



TEAM VITALITY  
**SOWETO MARATHON  
TRAINING PROGRAMME**



# Introduction

*To support our members, Team Vitality has put together a training programme to give you guidance and encouragement for the upcoming Soweto Marathon.*

The programme is designed to help you perform at your best on race day.

## WE'LL BE COVERING THE FOLLOWING DISTANCES:

**1** Full marathon

**2** Half marathon

**3** 10 km







1

## 12-WEEK SOWETO MARATHON (FULL) TRAINING PROGRAMME

# Introduction

At Team Vitality, we are excited with the return of the iconic Soweto Marathon. This year, to support our thousands of members, we have put together this 12-week programme to give guidance and encouragement.

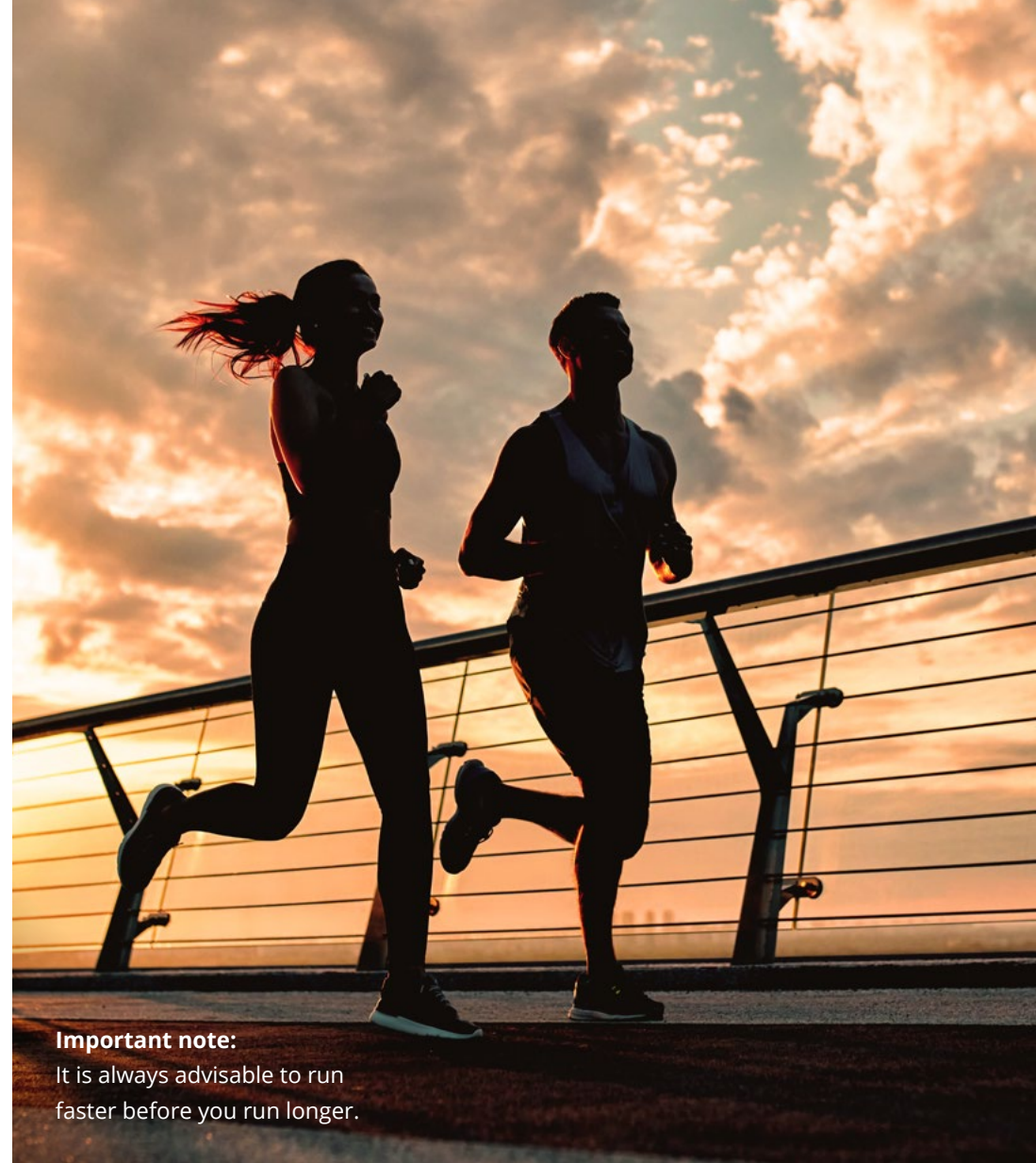
The programme is geared at helping you perform at your best on race day. We'll be covering the following topics:

