feel Terrain: Level roads  Getting back into shape.	<b>Basic core</b> 1 time: Half-squats (10x) Push ups (10x) Crunch (10x) Plank (45s)	<b>Easy run</b> Distance: 5k HR Zone: Z2 Terrain: Level roads  Getting back into shape.	<b>Rest</b> Walk/bike/swim/stretching (low intensity)	<b>Basic core</b> 3 times: Half-squats (10x) Push ups (10x) Crunch (10x) Plank (45s)	<b>Long run-walks</b> Distance: 8k HR Zone: Z2 Terrain: Level roads  Walk it off whenever HR is over Z2 or by feel there is exertion.
<b>2</b>	<b>Rest</b> Walk/bike/swim/stretching (low intensity)	<b>Easy run</b> Distance: 5k HR Zone: Z2 or 5/10 by feel Terrain: Level roads  Getting back into shape.	<b>Basic core</b> 1 time: Half-squats (10x) Push ups (10x) Crunch (10x) Plank (45s)	<b>Tempo run</b> Distance: 6k HR Zone: Z4 or 7/10 by feel during tempo Terrain: Level roads  2k WU + 2k tempo + 2k CD	<b>Rest</b> Walk/bike/swim/stretching (low intensity)	<b>Basic core</b> 3 times: Half-squats (10x) Push ups (10x) Crunch (10x) Plank (45s)	<b>Long run-walks</b> Distance: 10k HR Zone: Z2 or 5/10 by feel Terrain: Level roads  Walk it off whenever HR is over Z2 or by feel, there is exertion.
<b>3</b>	<b>Rest</b> Walk/bike/swim/stretching (low intensity)	<b>Easy run</b> Distance: 7k HR Zone: Z2 Terrain: Level roads  Getting back into shape.	<b>Basic core</b> 1 time: Half-squats (10x) Push ups (10x) Crunch (10x) Plank (45s)	<b>Fartlek</b> Distance: 5k HR Zone: Z4 or 7/10 by feel Terrain: Level roads  1k WU + 5 x (2 min Z4 + 2 min Z2) + 1k CD	<b>Rest</b> Walk/bike/swim/stretching (low intensity)	<b>Basic core</b> 3 times: Half-squats (10x) Push ups (10x) Crunch (10x) Plank (45s)	<b>Long run</b> Distance: 10k HR Zone: Z2 or 5/10 by feel Terrain: Level roads  Easy run in Z2
<b>4</b>	<b>Rest</b> Walk/bike/swim/stretching (low intensity)	<b>Easy run</b> Distance: 7k HR Zone: Z2 or 5/10 by feel Terrain: Level roads  Getting back into shape.	<b>Basic core</b> 3 times: Half-squats (10x) Push ups (10x) Crunch (10x) Plank (45s)	<b>Easy run</b> Distance: 7k HR Zone: Z2 or 5/10 by feel Terrain: Level roads  Adding mileage	<b>Rest</b> Walk/bike/swim/stretching (low intensity)	<b>Basic core</b> 5 times: Half-squats (10x) Push ups (10x) Crunch (10x) Plank (45s)	<b>Long run</b> Distance: 12k HR Zone: Z2 Terrain: Level roads



