

HALF MARATHON EXPERIENCED TRAINING PLAN

- The following training plan is aimed at an experienced runner who may have run a half before and wants to improve or a regular runner stepping up in distance, it's based on up to six runs per week over a 16-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 four 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	30 mins easy plus strength and conditioning	Progressive run, 45 mins total, 15 mins easy, 15 mins steady, 15 mins threshold	45 mins easy or 45 mins cross training	60 mins easy	Rest	Continuous hills, 4 x 6 mins with 90 secs easy recovery between	Long run 80 mins easy
Week 2	30 mins easy plus strength and conditioning	Progression run, 45 mins total 15 mins easy, 15 mins steady, 15 mins threshold	45 mins easy or 45 mins cross training	60 mins easy	Rest	Sisyphus Hills 4 x 15, 30, 45 and 60 secs uphill sprints, easy back down recovery	Long run 80 mins easy
Week 3	30 mins easy plus strength and conditioning	Threshold run, 5 x 6 mins threshold with 1min easy recoveries	45 mins easy or 45 mins cross training	Progressive run, 45 mins total. 15 mins easy, 15 mins steady, 15 mins threshold	Rest	Continuous hills, 5 x 5 mins with 90 secs easy recovery between	Long run 90 mins easy
Week 4	30 mins easy plus strength and conditioning	45 mins threshold run, Including 3 x 10 mins threshold with 90 secs easy recoveries	45 mins easy or 45 mins cross training	Progressive run, 45 mins total. 15 mins easy, 15 mins steady, 15 mins threshold	Rest	Sisyphus Hills 10 x 20 secs hard uphill sprints with 60 secs easy downhill recoveries	Long run 90 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.

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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 5	Rest or 30–45 mins recovery run plus conditioning	60 mins threshold run including 3 × 12 mins at threshold with 2 min easy recoveries	45 mins easy run plus strength and conditioning	60 mins Progression Run. 20 mins easy, 20 mins steady, 20 mins at near to threshold	Rest	Continuous hills 3 × 10 mins with 3 min easy recovery between	Long run 105 mins easy
Week 6	Rest or 30–45 mins recovery run + conditioning	45–60 mins threshold run Including 25 mins at threshold effort	45–60 mins easy run plus strength and conditioning	Mixed pace session - 12 mins at HMP + 6 × 2 mins at 10k effort + 12 mins at HMP with 2 min easy recoveries	Rest	Sysiphus Hills 5 × 15, 30, 45 and 60 secs uphill sprints, easy back down recovery	Long run 120 mins with last 20–30 mins at half marathon pace and first 90 mins approx. 1 minute per mile slower
Week 7	Rest or 30–45 mins recovery run + conditioning	60 mins threshold run including 5 × 5 mins at threshold with 2 min easy recoveries	45 mins easy run plus strength and conditioning	Progressive run 30 mins with 10 easy, 10 steady, 10 threshold	Rest	30 mins recovery run	Half Marathon race + 30 min easy jog afterwards or 2 hours with the last 60 at target HMP
Week 8	Rest or 30–45 mins recovery run + conditioning	30–40 mins recovery run plus strength and conditioning	60 mins steady run	Mixed pace session - 15 mins HMP + 5 × 3 mins at 10k effort + 15 mins at HMP with 2 min easy recoveries	Rest	Continuous hills 3 × 12 mins with 2 min easy recovery between	Long run 135 mins easy
Week 9	Rest or 35–45 mins easy recovery run	Mixed pace session. 8 × 800m or 3 mins with odd numbers at threshold effort and even numbers at 5k effort. All with 90 sec jog recoveries	60 mins easy + strength and conditioning	80 mins with the final 45 mins to include 4 × 6 mins at threshold with 2–3 mins easy recovery.	Rest	Sysiphus Hills 4 × 15, 30, 45 and 60 secs uphill sprints, easy back down recovery	Long run 150 mins with last 30 mins at HMP

- **Continuous hills** is an exercise running on a steady gradient at threshold pace up and down the hill.
- **Sysiphus 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.

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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 10	Rest or 35–45 mins easy recovery run	Mixed pace session. 6 × 800m or 3 mins at 5k effort. All with 75–90 sec jog recovery	60 mins easy + strength and conditioning	25km Progressive run as 5km easy, 5km MP, 5km easy, 5km MP, 3km threshold, 2km easy	Rest	6 × 6 mins at threshold off 90 second jog recovery	Long run 105 mins easy run
Week 11	Rest or 35–45 mins easy recovery run	6 mins threshold + 2 × 6 × 400m or 75 secs at 5k pace. Take 2–3 mins between threshold and 400m then just 1 min jog recovery between each 400m.	45 mins easy + strength and conditioning	30 minute progressive run with 10 easy, 10 steady and 10 at threshold building in effort	Rest	30 mins easy recovery run	Half marathon at PB effort or + 45 mins easy after. If not racing then 2 hours 30 mins with the last 60 mins at MP
Week 12	Rest or 35–45 mins easy recovery run	45 mins running to include 4 × 6 mins threshold. Take a 2 min jog recovery between each effort	60 mins steady run	90 mins with the final 45 mins to include 3 × 10 mins at threshold effort with 2–3 min recovery	Rest	45 mins relaxed run	Long Run 35km progressive run 10km easy, 10km MP, 5km easy, 5km threshold, 2km hard, 3km easy
Week 13	Recovery run, 30–45 mins total + conditioning	3 × 5 mins at threshold + 4 × 400m or 90 secs at 5km pace from 60 sec recoveries + 15–20 mins at MP when finished	60 mins steady run	30 mins easy	Rest	45 mins easy run	Long run 165 mins run with the last 45-60 mins at HMP
Week 14	Recovery run, 30 mins very relaxed + extra stretching	5 × 400m or 90 secs at 5km effort 60 secs recoveries + 2km at threshold + 5 × 400m or 90sec at 5km effort 45 sec recovery – 2 min recovery between sets	60 mins steady run	30 mins easy or rest	Rest	Interval session with 6 mins at threshold 2-3 min recovery + 5 × 3 mins at 5k pace off 90s jog	Long run 120 mins easy run with last 20–30 mins at HMP
Week 15	Recovery run, 30 mins + conditioning	6 mins threshold + 3 × 4 × 400m or 90 secs at 5k pace. Take 2–3 mins between threshold and 400's then just 1 min jog recovery between each 400.	60 mins easy run plus strength and conditioning	30 mins easy	Rest	60 mins easy run	Long run 60 mins relaxed
Week 16	Recovery run – 30 mins or rest	30 mins to include 3 × 5 mins at HMP with a 2–3 min jog rec	30 mins easy recovery run	20-25 mins easy run	Rest	15 mins easy run and stretch	Race Day Have fun