

A man with a beard, wearing a white tank top and white shorts, is running a half marathon. He is smiling and has his right arm raised in a fist pump. He is holding a white water bottle in his left hand. His race bib number is 15036. In the background, other runners are visible, including one in a red shirt with bib number 10027. The scene is outdoors on a paved road with trees and a blue banner in the background. The image has a torn paper edge effect.

HALF MARATHON TRAINING GUIDE

**SHELTER
SCOTLAND**



Want to last the course? Set up a routine you know you'll stick to.

Before all interval and hill sessions, try a 10-15min easy warm up followed by the drills [in this video](#). For all other runs, use a short mobility routine before you start the run [as shown here](#).

All runs are structured by time and effort as opposed to distance. This is easier for you. Running by distance does not take into account varied terrain, weather and mood. Running by time is more consistent.

Key

Fartlek

Loosely translates as 'speed play', these are continuous runs where you vary your pace and effort for set periods of time.

Strides

Short 20 sec relaxed sprints, focusing on tall posture and a fast smooth turnover of steps. Run 5-6 sprints with a jog/walk back to your starting position after each one.

Short hills

A steep climb that takes 30-40 sec to run up. Run these at a fast pace/effort. Walk back to the bottom after each one.

Long hills

A climb that takes 60-80 sec to run up. More of a grind - run these at steady pace/effort. Slowly jog back to the bottom after each one.

Strength: core

60 secs of each of these six exercises in turn = one round. See plan for number of rounds. (Video link: [Let's Get Running Core Workout](#))

Strength: legs

10-15 reps of each of these six exercises in turn = one round. (If in gym substitute leg press for squats or lunges.) (Video link: [Runners Conditioning Workout](#))

Pace guide for all plans

Run Gear 1(G1)

Easy conversation pace, if you aren't able to talk, slow down!

Gear 2(G2)

Breathing starts to get a little more strained but you can still manage a short sentence. Comfortably hard or 7 out of 10/70% effort.

Gear 3(G3)

Breathing is deep but rhythmical - working hard, 75% to 80%. For more experienced runners this would be roughly 10K race pace.

Gear 4(G4)

Hard running - could say a word or so. Less control over breathing. Probably only maintain this for 10 mins before slowing down significantly. Feel the lactic burn! 85% effort.

Gear 5(G5)

Flat out sprinting. Wouldn't be able to speak at all! 10-20 sec all out effort.

HALF MARATHON BEGINNER

For those who are fairly new to the running scene. Get all the basics you need to get to the finish line smoothly.

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
01	Strength session: legs	Rest	20 mins @ G1	Rest	Rest	25 mins @ G1	Rest
02	Strength session: core	Rest	25 mins @ G1 + Strides	Rest	Rest	35 mins @ G1	Rest
03	30 mins @ G1 + Strides	Rest	35 mins @ G1	Rest	Rest	45 mins @ G1	Rest
04	Short hills session (6 reps)	Rest	35 mins @ G1	Rest	Strength session: legs x2	55 mins @ G1	Rest
05	40 mins @ G1	Rest	Fartlek: 10 mins @ G1/10 mins @ G2/5 mins @ G1/10 mins @ G3/5 mins @ G1	Rest	Strength session: core x2	55 mins @ G1	Rest
06	50 mins @ G1	Rest	Long hills session (6 reps)	Rest	Rest	5K ParkRun! Visit ParkRun.com to find your local run	Rest
07	35 mins @ G1	Rest	Interval session: 8 x 2 mins @ G4, 2 mins rest in between each	Rest	Strength session: legs x3	90 mins @ G1	Rest
08	45 mins @ G1	Rest	Fartlek: 15 mins @ G1/10 mins @ G2/10 mins @ G3/10 mins @ G2/5 mins @ G1	Optional 30 mins @ G1	Strength session: core x3	50 mins @ G1	Rest
09	45 mins @ G1	Rest	Interval session: 6 x 3 mins @ G4, 2 mins rest in between each	Optional 30 mins @ G1	Rest	Fartlek: 60 mins @ G1	Rest
10	50 mins @ G1	Rest	Fartlek: 15 mins @ G1/20 mins @ G2/10 mins @ G3, G5/5 mins G1	Rest	Strength session: legs x2	1 hour 45 mins @ G1	Rest
11	30 mins @ G1	Rest	Fartlek: 10 mins @ G1/20 mins @ G2/20 mins @ G3	Rest	Strength session: core x2	50 mins @ G1	Rest
12	30 mins @ G1 + Strides	Rest	Rest	20 mins @ G1	Rest	Rest	RACE DAY!

HALF MARATHON INTERMEDIATE

For those who are looking to take a step up, vary their training and improve their time.