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>Hill foundations week</b>						
<b>5</b>	<b>Rest</b>  Walk/bike/swim/stretching (low intensity)	<b>Base run</b>  Distance: 6k Elevation gain: 50m HR Zone: Z2/Z3 Terrain: Rolling hills  Going up to Z4 on hills and recovering to Z2. Walk-breaks if necessary.	<b>Strength</b>  <b>1 time:</b> Lateral lunges (10x) Dumb bell Lunges (10x) Split squat jumps (10x) Single leg RDL (10x) Plank (45s)	<b>Base run</b>  Distance: 8k Elevation gain: 50m HR Zone: Z2/Z3 Terrain: Rolling hills	<b>Rest</b>  Walk/bike/swim/stretching (low intensity)	<b>Strength</b>  <b>1 time:</b> Lateral lunges (10x) Dumb bell Lunges (10x) Split squat jumps (10x) Single leg RDL (10x) Plank (45s)	<b>Long run</b>  Distance: 10k Elevation gain: 50m HR Zone: Z2 Terrain: Easy hills
<b>6</b>	<b>Rest</b>  Walk/bike/swim/stretching (low intensity)	<b>Base run</b>  Distance: 6k Elevation gain: 50m HR Zone: Z2/Z3 Terrain: Rolling hills  Going up to Z4 on hills and recovering to Z2. Walk-breaks if necessary.	<b>Strength</b>  <b>1 time:</b> Lateral lunges (10x) Dumb bell Lunges (10x) Split squat jumps (10x) Single leg RDL (10x) Prisoner squat (10x) Single leg hip lifts (10x) Plank (45s)	<b>Hill repeats</b>  Elevation gain: 100m HR Zone: Z4 Terrain: Uphill  2K WU + Hill repeats + 2k CD Repeats on a hill with 10m elevation within 30-50m Sprint up the hill and walk/jog down to recover.	<b>Rest</b>  Walk/bike/swim/stretching (low intensity)	<b>Strength</b>  <b>1 time:</b> Lateral lunges (10x) Dumb bell Lunges (10x) Split squat jumps (10x) Single leg RDL (10x) Prisoner squat (10x) Single leg hip lifts (10x) Plank (45s)	<b>Hilly long run</b>  Distance: 12k Elevation gain: 120m HR Zone: Z2 Terrain: Rolling hills  Choose hilly roads with sufficient elevation gain & loss. Easy run on hills and walk it off in level ground or downhill.
<b>7</b>	<b>Rest</b>  Walk/bike/swim/stretching (low intensity)	<b>Base run</b>  Distance: 8k Elevation gain: 50m HR Zone: Z2/Z3 Terrain: Rolling hills  Going up to Z4 on hills and recovering to Z2. Walk-breaks if necessary.	<b>Strength</b>  <b>1 time:</b> Lateral lunges (10x) Dumb bell Lunges (10x) Split squat jumps (10x) Single leg RDL (10x) Prisoner squat (10x) Box step up (10x) Box step down (10x) Single leg hip lifts (10x) Plank (45s)	<b>Hill fartlek</b>  Elevation gain: 100m HR Zone: Z4 Terrain: Uphill  2K WU + Hill repeats + 2k CD Repeats on a hill with 30m elevation within 150-200m Run up the hill and jog down to recover.	<b>Rest</b>  Walk/bike/swim/stretching (low intensity)	<b>Strength</b>  <b>1 time:</b> Lateral lunges (15x) Dumb bell Lunges (15x) Split squat jumps (15x) Single leg RDL (15x) Prisoner squat (15x) Box step up (15x) Box step down (15x) Single leg hip lifts (15x) Plank (45s)	<b>Hilly long run</b>  Distance: 12k Elevation gain: 120m HR Zone: Z2 Terrain: Rolling hills  Choose hilly roads with sufficient elevation gain & loss. Easy run all the way.
<b>8</b>	<b>Rest</b>  Walk/bike/swim/stretching (low intensity)	<b>Base run</b>  Distance: 10k Elevation gain: 50m HR Zone: Z2/Z3 Terrain: Rolling hills  Going up to Z4 on hills and recovering to Z2. Walk-breaks if necessary.	<b>Strength</b>  <b>1 time:</b> Lateral lunges (10x) Dumb bell Lunges (10x) Split squat jumps (10x) Single leg RDL (10x) Prisoner squat (10x) Box step up (10x) Box step down (10x) Single leg hip lifts (10x) Plank (45s)	<b>Hill repeats</b>  Distance: 6k Elevation gain: 100m HR Zone: Z4 Terrain: Uphill  2K WU + Hill repeats + 2k CD Repeats on a hill with 10m elevation within 30-50m Sprint up the hill and walk/jog down to recover.	<b>Rest</b>  Walk/bike/swim/stretching (low intensity)	<b>Strength</b>  <b>3 times:</b> Lateral lunges (10x) Dumb bell Lunges (10x) Split squat jumps (10x) Single leg RDL (10x) Prisoner squat (10x) Box step up (10x) Box step down (10x) Single leg hip lifts (10x) Plank (45s)	<b>Hilly long run</b>  Distance: 14k Elevation gain: 150m HR Zone: Z2 Terrain: Rolling hills  Choose hilly roads with sufficient elevation gain & loss. Easy run all the way.



