

# HOSPICE HALF MARATHON



## *OLLIE LOCKLEY'S TRAINING PLAN FOR SUB-2 HOURS*



## OLLIE LOCKLEY

ISLE OF MAN ATHLETICS DEVELOPMENT OFFICER, OLLIE LOCKLEY, PLAYS A PIVOTAL ROLE IN DRIVING SPORTS EXCELLENCE AMONG OUR ATHLETES, AND HAS WORKED WITH US TO DEVELOP AN 8 WEEK TRAINING PROGRAMME TO HELP YOU ACHIEVE SUB-2 HOURS IN THE HOSPICE HALF MARATHON.

"I STRONGLY BELIEVE THAT AS AN ISLAND WE CAN FLOURISH AND CONTINUE TO ESTABLISH OURSELVES AS AN EXCEPTIONAL ATHLETICS COMMUNITY"

### PAGE ZONES:

- **Easy Runs (2-3 RPE):** Comfortable conversational pace (10:30–11:30/mi or 6:30–7:00/km).
- **Long Runs (3-5 RPE):** Slightly faster than easy pace, but not pushing hard (10:00–10:30/mi or 6:10–6:30/km).
- **Tempo Runs (6 RPE):** Approx goal marathon pace (9:00–10:00/mi or 5:35–6:10/km).
- **Threshold Runs (7-8 RPE):** Faster than Half Marathon pace round 8:30–9:00/mile (5:17–5:35/km).
- **Interval Repeats (9-10 RPE):** Faster than race pace (8:00–8:30/mi or 4:58–5:17/km).

### GENERAL GUIDELINES:

- **Weekly Mileage:** Approx 20–35 miles (32–56 km), depending on fitness level.
- **Race Pace:** 9:09/mi or 5:41/km avg pace.
- **Rate of Perceived Excursion (RPE):** A scale used to measure the intensity of physical activity based on how hard you feel your body is working. It's subjective and takes into account physical sensations such as your heart rate, breathing, muscle fatigue, and effort level.

### EXPLANATION OF KEY WORKOUTS:

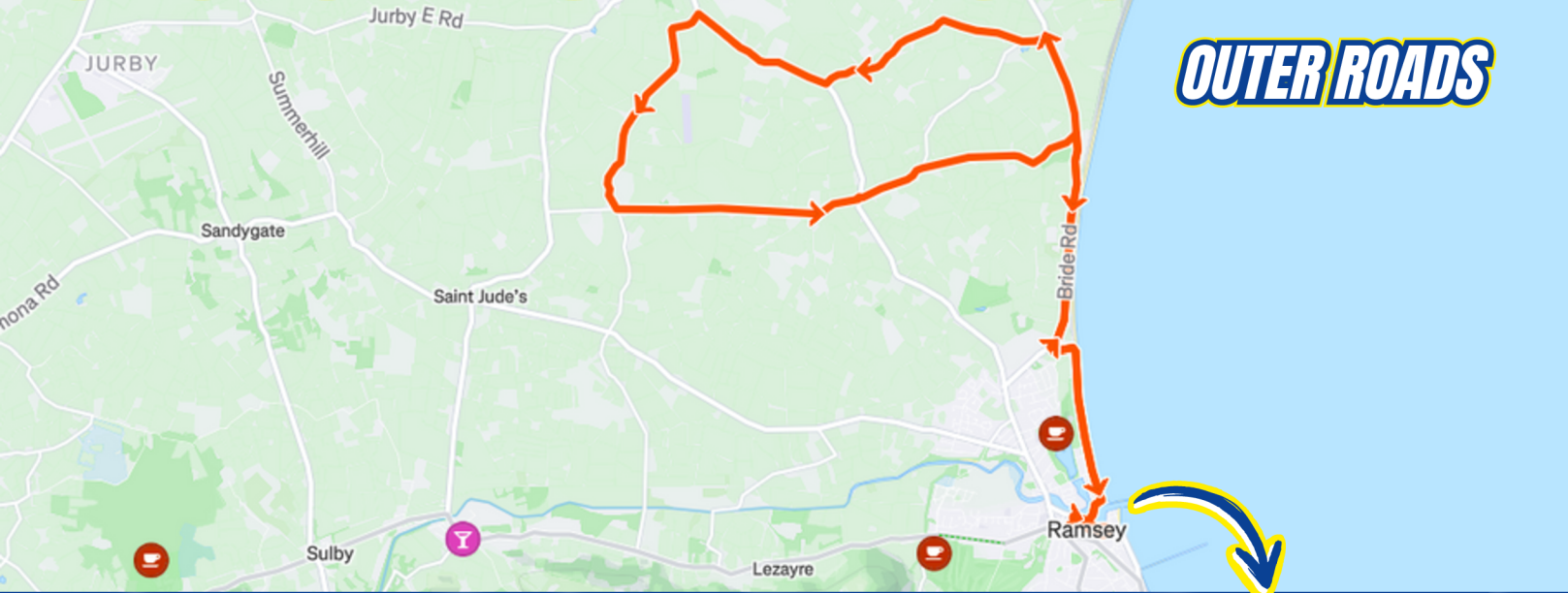
- **Easy Runs:** Promote recovery and aerobic base building.
- **Long Runs:** Simulate race-day endurance and pace strategy.
- **Tempo Runs:** Sustain efforts just below race pace to improve stamina.
- **Threshold Runs:** Sustain faster paces for longer periods, making them key for improving performance in races.
- **Intervals:** Build speed and leg strength.
- **Strides:** Short bursts (20–30 seconds) of relaxed, fast running at 90% effort. Focus on good form. Good to do post warm up and pre-session and race.

