

HALF MARATHON BEGINNERS TRAINING PLAN

- Hopefully you own a pair of running shoes and have at least started to run. The following training plan will get you around a half marathon in a reasonable time, it's based on four runs per week over a 12-week period. It does need a fair bit of commitment on your part, you can move the days around, it's not essential to always do the long runs on a Sunday if that doesn't suit, just try to cover at least three of these sessions including the long run within each week. Don't forget that we have our team session every Thursday evening which could substitute one of these sessions.
- If you are feeling really tired or suffering a niggle, add an extra rest day or go for cross training or strength and conditioning instead.
- Nutrition is really important; your body needs the right sort of fuel to make it run and to aid recovery. Aim to eat within 20 minutes of finishing a run, protein shakes and bars are perfect for post run refueling.
- Do a warm up and cool down before and after every session and try to include 10 minutes of stretching into your every-day routine.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	Rest or strength and conditioning	Easy run 30 mins	Rest	30 mins easy	Rest	Rest or 30 mins pilates or aerobic cross training	Long run 40 mins easy
Week 2	Rest or strength and conditioning	Easy run 30 mins	Rest	30 mins run including 5 x 3 mins at threshold with 3 mins easy recoveries	Rest	Rest or 30 mins pilates or aerobic cross training	Long run 50 mins easy
Week 3	Rest or strength and conditioning	Easy run 30 mins	Rest	30 mins Sysiphus run including 3 x 15, 30, 45 and 60 sec uphill reps with easy downhill recoveries	Rest	Rest or 30 mins pilates or aerobic cross training	Long run 60 mins easy
Week 4	Rest or strength and conditioning	Easy run 45 mins	Rest	40 mins run including 3 x 5 mins at threshold with 2 mins easy recoveries	Rest	Rest or 30 mins pilates or aerobic cross training	Long run 75 mins easy broken down in to 3 x 23 mins with 2 mins walk recovery between each.
Week 5	Rest or strength and conditioning	Easy run 30-40 mins	Rest	45 mins easy	Rest	Rest or 30 mins pilates or aerobic cross training	Long run 60 mins easy

Continued



RUNNING GLOSSARY

- **Cross training** involves working your heart and lungs but not through running. This could be cycling, swimming or on a rower.
- **Recovery runs** are your easiest runs of the week. They should be at a comfortable pace. Relax and aim to feel better at the end than you did at the start.
- **Threshold running** involves blocks of running at a controlled discomfort effort. You should only be able to speak 4-5 words at a time but if pushed you could still slightly speed up. Include short recovery jogs between each threshold block.
- **Fartlek sessions** are running at different speeds for different lengths of time.

HALF MARATHON BEGINNERS TRAINING PLAN

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 6	Rest or strength and conditioning	Easy run 30 mins with last 10 mins at threshold pace	Rest	45 mins run including 4 x 5 mins at threshold with 2 mins easy recoveries	Rest	30 mins pilates or aerobic cross training	Long run 75 mins easy
Week 7	Rest or strength and conditioning	Easy to Steady paced run 45–50 mins	Rest	45 mins Progression Run. 15 mins easy, 15 mins steady, 15 mins at near to threshold	Rest	30 mins pilates or aerobic cross training	Long run 90 mins easy
Week 8	Rest or strength and conditioning	Easy run 40 mins	Rest	45 mins including 15 mins of continuous hills	Rest	30 mins pilates or aerobic cross training	Long run 100 mins easy. Walk for 3–5 mins every 20 mins if required
Week 9	Rest or strength and conditioning	Easy run 45 mins	Rest	45 mins run including 5 x 5 mins at threshold pace with 2 mins easy recoveries	Rest	Rest or 30 mins pilates or aerobic cross training	Long run 110 mins easy run. Walk 3–5 mins every 20 mins if required
Week 10	Rest or strength and conditioning	Easy run 30 mins	Rest	60 mins mixed pace run. 20 mins easy, 20 mins steady, 20 mins easy	Rest	30 mins pilates or aerobic cross training	Long run 120 mins easy run. Walk 3–5 mins every 20 mins if required
Week 11	Rest or strength and conditioning	Easy run 40 mins	Rest	40 mins run including 6 x 3 mins at threshold pace with 3 mins easy recoveries	Rest	Rest or 30 mins pilates or aerobic cross training	Long run 60 mins easy
Week 12	Rest	Easy run 30 mins with last 10 mins at half marathon pace	Rest	25 mins easy run	Rest	15 mins easy run and stretch	Race Day Have fun

- **Continuous hills** is an exercise running on a steady gradient at threshold pace up and down the hill.
- **Sisyphus hill** session is a series of repeated uphill sprints for 15, 30, 45 and 60 seconds with easy downhill recoveries or 20 seconds hard uphill with 60 second easy downhill recoveries.
- **Long run**, these build up week on week, increasing in duration with an easier week every few weeks. Your longest run should be three weeks before race day before you start tapering to allow your body time to recover before the big event.
- **Progressive Runs** are runs where you pick up the pace in blocks from easy to steady and finishing at threshold pace.