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>Peaking &amp; tapering week</b>						
<b>9</b>	<b>Rest</b> Walk/bike/swim/stretching (low intensity)	<b>Base run</b> Distance: 8k Elevation gain: 50m HR Zone: Z2/Z3 Terrain: Rolling hills  Going up to Z4 on hills and recovering to Z2. Walk-breaks if necessary.	<b>Strength</b> <b>1 time:</b> Lateral lunges (10x) Dumb bell Lunges (10x) Split squat jumps (10x) Single leg RDL (10x) Prisoner squat (10x) Box step up (10x) Box step down (10x) Single leg hip lifts (10x) Plank (45s)	<b>Base run</b> Distance: 12k Elevation gain: 120m HR Zone: Z2/Z3 Terrain: Rolling hills  Going up to Z4 on hills and recovering to Z2. Walk-breaks if necessary.	<b>Rest</b> Walk/bike/swim/stretching (low intensity)	<b>Strength</b> <b>1 time:</b> Lateral lunges (15x) Dumb bell Lunges (15x) Split squat jumps (15x) Single leg RDL (15x) Prisoner squat (15x) Box step up (15x) Box step down (15x) Single leg hip lifts (15x) Plank (45s)	<b>Hilly long run</b> Distance: 14k Elevation gain: 150m HR Zone: Z2 Terrain: Rolling hills  Choose hilly roads with sufficient elevation gain & loss. Easy run all the way.
<b>10</b>	<b>Rest</b> Walk/bike/swim/stretching (low intensity)	<b>Base run</b> Distance: 10k Elevation gain: 100m HR Zone: Z2/Z3 Terrain: Rolling hills  Going up to Z4 on hills and recovering to Z2. Walk-breaks if necessary.	<b>Strength</b> <b>1 time:</b> Lateral lunges (10x) Dumb bell Lunges (10x) Split squat jumps (10x) Single leg RDL (10x) Prisoner squat (10x) Box step up (10x) Box step down (10x) Single leg hip lifts (10x) Plank (45s)	<b>Base run</b> Distance: 12k Elevation gain: 120m HR Zone: Z2/Z3 Terrain: Rolling hills  Going up to Z4 on hills and recovering to Z2. Walk-breaks if necessary.	<b>Rest</b> Walk/bike/swim/stretching (low intensity)	<b>Strength</b> <b>1 time:</b> Lateral lunges (15x) Dumb bell Lunges (15x) Split squat jumps (15x) Single leg RDL (15x) Prisoner squat (15x) Box step up (15x) Box step down (15x) Single leg hip lifts (15x) Plank (45s)	<b>Hilly long run</b> Distance: 16k Elevation gain: 180m HR Zone: Z2 Terrain: Rolling hills  Choose hilly roads with sufficient elevation gain & loss. Easy run all the way.
<b>11</b>	<b>Rest</b> Walk/bike/swim/stretching (low intensity)	<b>Base run</b> Distance: 8k Elevation gain: 50m HR Zone: Z2/Z3 Terrain: Rolling hills  Going up to Z4 on hills and recovering to Z2. Walk-breaks if necessary.	<b>Strength</b> <b>1 time:</b> Lateral lunges (10x) Dumb bell Lunges (10x) Split squat jumps (10x) Single leg RDL (10x) Prisoner squat (10x) Box step up (10x) Box step down (10x) Single leg hip lifts (10x) Plank (45s)	<b>Base run</b> Distance: 10k Elevation gain: 100m HR Zone: Z2/Z3 Terrain: Rolling hills  Going up to Z4 on hills and recovering to Z2. Walk-breaks if necessary.	<b>Rest</b> Walk/bike/swim/stretching (low intensity)	<b>Rest</b> Walk/bike/swim/stretching (low intensity)	<b>Hilly long run</b> Distance: 10k Elevation gain: 100m HR Zone: Z2 Terrain: Rolling hills  Choose hilly roads with sufficient elevation gain & loss. Easy run all the way.
<b>12</b>	<b>Rest</b> Stretching	<b>Base run</b> Distance: 8k Elevation gain: 50m HR Zone: Z2/Z3 Terrain: Rolling hills  Going up to Z4 on hills and recovering to Z2. Walk-breaks if necessary.	<b>Rest</b> Stretching	<b>Tempo run</b> Distance: 4k HR Zone: Z4 Terrain: Level roads  1k WU + 2k tempo + 1k CD	<b>Rest</b> Stretching	<b>Short run</b> Distance: 3k HR Zone: Z2 Terrain: Level roads  Run and stretch	<b>Golden Peak HM</b> Distance: 21k Elevation gain: 1000m HR Zone: Z4/Z3 Terrain: Uphill  The event! Brisk start during the level phase (about 4k), easy uphills with walking off exertion when required, sprint to finish (last 50m). Keep hydrating well according to sweat loss, stop for short eats, compensate sweating loss with salt tablets or sports drink with salt and enjoy the scenery.