1. **Qualifying criteria:** The half marathon times you need to be able to run leading up to race day
2. **Training paces:** Range of paces necessary for your various training sessions based on your targeted finishing time for the Soweto Marathon (half)
3. **Monthly training schedules**
4. **Cross-training:** Resource videos
5. **General notes**

## 1. Qualifying criteria

Our guidelines are aimed at a spectrum of sub-elite runners including those wanting to improve their marathon times and marathon novices. It is assumed that those using these guidelines have a running base of at least 30 km per week. It is not for those new to road running.

Half marathon target times leading up to your marathon	Marathon target
1:40:00 to 1:51:00	3:25:00 to 3:46:00
1:51:00 to 2:01:00	3:46:00 to 4:07:00
2:01:00 to 2:11:00	4:07:00 to 4:28:00
2:11:00 to 2:22:00	4:28:00 to 4:49:00



### Important note:

It is always advisable to run faster before you run longer.

You need to have run a half marathon in the past two weeks based on the above targets. Using the above as an example, you should aim to run a half marathon in under 2 hours 22 minutes before you attempt to run a full marathon. If you feel you are not ready and have not run a half marathon yet, please check out our **8-week half marathon training programme**.



## 2. Training paces (mins/km)

Marathon target	Recovery pace	Comfortable pace	Race pace	Hills	Time trials	
					5 km	8 km or 10 km
3:25:00 to 3:46:00	5:32 to 6:02	5:12 to 5:42	4:52 to 5:22	4:52 to 5:22	4:05 to 4:36	4:17 to 4:47
3:46:00 to 4:07:00	6:02 to 6:32	5:42 to 6:12	5:22 to 5:52	5:22 to 5:52	4:36 to 5:05	4:47 to 5:17
4:07:00 to 4:28:00	6:32 to 7:02	6:12 to 6:42	5:52 to 6:22	5:52 to 6:22	5:05 to 5:36	5:17 to 5:47
4:28:00 to 4:49:00	7:02 to 7:32	6:42 to 7:12	6:22 to 6:52	6:22 to 6:52	5:36 to 6:05	5:47 to 6:17





### 3. Monthly training schedules:

Week No.	MON	TUE	WED	THUR	FRI	SAT	SUN
1	8 km comfortable pace	Strength or Cross-training	5 km time trial	REST	10 km comfortable pace	24 km comfortable pace	REST
2	8 km comfortable pace	Strength or Cross-training	5 km time trial	REST	12 km comfortable pace	21 km comfortable pace	REST
3	8 km comfortable pace	Strength or Cross-training	5 km time trial	REST	10 km comfortable pace	27 km comfortable pace	REST



Week No.	MON	TUE	WED	THUR	FRI	SAT	SUN
4	8 km hill repeats	Strength or Cross-training	8 km time trial	REST	10 km recovery pace	27 km race pace	REST
5	8 km hill repeats	Strength or Cross-training	8 km time trial	REST	14 km comfortable pace	21 km comfortable pace	REST
6	8 km hill repeats	Strength or Cross-training	8 km time trial	REST	8 km comfortable pace	24 km race pace	REST
7	8 km comfortable pace	Strength or Cross-training	8 km time trial	REST	12 km recovery pace	24 km race pace	REST

Week No.	MON	TUE	WED	THUR	FRI	SAT	SUN
8	8 km hill repeats	Strength or Cross-training	8 km time trial	REST	14 km comfortable pace	21 km comfortable pace	REST
9	8 km hill repeats	Strength or Cross-training	8 km time trial	REST	10 km recovery pace	27 km race pace	REST
10	8 km hill repeats	Strength or Cross-training	8 km time trial	REST	14 km comfortable pace	21 km comfortable pace	REST
11	8 km hill repeats	Cross-training	8 km time trial	REST	8 km comfortable pace	24 km race pace	REST
12	8 km comfortable pace	5 km to 8 km comfortable pace	REST	REST	REST	Walk/stretch	42 KM RACE

## 4. Cross-training

Cross-training is any form of exercise outside of your running. It is an essential part of your training programme because it helps you to:

- ✓ Reduce impact caused by regular running
- ✓ Use other muscle groups that you don't use when you run
- ✓ Become a complete athlete
- ✓ Supplement your other training by improving overall conditioning.

