



# 12 WEEK HALF MARATHON TRAINING PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	WEEKLY TOTAL
<b>WEEK 1</b> w/c 6th July	<b>Rest Day or Light Session</b> As we begin to adapt your training sessions, opt for a light session. E.g Swimming or Yoga.	<b>Easy Run – 2 Miles</b> You want to do your easy runs at a comfortable, conversational pace. If you cant talk, your going too fast!	<b>Rest Day</b> If you do wish to exercise today then opt for a light session. E.g Walking/ Cross train or Core work.	<b>Easy Run – 3 Miles</b> Keep to the same comfortable, conversational pace.	<b>Rest Day</b> Rest days are essential to ensure your body recovers.	<b>Rest Day</b> Some easy stretching.	<b>Long Run – 4 Miles</b> Your first long run should be at a slow, conversational pace.	<b>9 Miles</b>
<b>WEEK 2</b> w/c 13th July	<b>Rest Day</b> Remember you may be achy and tired after your long run. This is normal, just do some stretching today.	<b>Easy Run – 2 Miles</b> Steady pace, ensuring to finish strong.	<b>Rest Day</b> If you do wish to exercise today then opt for a light session. E.g Walking/ Cross train or Core work.	<b>Easy Run – 3 Miles</b> Steady pace.	<b>Rest Day</b> If you do wish to exercise today then opt for a light session. E.g Cross trainer, Core/Strength work.	<b>Rest Day</b> Some easy stretching.	<b>Long Run – 5 Miles</b> Steady Pace.	<b>10 Miles</b>
<b>WEEK 3</b> w/c 20th July	<b>Rest day or Light Session</b> If you wish to train, ensure you choose a light session. E.g Swimming or crosstraining.	<b>Easy Run – 2 Miles</b> Steady pace, ensuring to finish strong.	<b>Rest Day</b> If you do wish to exercise today then opt for a light session. E.g Walking/ Cross train or Core work.	<b>Easy Run – 4 Miles</b> Steady pace.	<b>Rest Day</b> If you do wish to exercise today then opt for a light session. E.g Cross trainer, Core/Strength work.	<b>Rest Day</b> Some easy stretching.	<b>Long Run – 5 Miles</b> Steady Pace.	<b>11 Miles</b>
<b>WEEK 4</b> w/c 27th July	<b>Rest Day</b> Remember you may be achy and tired after your long run. This is normal, just do some stretching today.	<b>Easy Run – 2 Miles</b> Steady pace, ensuring to finish strong.	<b>Rest Day</b> If you do wish to exercise today then opt for a light session. E.g Walking/ Cross train or Core work.	<b>Easy Run – 5 Miles</b> Steady pace.	<b>Rest Day</b> If you do wish to exercise today then opt for a light session. E.g Cross trainer, Core/Strength work.	<b>Rest Day</b> Some easy stretching.	<b>Long Run – 6 Miles</b> Steady Pace.	<b>13 Miles</b>
<b>WEEK 5</b> w/c 3rd Aug	<b>Rest Day</b> Remember you may be achy and tired after your long run. This is normal, just do some stretching today.	<b>Easy Run – 3 Miles</b> Steady pace, ensuring to finish strong	<b>Rest Day</b> If you do wish to exercise today then opt for a light session. E.g Walking/ Cross train or Core work.	<b>Run &amp; Hill work – 6 Miles</b> Steady Pace running, building some hill work into the programme. Use hills which take roughly 60 seconds to climb.Hill work will help to build power	<b>Rest Day</b> If you do wish to exercise today then opt for a light session. E.g Cross trainer, Core/Strength work.	<b>Rest Day</b> Some easy stretching.	<b>Long Run – 7 Miles</b> Steady Pace.	<b>16 Miles</b>
<b>WEEK 6</b> w/c 10th Aug	<b>Rest Day</b> Remember you may be achy and tired after your long run. This is normal, just do some stretching today.	<b>Easy Run – 2 Miles</b> Steady pace, ensuring to finish strong.	<b>Rest Day</b> If you do wish to exercise today then opt for a light session. E.g Walking/ Cross train or Core work.	<b>HMP RUN – 6 Miles</b> Six easy miles. Ensure 4 of your miles are at your half marathon pace. These runs will get you used to running at race pace.	<b>Rest Day</b> If you do wish to exercise today then opt for a light session. E.g Cross trainer, Core/Strength work.	<b>Rest Day</b> Some easy stretching.	<b>Long Run – 6 Miles</b> Steady Pace.	<b>14 Miles</b>

