

RUNDERWEAR™

HALF MARATHON
TRAINING PLAN
IMPROVER



Created by Tom Craggs
England Athletics Running Coach

RUNDERWEAR™

HALF MARATHON IMPROVER

TRAINING PLAN



THE PLAN

This plan is aimed at runners who have some experience with longer races. You might have run a half before and are looking to improve, or perhaps you are confident and experienced at running 10kms and are looking to step up. You should feel able to tackle a continuous, easy paced run of around 70 minutes and have some experience of structure interval type training.

COMPLETING THE PLAN

The majority of the sessions are runs, but you can replace with cardiovascular cross training using a bike, rowing machine, swimming or elliptical trainer. You might see cross training included in the plan to – these are labelled as ‘XT’. Take ownership of the plan and adapt it to suit your situation, background and needs. If you need to swap days run not to do two runs harder than 7/10 effort on back to back days. It’s fine to add more running but always remember you need to recover well to progress and you are better to do a little less than too much. If you are tired, sore, have a cold or are worried about a niggle stop, rest and if necessary speak to a physio or medical expert. Only start on this training plan if you feel confident in your health and we always recommend undergoing a medical check up with a professional before undertaking any running training plan.

GUIDING YOUR EFFORT

The plan is written to time and perceived effort to make it flexible for runners at different levels, running over different terrain and in different weather conditions. As you build confidence you will learn what the right pace is for you on the 0-10 scale of rate of perceived exertion (RPE).

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Rest	Warm up: 10 min easy run at 2-3/10 effort Main Session: 5 mins, 4 mins, 3 mins, 2 mins, 1 min with 90 secs recovery. Work between 6/10 & 8-9/10 aim to get faster as you go through Cool down: 5-10 min easy run at 2-3/10 effort	Run or XT Session: 40-50 min easy run at 2-3/10 effort	Rest	Warm up: 10-20 min easy run at 2-3/10 effort Main Session: 4 sets of 6 minutes at 6-7/10 effort with 90-120s jog recovery Cool down: 10-15 min easy run at 2-3/10 effort	Run Session: 30-45 min easy run at 2-3/10 effort	Run Session: 70-85 min easy run – 2-3/10 build to steady 4-5/10 if you feel good
WEEK 2	Rest	Warm up: 10 min easy run at 2-3/10 effort Main Session: 12 x 1 min strong at 7-8/10, 60-75s steady at 4-5/10 Cool down: 5-10 min easy run at 2-3/10 effort	Run or XT Session: 40-50 min easy run at 2-3/10 effort	Rest	Run Session: 45-60 min easy run at 2-3/10 effort	80 minutes to include 4 x 8 mins half marathon pace with 3 mins easy at 2-3/10 between each. Everything else 2-3/10	Run Session: 30-45 min easy run at 2-3/10 effort
WEEK 3	Rest	Warm up: 10 min easy run at 2-3/10 effort Main Session: 6 mins, 5 mins, 4 mins, 3 mins, 2 mins, 1 min with 90 secs recovery. Work between 6/10 & 8-9/10 aim to get faster as you go through Cool down: 5-10 min easy run at 2-3/10 effort	Run or XT Session: 45-60 min easy run at 2-3/10 effort	Rest	Warm up: 10-20 min easy run at 2-3/10 effort Main Session: 3 sets of 8 minutes at 6-7/10 effort with 90-120s jog recovery Cool down: 10-15 min easy run at 2-3/10 effort	Run Session: 30-45 min easy run at 2-3/10 effort	Run Session: 80-90 min easy run – 2-3/10 build to steady 4-5/10 if you feel good
WEEK 4	Rest	Warm up: 10 min easy run at 2-3/10 effort Main Session: 15 x 1 minute strong at 7-8/10, 60-75s steady at 4-5/10 Cool down: 5-10 min easy run at 2-3/10 effort	Run or XT Session: 30 min easy run at 2-3/10 effort	Rest	Run Session: 30 min easy run at 2-3/10 effort	5km-8km time trial or a 30-45 min easy run or rest if tired	Run Session: 60-75 mins at 2-3/10 effort
WEEK 5	Rest	Warm up: 10 min easy run at 2-3/10 effort Main Session: 6-8 x 3 mins at 8/10 with 2 mins rest Cool down: 5-10 min easy run at 2-3/10 effort	Run or XT Session: 45-60 min easy run at 2-3/10 effort	Rest	75 mins with 45-60 minutes run as 3 mins at 7-8/10, 3 mins at 5/10 with no rest est	Run Session: 40-55 min easy run at 2-3/10 effort	Run Session: 90-120 min easy run – 2-3/10 build to steady 4-5/10 if you feel good
WEEK 6	Rest	Warm up: 10 min easy run at 2-3/10 effort Main Session: 10 mins, 8 mins, 6 mins, 2 mins working between 6-8/10 with 2 min jogged recovery Cool down: 5-10 min easy run at 2-3/10 effort	Run or XT Session: 45-60 min easy run at 2-3/10 effort	Rest	Run Session: 40-55 min easy run at 2-3/10 effort	90-120 minutes to 2 x 20-25 minutes at half marathon pace with 5 minutes easy between. Everything else 2-3/10	Run Session: 30-45 min easy run at 2-3/10 effort
WEEK 7	Rest	Warm up: 10 min easy run at 2-3/10 effort Main Session: 10 x 75s at 5km effort with 60s rest, 2-3 min recovery then 10 mins 6-7/10 effort Cool down: 5-10 min easy run at 2-3/10 effort	Run or XT Session: 45-60 min easy run at 2-3/10 effort	Rest	60-75 mins with 45 minutes run as 3 mins at 7-8/10, 3 mins at 5/10 with no rest	Run Session: 40-50 min easy run at 2-3/10 effort	Run Session: 50-60 mins at 3-4/10 effort
WEEK 8	Rest	Warm up: 10 min easy run at 2-3/10 effort Main Session: 4-5 sets of 2 minutes at 7/10 effort with 90 sec jog recovery Cool down: 5-10 min easy run at 2-3/10 effort	Run or XT Session: 30-40 mins easy at 2-3/10	Rest	Run Session: 20-30 mins at 2-3/10	HALF MARATHON RACE!! GOOD LUCK!	Rest

RPE SCALE	WHAT IT MIGHT FEEL LIKE....
0	Sat at home in your armchair
1	Brisk walking for some, very easy jogging for others. Able to fully converse with no effort.
2-3	Easy running, able to hold a full conversation, you might have consciously work to slow down. Gentle, relaxed, feeling like you could run forever.
4-5	Steady running. Able to speak but in shorter sentences. You might hear yourself breathing but could still keep going for between 75 minutes – 2 hours.
6-7	Controlled discomfort. A pace you could hold for around 60 mins in a race. You should be able to speak 2-3 words at a time. Cruising at speed.
8-9	Working hard at 3km-10km effort. You have to focus and work to maintain pace. You’ll be breathing strongly and will feel like you need the recovery between efforts.
10	Working very hard. A effort you can sustain for only short periods before you effort feels unsustainable.