This usually includes gym and other forms of sports, such as swimming and cycling.



In this programme, we've included the following resource videos to help you:

## 5. General notes

### WEEKLY TRAINING

- Please use the programme as a guideline. It is ideal if you can stick to it. However, depending on your timetable, you can move things around. For example:
  - You can do your time trial on a Thursday and choose to rest on a Wednesday.
  - You can run your long runs on a Sunday. If Sunday is your preferred day, then do the shorter 8 km or 10 km runs on a Saturday.
  - Include a rest or recovery day after your long run.
- **Cross training:** Aim to do a full-body workout on most of your sessions
- **Hill repeats:** Try and find a hill of 300 m to 500 m long. Incline will always vary but try to find a hill with a challenging incline.





## **TERRAIN**

Johannesburg is at high altitude and because of this, you will generally find it much harder to run there, especially if you train at low altitude (example: Durban and Cape Town). The route is also quite challenging, although the first 10 kilometres are generally a down run and quite fast. The second half is very tough, and depending on the weather, you are usually running facing the sun. Lastly, there is very little shade to rely on in Soweto and this adds to the difficulty of the run.

Based on the above factors, you can expect your race to be challenging. Challenging doesn't mean you won't enjoy it or have fun. The people of Soweto and the atmosphere offer an epic experience and you should enjoy the race.

With the above, we hope to give you the best support leading up to race day by leveraging our experts and the knowledge of other runners.

See you on the road.

**Team Vitality**



A group of four runners (two women and two men) are jogging on a city street. The woman on the left has blonde hair in a ponytail and is wearing a grey sports bra and purple leggings. The woman next to her has dark curly hair and is wearing a blue sports bra and black leggings. The man in the center is wearing an orange t-shirt and black shorts. The man on the right is wearing a grey tank top and black shorts. They are all wearing blue wristbands and watches. The background shows a city street with buildings and a clear sky.

**2**

## **8-WEEK SOWETO MARATHON (HALF) TRAINING PROGRAMME**



# Introduction

At Team Vitality, we are excited with the return of the iconic Soweto Marathon. This year, to support our thousands of members, we have put together this 12-week programme to give guidance and encouragement.

The programme is geared at helping you perform at your best on race day. We'll be covering the following topics:

1. **Qualifying criteria:** The half marathon times you need to be able to run leading up to race day
2. **Training paces:** Range of paces necessary for your various training sessions based on your targeted finishing time for the Soweto Marathon (half)
3. **Monthly training schedules**
4. **Cross-training:** Resource videos
5. **General notes**

## 1. Qualifying criteria

Our guidelines are aimed at a spectrum of sub-elite runners, those wanting to improve their half marathon times and half marathon novices. It is assumed that those using these guidelines have a running base of at least 30 km per week. It is not for those new to road running.

10 km target times leading up to your half marathon	Half marathon target
43:00 to 48:00	1:40:00 to 1:51:00
48:00 to 53:00	1:51:00 to 2:01:00
53:00 to 58:00	2:01:00 to 2:11:00
58:00 to 1:03:00	2:11:00 to 2:22:00
1:03:00 to 1:08:00	2:22:00 to 2:33:00



**Important note:**  
It is always advisable to run faster before you run longer.

You need to have run a 10 km in the past two weeks based on the above targets. Using the above as an example, you should aim to run 10 km in under 1 hour 8 minutes before you attempt to run a half marathon. If you feel that you are not ready and have not run a 10 km yet, please check out our **4-week 10 km training programme**.

