

KILOPACE

TRAINING JOURNAL NO. 12

OCTOBER 19, 2026

Your half marathon journal

13 weeks to race day, paced from your current running

2:03:34

PREDICTED FINISH

5:51 /km

RACE PACE

7:09 /km

EASY PACE

THIS JOURNAL BELONGS TO

STARTED ON



kilopace.com

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Your numbers

Calculated from your answers. These are the numbers the whole plan is built on.

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CHAPTER 01

Your numbers

Calculated from your answers. These are the numbers the whole plan is built on.

YOUR NUMBERS

13 weeks to race day, paced from your current running

2:03:34

PREDICTED FINISH

5:51 /km

RACE PACE

7:09 /km

EASY PACE

5:37 /km

TEMPO PACE

13

WEEKS

18 km

LONGEST RUN

BEFORE YOU START

General fitness information, not medical advice. Stop and seek help if you feel chest pain, dizziness or sharp pain.

POCKET CARD

KILOPACE

Predicted finish: 2:03:34
Race pace: 5:51 /km
Easy pace: 7:09 /km
Tempo pace: 5:37 /km
Weeks: 13
Longest run: 18 km

CUT OUT AND KEEP WITH YOU

CHAPTER 02

How to use this journal

Long runs build the race; tempo runs make race pace feel easier.

HOW TO USE THIS JOURNAL

How to use this journal

- 01** Run the days in order; keep an easy day or rest day after the long run.
- 02** If you miss a week, repeat the previous week rather than jumping ahead.
- 03** Cutback weeks are part of the plan; they lock in fitness.
- 04** Retest a 5 km or 10 km at mid-plan and recalibrate your paces.

“Increase weekly distance by no more than about 10% unless it's a planned build.”

COACHING NOTES

- Long runs build the race; tempo runs make race pace feel easier.
- Sleep and carbohydrate are your best recovery tools in the peak weeks.
- A niggle that changes how you run means two easy days or cross-training, not pushing through.
- The taper feels strange; trust it. Fitness doesn't disappear in two weeks.
- Even splits beat a fast start almost every time.

CHAPTER 03

The programme

13 weeks to race day, paced from your current running

01

Your training paces

“About 80% of your running is easy. The fast 20% only works if the easy days are genuinely easy.”

SESSION	/KM	/MI
Easy	7:09	11:30
Long run	6:55	11:07
Race pace	5:51	9:26
Tempo	5:37	9:03
1 km intervals	5:16	8:29

02

Your 13-week plan

WEEK	PHASE	LONG RUN	KEY SESSION
1	Base	8 km	Easy run + 6 × 20 s strides (start at 7
2	Base	9 km	Easy run + 6 × 20 s strides (start at 7
3	Base	10 km	Intervals
4	deload	8 km	Tempo
5	Base	12 km	Intervals
6	Build	13 km	Tempo
7	Build	14 km	Intervals
8	deload	11 km	Tempo
9	Build	16 km	Intervals
10	Peak	17 km	Tempo
11	Peak	18 km	Intervals

WEEK	PHASE	LONG RUN	KEY SESSION
12	Taper	12 km	Sharpener
13	Taper	—	Race

03

Fuelling and race day

- Practise race breakfast before your three longest runs: 2–3 hours before, mostly carbohydrate.
- On runs over 75 minutes take 30–60 g of carbohydrate an hour and drink to thirst.
- Start the race 5–10 seconds per km slower than race pace for the first 3 km.
- Nothing new on race day: same shoes, same gels, same breakfast.

04

Your race splits

KM	SPLIT TIME
5	0:29:17
10	0:58:34
15	1:27:51
20	1:57:08
21.1	2:03:34

05

If this happens, do this

If easy runs feel hard	Then slow down by 20–30 seconds per km; easy is a feeling, not a number
If a long run goes badly	Then check fuel and sleep before fitness, and repeat the distance next week
If you miss a week	Then repeat the previous week; don't jump ahead
If a pain changes how you run	Then two easy days or cross-training, and see a physio if it persists
If the taper makes you feel sluggish	Then that's normal; keep the short race-pace efforts

If race-day weather is hot Then start 10–15 seconds per km slower and drink at every station

06

Glossary

RPE	Rate of perceived exertion: how hard a set feels on a 1–10 scale. 10 is all-out, 7 means about three more reps were possible.
Reps in reserve	How many more good reps you could have done when you stopped the set. RIR 2 ≈ RPE 8.
3 × 8–10	Three sets of 8 to 10 repetitions each. Pick a weight that lets you reach the range with good form.
Deload	A lighter week with less volume or load, usually every 4–6 weeks, so the body can recover and adapt.
Progressive overload	Gradually making training harder over time, with more weight, reps or sets, so you keep improving.
Double progression	Add reps first until all sets reach the top of the range, then add weight and start again at the bottom.
Zone 2 / easy pace	A relaxed effort where you can talk in full sentences. It builds aerobic base and aids recovery.
Threshold	The hardest pace you can hold for about an hour; feels comfortably hard, only a few words at a time.
Tempo / interval	Tempo: sustained, steady hard running. Interval: shorter fast repeats with recovery between them.
TDEE	Total daily energy expenditure: the calories you burn in a day, including exercise and daily activity.
Protein per kg	Daily protein based on body weight, e.g. 1.6 g/kg means 112 g for a 70 kg person.
Fibre target	Aim for about 25–30 g of fibre a day from vegetables, fruit, whole grains and legumes.