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
01	35 mins @ G1	Rest	30 mins @ G1 + Strides	Rest	Rest	Strength session: legs x2	40 mins @ G1
02	40 mins @ G1	Rest	Short hills session (6 reps)	Rest	Rest	Strength session: core x2	50 mins @ G1
03	45 mins @ G1	Rest	Speed interval session: 5 x (run 75 secs, rest 45 secs, run 45 secs) Rest for 4 mins between each set. Run intervals in G4/G5	Rest	Rest	Strength session: legs x3	60 mins @ G1
04	45 mins @ G1	Rest	Long hills session (8 reps)	Rest	Rest	Strength session: legs x3	Progression: 30 mins @ G1, 20 mins @ G2, 10 mins @ G3
05	50 mins @ G1	Rest	Interval session: 7 x 3 mins @ G4, 2 mins rest in between each	Rest	Strength session: core x3	Fartlek: 20 mins @ G1 / 7 mins @ G3 / 3 mins @ G1 / 7 mins @ G3, 3 mins @ G1 / 7 mins @ G3 / 10 mins @ G1	80 mins @ G1
06	50 mins @ G1	Rest	Fartlek: 20 mins @ G1 / 10 mins @ G2 / 5 mins @ G1 / 10 mins @ G3 / 10 mins @ G1	Rest	Strength session: legs x3	5K ParkRun! Visit ParkRun.com to find your local run	80 mins @ G1
07	50 mins @ G1	Rest	Interval session: 3 x (3 mins 30 run @ G4, 2 mins rest, 2 mins 30 run @ G4, 1 min 30 rest, 1 min run @ G5) Between each round take only 45 secs rest!	Rest	Strength session: core x3	Fartlek: 20 mins @ G1 / 10 mins @ G2 / 5 mins @ G1 / 10 mins @ G3 / 10 mins @ G1	90 mins @ G1
08	55 mins @ G1	Rest	Interval session: 7 x 4 mins @ G4, 2 mins rest in between each	Rest	Strength session: legs x3	50 mins @ G1	Fartlek: 30 mins @ G1 / 20 mins @ G2 / 10 mins @ G1 / 10 mins @ G3 / 10 mins @ G1
09	60 mins @ G1	Rest	Interval session: 3 x 9 mins @ G3, 3 mins jog between each	Rest	Strength session: core x3	50 mins @ G1	Fartlek: 60 mins @ G1 / 30 mins @ G2
10	50 mins @ G1	Rest	Progression: 20 mins @ G1, 20 mins @ G2, 20 mins @ G3	Rest	45 mins @ G1 + Strides	Rest	1 hour 45 mins @ G1
11	50 mins @ G1	Rest	10 mins @ G1, 30 mins @ G2 + Strides	Rest	Rest	ParkRun or fast 5K Timetrial (can you beat week 6 time?)	40 mins @ G1
12	35 mins @ G1	Rest	30 mins @ G1 + Strides	Rest	Optional 20 mins @ G1	Rest	RACE DAY!

HALF MARATHON ADVANCED

For experienced 10K runners,
searching for that elusive PB.



Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
01	40 mins @ G1	Rest	35 mins @ G1+ Strides	Rest	50 mins @ G1	Strength session: legs x2	60 mins @ G1
02	50 mins @ G1	Rest	Short hills session (8 reps)	Rest	Progression run: 20 mins @ G1, 10 mins @ G2, 5 mins @ G3	Strength session: core x2	70 mins @ G1
03	Fartlek: 25 mins @ G1/ 5 mins @ G2/ 3 mins @ G1/ 5 mins @ G3/ 3 mins @ G1/ 5 mins @ G3/ 10 mins @ G1	Rest	50 mins @ G1	Rest	Strength session: legs x3	Speed interval session: 6 x (run 75 secs, rest 45 secs, run 45 secs) Rest for 4 mins between each set. Run intervals @ G5	Progression: 30 mins @ G1, 20 mins @ G2, 15 mins @ G3
04	50 mins @ G1	Rest	Long hills session (8 reps)	Rest	Strength session: core x3	Rest	90 mins @ G1
05	60 mins @ G1	Rest	Interval session: 7 x 3 mins @ G4, 90 secs rest in between each	Rest	Strength session: legs x4	50 mins @ G1	Fartlek: 30 mins @ G1/ 20 mins @ G2/ 10 mins @ G1/ 10 mins @ G3/ 10 mins @ G1
06	50 mins @ G1	Rest	Interval session: 3 x (4 mins run @ G3, 2 mins rest, 3 mins run @ G3, 1 min 30 rest, 1 min run @ G4) Then take only 45 secs rest between each round!	Rest	30 mins @ G1 + Strides	5K ParkRun! Visit ParkRun.com to find your local run	1 hour 40 mins @ G1
07	60 mins @ G1	Rest	Interval session: 10 mins @ G3, 3 mins rest, 5 x 1 min @ G4 with 1 min rest between, 3 mins rest, 10 mins @ G3	Rest	Optional 35 mins @ G1 + Strength session: core x3	Rest	Fartlek: 30 mins @ G1/ 20 mins @ G2/ 10 mins @ G1/ 20 mins @ G3/ 10 mins @ G1

HALF MARATHON ADVANCED

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Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
08	65 mins @ G1	Rest	Interval session: 5 x 5 mins @ G4, 2 mins rest in between each	35 mins @ G1 + Strength session: legs x 3	Rest	Rest	1 hour 50 mins @ G1
09	60 mins @ G1	Rest	Interval session: 3 x 9 mins @ G3, 3 mins jog between each	40 mins @ G1 + Strength session: core x 3	Rest	50 mins @ G1	Fartlek: 30 mins @ G1/ 10 mins @ G2/ 10 mins @ G3/ 10 mins @ G2/ 20 mins @ G1
10	50 mins @ G1	Rest	Progression: 20 mins @ G1, 10 mins @ G2, 5 mins @ G3	40 mins @ G1 + Strength session: legs x 3	Rest	Speed interval session: 6 x (run 75 secs, rest 45 secs, run 45 secs) Rest for 4 mins between each set. Run intervals in @ G5	1 hour 45 mins @ G1
11	50 mins @ G1	Rest	Fartlek: 10 mins @ G1/ 30 mins @ G2+ Strides , 10 mins @ G2	Optional 40 mins @ G1+ Strength session : core x 3	Rest	5K ParkRun! Visit ParkRun.com to find your local run	50 mins @ G1
12	35 mins @ G1	Rest	30 mins @ G1+ Strides	Rest	Optional: 20 mins @ G1	Rest	RACE DAY!



**We exist to defend the right to a
safe home and fight the devastating
impact the housing emergency has
on people and society.**

We believe that home is everything.

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For online housing advice and access to our emergency
helpline, visit: shelterscotland.org/housing_advice

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