## 2. Training paces (mins/km)

Half marathon target	Recovery pace	Comfortable pace	Race pace	Hills	5 km time trials
1:40:00 to 1:51:00	5:32 to 6:02	5:12 to 5:42	4:52 to 5:22	4:52 to 5:22	4:05 to 4:36
1:51:00 to 2:01:00	6:02 to 6:32	5:42 to 6:12	5:22 to 5:52	5:22 to 5:52	4:36 to 5:05
2:01:00 to 2:11:00	6:32 to 7:02	6:12 to 6:42	5:52 to 6:22	5:52 to 6:22	5:05 to 5:36
2:11:00 to 2:22:00	7:02 to 7:32	6:42 to 7:12	6:22 to 6:52	6:22 to 6:52	5:36 to 6:05
2:22:00 to 2:33:00	7:32 to 8:02	7:12 to 7:42	6:52 to 7:22	6:52 to 7:22	6:05 to 6:36





## 3. Monthly training schedule:

Week No.	MON	TUE	WED	THUR	FRI	SAT	SUN
1	6 km comfortable pace	Strength or Cross-training	5 km time trial	REST	Strength or Cross-training	10 km race pace	REST
2	6 km hill repeats	Strength or Cross-training	5 km time trial	REST	5 km recovery pace	10 km race pace	REST
3	7 km comfortable pace	Strength or Cross-training	5 km time trial	REST	Strength or Cross-training	11 km race pace	REST

Week No.	MON	TUE	WED	THUR	FRI	SAT	SUN
4	6 km hill repeats	Strength or Cross-training	5 km time trial	REST	5 km recovery pace	12 km race pace	REST
5	7 km comfortable pace	Strength or Cross-training	5 km time trial	REST	Strength or Cross-training	14 km race pace	REST
6	6 km hill repeats	Strength or Cross-training	5 km time trial	REST	REST	16 km race pace	REST
7	8 km comfortable pace	Strength or Cross-training	5 km time trial	REST	Strength or Cross-training	12 km race pace	REST
8	5 km comfortable pace	Strength or Cross-training	REST	REST	REST	Rest/walk/stretch	<b>SOWETO MARATHON (HALF)</b>

## 4. Cross-training

Cross-training is any form of exercise outside of your running. It is an essential part of your training programme because it helps you to:

- ✓ Reduce impact caused by regular running
- ✓ Use other muscle groups that you don't use when you run
- ✓ Become a complete athlete
- ✓ Supplement your other training by improving overall conditioning.

This usually includes gym and other forms of sports, such as swimming and cycling.



In this programme, we've included the following resource videos to help you:

## 5. General notes

### WEEKLY TRAINING

- Please use the programme as a guideline. It is ideal if you can stick to it. However, depending on your timetable, you can move things around. For example:
  - You can do your time trial on a Thursday and choose to rest on a Wednesday.
  - You can run your weekend runs on a Sunday. If Sunday is your preferred day, then do the shorter recovery pace runs on a Saturday.
  - Include a rest or recovery day after your race pace runs.
- **Cross-training:** Aim to do a 40 minute to 60 minute full-body workout on most of your sessions
- **Hill repeats:** Try and find a hill of 100 m to 250 m long. Incline will always vary but try to find a hill with a challenging incline.





## TERRAIN

Johannesburg is at high altitude and because of this, you will generally find it much harder to run there, especially if you train at low altitude (example: Durban and Cape Town). The route is also quite challenging, although the first few kilometres are generally a down run. The second half is tough, and depending on the weather, you are usually running facing the sun. Lastly, there is very little shade to rely on in Soweto and this adds to the difficulty of the run.

Based on the above factors, you can expect your race to be challenging. Challenging doesn't mean you won't enjoy it or have fun. The people of Soweto and the atmosphere offer an epic experience and you should enjoy the race.

With the above, we hope to give you the best support leading up to race day by leveraging our experts and the knowledge of other runners.

See you on the road.

**Team Vitality**





**3**

**4-WEEK 10 KM  
TRAINING PROGRAMME**



# Introduction

At Team Vitality, we are excited with the return of the iconic Soweto Marathon. This year, to support our thousands of members, we have put together this 4-week 10 km programme to give you guidance and encouragement.