CHAPTER 04

Weekly pages

Tick each session when it is done

WEEK

Base

01

Long run 8 km

WEEK OF _____

- ☐ Easy run + 6 × 20 s strides (start at 7:09/km, finish quick and relaxed)
- ☐ Easy run: 35 min at 7:09/km
- ☐ Easy run: 30 min at 7:09/km
- ☐ Long run: 8 km at 6:55/km
- ☐ Twice this week: 15-minute runner's strength routine

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week

WEEK

Base

02

Long run 9 km

WEEK OF _____

- ☐ Easy run + 6 × 20 s strides (start at 7:09/km, finish quick and relaxed)
- ☐ Easy run: 37 min at 7:09/km
- ☐ Easy run: 31 min at 7:09/km
- ☐ Long run: 9 km at 6:55/km
- ☐ Twice this week: 15-minute runner's strength routine

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week

WEEK

Base

03

Long run 10 km

WEEK OF _____

- ☐ Intervals: 3 × 1 km at 5:16/km with 2 min jog
- ☐ Easy run: 39 min at 7:09/km
- ☐ Easy run: 32 min at 7:09/km
- ☐ Long run: 10 km at 6:55/km
- ☐ Twice this week: 15-minute runner's strength routine

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week

WEEK

deload

04

Long run 8 km

WEEK OF _____

- ☐ Tempo: 10 min easy, 21 min at 5:37/km, 10 min easy
- ☐ Easy run: 41 min at 7:09/km
- ☐ Easy run: 33 min at 7:09/km
- ☐ Long run: 8 km at 6:55/km
- ☐ Twice this week: 15-minute runner's strength routine

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week

WEEK

Base

05

Long run 12 km

WEEK OF _____

- ☐ Intervals: 4 × 1 km at 5:16/km with 2 min jog
- ☐ Easy run: 43 min at 7:09/km
- ☐ Easy run: 34 min at 7:09/km
- ☐ Long run: 12 km at 6:55/km
- ☐ Twice this week: 15-minute runner's strength routine

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week

WEEK

Build

06

Long run 13 km

WEEK OF _____

- ☐ Tempo: 10 min easy, 25 min at 5:37/km, 10 min easy
- ☐ Easy run: 45 min at 7:09/km
- ☐ Easy run: 35 min at 7:09/km
- ☐ Long run: 13 km at 6:55/km
- ☐ Twice this week: 15-minute runner's strength routine

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week

WEEK

Build

07

Long run 14 km

WEEK OF _____

- ☐ Intervals: 5 × 1 km at 5:16/km with 2 min jog
- ☐ Easy run: 47 min at 7:09/km
- ☐ Easy run: 36 min at 7:09/km
- ☐ Long run: 14 km at 6:55/km
- ☐ Twice this week: 15-minute runner's strength routine

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week

WEEK

deload

08

Long run 11 km

WEEK OF _____

- ☐ Tempo: 10 min easy, 29 min at 5:37/km, 10 min easy
- ☐ Easy run: 49 min at 7:09/km
- ☐ Easy run: 37 min at 7:09/km
- ☐ Long run: 11 km at 6:55/km
- ☐ Twice this week: 15-minute runner's strength routine

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week

WEEK

Build

09

Long run 16 km

WEEK OF _____

- ☐ Intervals: 5 × 1 km at 5:16/km with 2 min jog
- ☐ Easy run: 51 min at 7:09/km
- ☐ Easy run: 38 min at 7:09/km
- ☐ Long run: 16 km at 6:55/km, last 5 km at race pace 5:51/km
- ☐ Twice this week: 15-minute runner's strength routine

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week

WEEK

Peak

10

Long run 17 km

WEEK OF _____

- ☐ Tempo: 10 min easy, 33 min at 5:37/km, 10 min easy
- ☐ Easy run: 53 min at 7:09/km
- ☐ Easy run: 39 min at 7:09/km
- ☐ Long run: 17 km at 6:55/km, last 6 km at race pace 5:51/km
- ☐ Twice this week: 15-minute runner's strength routine

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week

WEEK

Peak

11

Long run 18 km

WEEK OF _____

- ☐ Intervals: 6 × 1 km at 5:16/km with 2 min jog
- ☐ Easy run: 55 min at 7:09/km
- ☐ Easy run: 40 min at 7:09/km
- ☐ Long run: 18 km at 6:55/km, last 6 km at race pace 5:51/km
- ☐ Twice this week: 15-minute runner's strength routine

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week

WEEK

Taper

12

Long run 12 km

WEEK OF _____

- ☐ Sharpener: 20 min easy with 4 × 3 min at race pace 5:51/km
- ☐ Easy run: 30 min at 7:09/km
- ☐ Easy run: 25 min at 7:09/km
- ☐ Long run: 12 km at 6:55/km, last 4 km at race pace 5:51/km
- ☐ Twice this week: 15-minute runner's strength routine

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week

WEEK

Taper

13

Target 2:03:34

WEEK OF _____

- ☐ Race week: two short easy runs, one with 3 × 2 min at 5:51/km
- ☐ Race day January 25, 2027: aim for 2:03:34

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week



CHAPTER 05

Logs

LOGS

Run log

[illegible]

NOTES

Grid of dotted lines for notes.

NOTES

Handwriting practice area consisting of a grid of dotted lines on a light gray background.

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<https://www.who.int/publications/i/item/9789240015128>

Small, repeated, honest efforts.
That is the whole secret.

Made for you on October 19, 2026
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