RPE	Effort Level	Description
1	Rest	Very easy, no effort at all
2-3	Light	Comfortable, easy breathing, can hold a conversation effortlessly
4-5	Moderate	Moderate effort, breathing a bit harder, conversation is possible but requires some focus
6-7	Hard	Challenging, breathing heavily, can only say a few words at a time
8-9	Very Hard	Very difficult, breathing is laboured, speaking is almost impossible
10	Maximum Effort	All-out effort, unsustainable for more than a few seconds

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
1	Rest or easy 3 mi	1 mi easy warm up <b>6x2min @ 8 RPE (1:30 min rest)</b> 1 mi easy warm down	Rest	3 mi easy	Rest	4 mi easy + strides (80-100m x4)	6 mi long run	<b>17-19 mi</b>
2	Rest or easy 3 mi	1 mi easy warm up <b>3 mi threshold @ 8:50 pace / 8 RPE</b> 1 mi easy warm down	Rest	3 mi easy	Rest	4 mi easy w/last 2 mi @ 9:00/mi	7 mi long run	<b>19-22 mi</b>
3	Rest or easy 3 mi	1 mi easy warm up <b>6x800m @ 8-9 RPE (2 min rest)</b> 1 mi easy warm down	Rest	4 mi easy	Rest	5 mi easy + strides (80-100m x4)	8 mi long run	<b>22-25 mi</b>
4	Rest or easy 3 mi	1 mi easy warm up <b>4x1 mi threshold @ 8:50-40/mi / 8 RPE (1 min rest)</b> 1 mi easy warm down	Rest	4 mi easy	Rest	5 mi easy w/last 2 mi @ 9:00/mi	10 mi long run	<b>24-27 mi</b>
5	Rest or easy 4 mi	1 mi easy warm up <b>12x400m @ 9 RPE (1:30min rest)</b> 1 mi easy warm down	Rest	4 mi easy	Rest	6 mi easy + strides (80-100m x4)	12 mi long run	<b>27-31 mi</b>
6	Rest or easy 4 mi	1 mi easy warm up <b>5 mi threshold @ 8:45 pace / 8 RPE</b> 1 mi easy warm down	Rest	5 mi easy	Rest	6 mi easy w/last 4 mi @ tempo pace	13 mi long run	<b>31-35 mi</b>
7	Rest or easy 3 mi	1 mi easy warm up <b>4x1 mi interval @ 8:15/mi / 9 RPE (2:30 min rest)</b> 1 mi easy warm down	Rest	3 mi easy	Rest	4 mi easy + strides (80-100m x4)	8 mi long run	<b>21-24 mi</b>
8	Rest or easy 2 mi	3 mi easy w/ last 2 mi @ tempo pace	Rest	3 mi easy	Rest	Rest or 2 mi easy	10 min easy warm up + strides (x2) <b>Race!</b>	<b>21-24 mi</b>



# COURSE ROUTE



## OUTER ROADS

# HOSPICE HALF MARATHON

📍 RAMSEY & THE NORTH  
**23RD MARCH 2025**

## COURSE BREAKDOWN

THE HALF MARATHON COURSE WILL START WITH 2-LAPS OF THE TOWN CENTRE ON CLOSED ROADS, BEFORE HEADING OUT ONTO THE WIDER COURSE. THE START WILL BE ON WEST QUAY, RUNNING UP THE QUAY INTO MARKET PLACE, WHERE THE FINISHING ARCH WILL BE. PROCEED THROUGH THE FINISH ARCH AND THEN DOWN PARLIAMENT STREET TURN RIGHT INTO CHRISTIAN STREET AND BACK ONTO WEST QUAY.

ALL THE WAY BACK UP WEST QUAY TO GO UNDER THE FINISH ARCH AGAIN AND A SECOND TIME DOWN PARLIAMENT STREET, CHRISTIAN STREET AND WEST QUAY, BUT ONLY AS FAR AS THE SWINGBRIDGE, WHERE TURN LEFT AND CROSS THE RIVER OVER TO THE NORTH SHORE PROMENADE WALKWAY. ALL THE WAY ALONG THE PROM WALKWAY TO VOLLAN CRESCENT, THEN ENTERING CLOSED ROADS ONCE AGAIN.

RIGHT INTO A10 BRIDE ROAD LEFT INTO C14 GRENABY ROAD AND THEN BRANCH RIGHT INTO C14 BALLACOREY ROAD RIGHT ONTO A9 ANDREAS ROAD LEFT ONTO B14 BERNAHARA ROAD LEFT ONTO B7 REGABY WEST ROAD STRAIGHT ON INTO C15 NASSAU ROAD RIGHT ONTO A10 BRIDE ROAD LEFT DOWN VOLLAN CRESCENT AND BACK ON TO MOORAGH PROM WALKWAY OVER SWINGBRIDGE AND LEFT UP WEST QUAY TO THE FINISH IN MARKET SQUARE.

**£45 ENTRY**  
£40 FOR AFFILIATED MEMBERS



## TOWN CENTRE