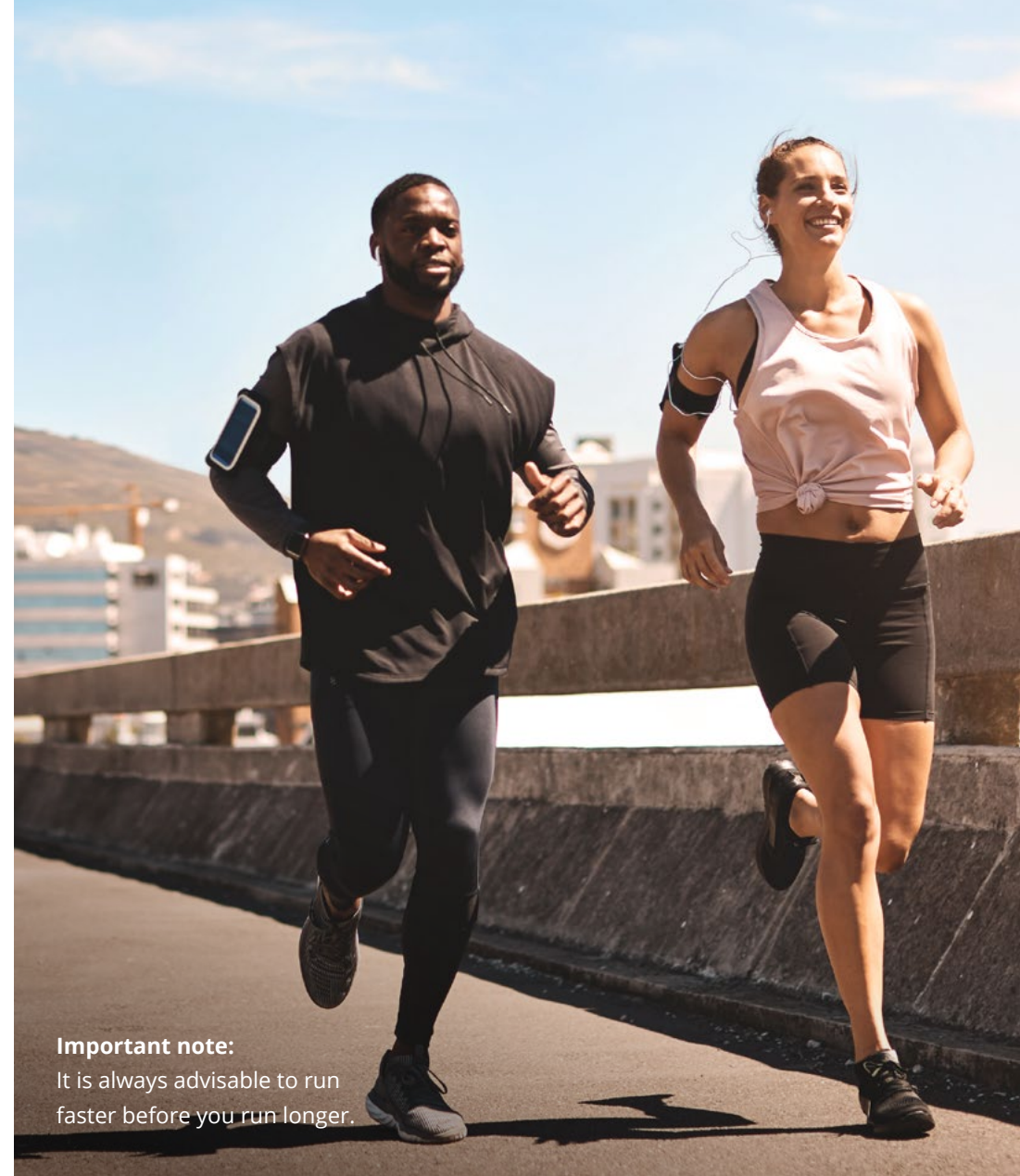
The programme is geared at helping you perform at your best on race day. We'll be covering the following topics:

1. **Qualifying criteria:** The 5 km times you need to be able to run leading up to race day
2. **Training paces:** Range of paces necessary for your various training sessions based on your targeted finishing time for the Soweto Marathon (half)
3. **Monthly training schedules**
4. **Cross-training:** Resource videos
5. **General notes**

## 1. Qualifying criteria

Our guidelines are aimed at a spectrum of sub-elite runners, those wanting to improve their 10 km times and 10 km novices. It is assumed that those using these guidelines have a running base of at least 10 km per week.