## 12 WEEK HALF MARATHON TRAINING PLAN (Continued)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	WEEKLY TOTAL
<b>WEEK 7</b> w/c 17th Aug	<b>Rest Day</b> Remember you may be achy and tired after your long run. This is normal, just do some stretching today.	<b>Easy Run – 4 Miles</b> Steady pace, ensuring to finish strong.	<b>Rest Day</b> If you do wish to exercise today then opt for a light session. E.g Walking/ Cross train or Core work.	<b>Run &amp; Hill Work – 6 Miles</b> Steady Pace running, building some hill work into the programme. Use hills which take roughly 60 seconds to climb. Hill work will help to build power.	<b>Rest Day</b> If you do wish to exercise today then opt for a light session. E.g Cross trainer, Core/Strength work.	<b>Rest Day</b> If you do wish to exercise today then opt for a light session. E.g Cross trainer, Core/Strength work.	<b>Long Run – 6 Miles</b> Steady Pace.	<b>16 Miles</b>
<b>WEEK 8</b> w/c 24th Aug	<b>Rest Day</b> Remember you may be achy and tired after your long run. This is normal, just do some stretching today.	<b>Easy Run – 2 Miles</b> Steady pace, ensuring to finish strong.	<b>Rest Day</b> If you do wish to exercise today then opt for a light session. E.g Walking/ Cross train or Core work.	<b>HMP RUN – 7 Miles</b> Seven easy miles. Ensure 4 of your miles are at your half marathon pace. These runs will get you used to running at race pace.	<b>Rest Day</b> If you do wish to exercise today then opt for a light session. E.g Walking/ Cross train or Core work.	<b>Rest Day</b> If you do wish to exercise today then opt for a light session. E.g Walking/ Cross train or Core work.	<b>Long Run – 8 Miles</b> Steady Pace.	<b>17 Miles</b>
<b>WEEK 9</b> w/c 31st Aug	<b>Rest Day</b> Remember you may be achy and tired after your long run. This is normal, just do some stretching today.	<b>Easy Run – 2 Miles</b> Steady pace, ensuring to finish strong.	<b>Rest Day</b> If you do wish to exercise today then opt for a light session. E.g Walking/ Cross train or Core work.	<b>Run &amp; Hill Work – 7 Miles</b> Steady Pace running, building some hill work into the programme. Use hills which take roughly 90s seconds to climb.	<b>Easy Run – 2 Miles</b> Run steady, with easy effort and pace.	<b>Rest Day</b> If you do wish to exercise today then opt for a light session. E.g Walking/ Cross train or Core work.	<b>Long Run – 10 Miles</b> Steady run, at conversational pace.	<b>21 Miles</b>
<b>WEEK 10</b> w/c 7th Sept	<b>Rest Day</b> Remember you may be achy and tired after your long run. This is normal, just do some stretching today.	<b>Easy Run – 3 Miles</b> Steady pace, ensuring to finish strong.	<b>Rest Day</b> If you do wish to exercise today then opt for a light session. E.g Walking/ Cross train or Core work.	<b>HMP RUN – 7 Miles</b> Seven easy miles. Ensure 4 of your miles are at your half marathon pace.	<b>Easy Run – 2 Miles</b> Run steady, with easy effort and pace.	<b>Rest Day</b> If you do wish to exercise today then opt for a light session. E.g Walking/ Cross train or Core work.	<b>Long Run – 10 Miles</b> Steady run, at conversational pace.	<b>22 Miles</b>
<b>WEEK 11</b> w/c 14th Sept	<b>Rest Day</b> Remember you may be achy and tired after your long run. This is normal, just do some stretching today.	<b>Easy Run – 2 Miles</b> Steady pace, ensuring to finish strong.	<b>Rest Day</b> If you do wish to exercise today then opt for a light session. E.g Walking/ Cross train or Core work.	<b>HMP RUN – 7 Miles</b> Seven easy miles. Ensure 4 of your miles are at your half marathon pace.	<b>Easy Run – 2 Miles</b> Run steady, with easy effort and pace.	<b>Rest Day</b> If you do wish to exercise today then opt for a light session. E.g Walking/ Cross train or Core work.	<b>Long Run – 9 Miles</b> Steady run, at conversational pace.	<b>20 Miles</b>
<b>WEEK 12</b> w/c 21st Sept	<b>Rest Day</b> Remember you may be achy and tired after your long run. This is normal, just do some stretching today.	<b>Easy Run – 2 Miles</b> Steady pace, ensuring to finish strong.	<b>Rest Day</b> If you do wish to exercise today then opt for a light session. E.g Walking/ Cross train or Core work.	<b>HMP RUN – 5 Miles</b> Five easy miles. Ensure 3 of your miles are at your half marathon pace.	<b>Rest Day</b> If you do wish to exercise today then opt for a light session. E.g Walking/ Cross train or Core work.	<b>Rest Day</b> If you do wish to exercise today then opt for a light session. E.g Walking/ Cross train or Core work.	<b>Race Day!</b> <b>31.1 Miles</b>	<b>20.1 Miles</b>