## Q&A

It goes without saying that we run for the fun of it. Uncanny as it may sound, the fun element of any run comes with preparation. Here is a training calendar that will prepare you for the challenges offered by the winding roads around the beautiful Golden peak. Having an enjoyable experience of the run will put you in the path of Half-marathon and Marathon performances of your dreams on level land. Some tidbits about the training calendar is as follows

#	Question	Explanation
1	Who is it for?	The training program/calendar addresses people of recreational athletic capability. You could be a person who walks 10k a day, a runner who is capable of a slow 5k or a cyclist hitting a 100k mileage every week. All of you are qualified to follow the program and attain a capability in running that will take you miles forward (pun intended).
2	What is it?	It is a training calendar that lasts for 12 weeks (just about time you started with it). Every week there are 3 running sessions and the weeks are also peppered with strength exercises that you can do at home. The first 4 weeks are about building your running capability, the next 4 weeks address your ability to deal with elevation and the last 4 week optimizes your performance. The last 2 weeks of the program is all about tapering, wherein you shake off all the physical stress from the previous weeks, to rest, recuperate and prepared yourself for your glory at the event.
3	What are these zones (Z2, Z3 etc)?	<p>Well! It's a training program that uses your Heart Rate (HR) as the basis for measuring the effort put in your body at various circumstances. You will need a running watch from Garmin or Coros that can continuously measure your HR during activity. Nope! We are not affiliated to them but from usage we know they are among the best. HR can be segregated into zones. To calculate these HR ranges for yourself, first you identify what your Maximum HR (MHR) should be. There is quite lot of literature out there on HR zones. We feel that the Tanaka formula (<math>208 - (0.7 \times \text{Your\_Age})</math>) gives a reasonable and workable measure for your MHR.</p> <p>Then every zone can be calculated as a percentage of your MHR.</p> <p>Z1 (warm-up) - 50% to 60% of MHR            Z2 (aerobic) - 60% to 75% of MHR            Z3 (tempo) - 75% to 85% of MHR            Z4 (threshold) - 85% to 100% of MHR            Z5(maximum effort/No-go zone) - Above MHR</p> <p>Note: As you might have already guessed, every person is built differently even if they fall into the same age group. Very often, a method of identifying Zones based on something called Threshold HR will help fine tune it (a topic for another day). Take the advice of a medical professional to get the most suitable recommendation for you.</p>
4	What if I don't have a running watch?	<p>You are in luck! You are part of the very limited percentage of runners over the world who can go by "feel". How do you measure feel? As a thumb rule, use the following:</p> <p>Rate your current effort level from 1 to 10 where 1 is the comfiest you can be and 10 is you maxed out.</p> <p>Z1: 1-2            Z2: 3-5            Z3: 5-6            Z4: 7-8            Z5: 9-10</p>
5	What is 80:20 principle?	Generally speaking, apply the 80:20 principle. 80% of your weekly mileage should be easy runs averaging Z2 and the remaining 20% must be used for workout runs (fartleks, intervals, tempo, hill etc) wherein you must be hitting Z4 quite often. Hey what about Z1 and Z3? Oh yeah. Z5 is a no-go. Z1 is when you are loitering around on a warm up routine, sometimes raising your HR up to Z3. Z3 is said to be the grey zone. Why? It is not easy enough for the body to recover quickly for the next activity and not hard enough to get the benefits (better anaerobic capacity for instance) from Z4. Is it bad? Not really! During a race, you will be mostly frequenting the Z3 range.
6	Why these strength training routines?	A factor that very often is ignored by runners is the importance of strength training. It cannot be emphasized enough for better performance, recovery and most importantly for prevention of injuries. We have included a few strength training routines in the program. They are planned for off-days when you do not have a planned run and they can be done at the comforts of your home. Do them! It's a game changer. You can get in touch with our Club for more advise and video clippings on how the exercises should be performed.



®

**21.1K** **1000 METERS ELEVATION GAIN**

**10** March 2024

 **8547850826**

**[www.goldenpeakrun.com](http://www.goldenpeakrun.com)**

**[itenrunnersclub@gmail.com](mailto:itenrunnersclub@gmail.com)**