5km target times leading up to your 10 km	10 km target
21:00 to 21:30	43:00 to 48:00
23:30 to 26:00	48:00 to 53:00
26:00 to 28:30	53:00 to 58:00
28:30 to 31:00	58:00 to 1:03:00
31:00 to 33:30	1:03:00 to 1:08:00
33:30 to 36:00	1:08:00 to 1:13:00



### Important note:

It is always advisable to run faster before you run longer.

You need to have run two 5 km runs in the past two weeks based on the above targets. Using the above as an example, you should aim to run 5 km in under 36 minutes before you attempt to run 10 km. If you are starting out and have not run 5 km yet, please check out our



## 2. Training paces (mins/km)

Half marathon target	Recovery pace	Comfortable pace	Race pace	Hills	5 km time trials
43:00 to 48:00	5:32 to 6:02	5:12 to 5:42	4:52 to 5:22	4:52 to 5:22	4:05 to 4:36
48:00 to 53:00	6:02 to 6:32	5:42 to 6:12	5:22 to 5:52	5:22 to 5:52	4:36 to 5:05
53:00 to 58:00	6:32 to 7:02	6:12 to 6:42	5:52 to 6:22	5:52 to 6:22	5:05 to 5:36
58:00 to 1:03:00	7:02 to 7:32	6:42 to 7:12	6:22 to 6:52	6:22 to 6:52	5:36 to 6:05
1:03:00 to 1:08:00	7:32 to 8:02	7:12 to 7:42	6:52 to 7:22	6:52 to 7:22	6:05 to 6:36
1:08:00 to 1:13:00	8:02 to 8:32	7:42 to 8:12	7:22 to 7:52	7:22 to 7:52	6:36 to 7:05





## 3. Monthly training schedule:

Week No.	MON	TUE	WED	THUR	FRI	SAT	SUN
4	3 km comfortable pace	Strength or Cross-training	5 km time trial	REST	3 km recovery pace	6 km race pace	REST
5	3 km hill repeats	Strength or Cross-training	5 km time trial	REST	3 km recovery pace	7 km race pace	REST
6	4 km hill repeats	Strength or Cross-training	5 km time trial	REST	3 km recovery pace	8 km race pace	REST
8	4 km comfortable pace	Strength or Cross-training	REST	REST	REST	Rest/walk/stretch	SOWETO 10 KM



## 4. Cross-training

Cross-training is any form of exercise outside of your running. It is an essential part of your training programme because it helps you to:

- ✓ Reduce impact caused by regular running
- ✓ Use other muscle groups that you don't use when you run
- ✓ Become a complete athlete
- ✓ Supplement your other training by improving overall conditioning.

This usually includes gym and other forms of sports, such as swimming and cycling.



In this programme, we've included the following resource videos to help you:

## 5. General notes

### WEEKLY TRAINING

- Please use the programme as a guideline. It is ideal if you can stick to it. However, depending on your timetable, you can move things around. For example:
  - You can do your time trial on a Thursday and choose to rest on a Wednesday.
  - You can run your weekend runs on a Sunday. If Sunday is your preferred day, then do the shorter recovery pace runs on a Saturday.
  - Include a rest or recovery day after your race pace runs.
- **Cross-training:** Aim to do a 30 minute to 40 minute full-body workout on most of your sessions
- **Hill repeats:** Try and find a hill of 50 m to 150 m long. Incline will always vary but try to find a hill with a challenging incline.





## **TERRAIN**

Johannesburg is at high altitude and because of this, you will generally find it much harder to run there, especially if you train at low altitude (example: Durban and Cape Town). The route is also quite challenging, especially because there is very little shade to rely on in Soweto.

Based on the above factors, you can expect your race to be challenging. Challenging doesn't mean you won't enjoy it or have fun. The people of Soweto and the atmosphere offer an epic experience and you should enjoy the race.

With the above, we hope to give you the best support leading up to race day by leveraging our experts and the knowledge of other runners.

See you on the road.

**Team Vitality**





*To reduce the risk of injury, please consult a healthcare provider before beginning this or any training programme. The exercises and advice presented in this programme are in no way intended as a substitute for medical consultation. All activities done in conjunction with or as a result of this training programme are done voluntarily and solely at your own risk. Discovery Vitality shall not be liable for any injuries, damages or health problems that may arise as a result of any information, products or services obtained from this training programme including, without limitation, workouts, training regimen or information.*