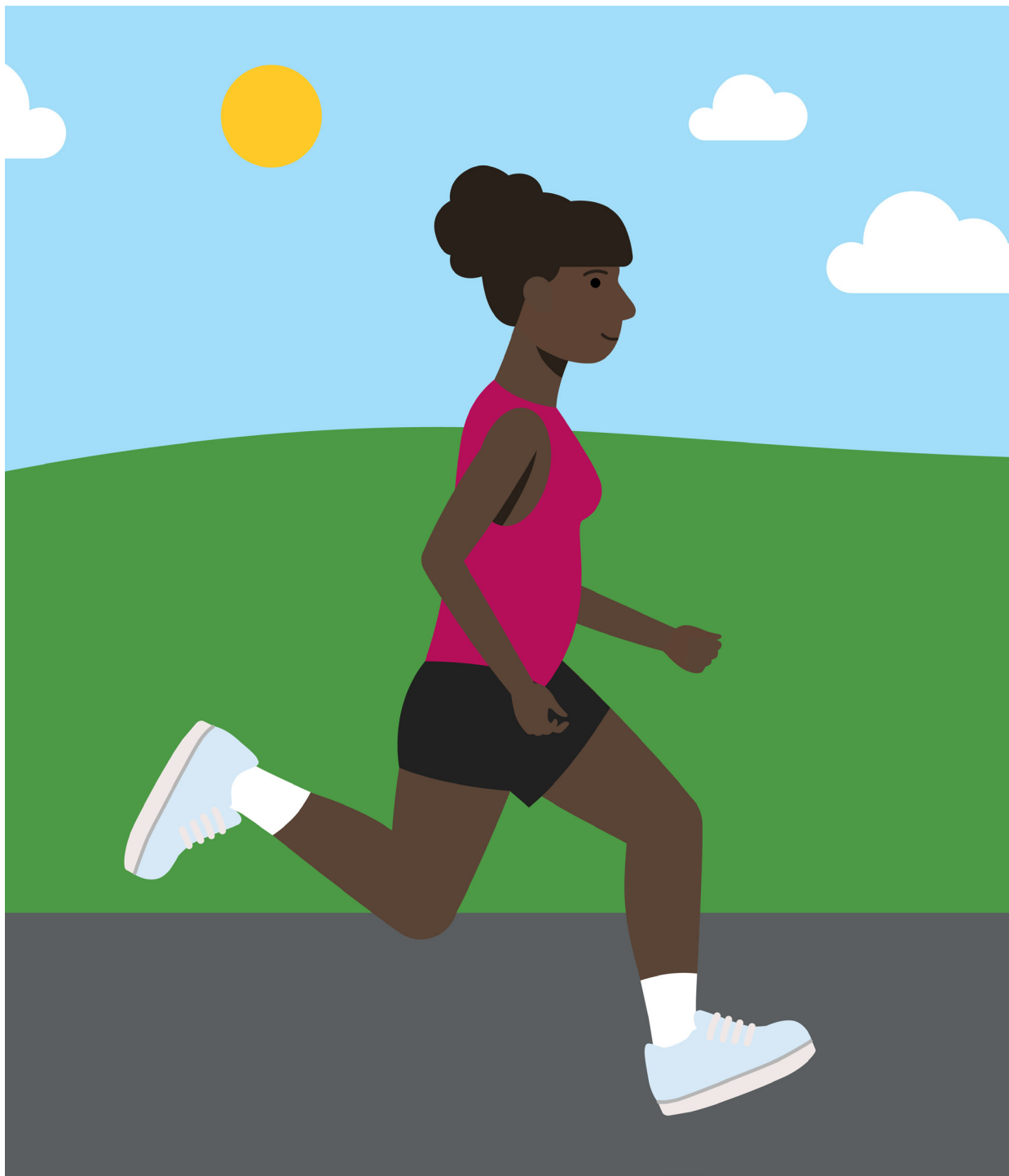




Together we are
beating cancer

Half Marathon Training Plan Improver

running
withus 

Half Marathon Improver



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
01	Core	Threshold run: 30-45 minutes to include 3 x 5 minutes effort, 2 minutes easy	Rest or 30-45 minutes easy run or cross training	Easy run: 30-40 minutes	Rest	Continuous hills: 40 minutes to include 3 x 6 minutes effort, 2 minutes easy	Long run: 60 minutes easy
	Core	Threshold run: 40 minutes to include 4 x 5 mins effort, 2 mins easy	Rest or 30-45 minutes easy run or cross training	Easy run: 30-40 minutes	Rest	Continuous hills: 40 minutes to include 3 x 7 minutes effort, 2 minutes easy	Long run: 70 minutes easy
	Core	Threshold run: 45 minutes including 3 x 7 minutes at threshold with 3 minute jog recovery.	Rest or 30-45 minutes easy run or cross training	Easy run: 40 minutes	Rest	Continuous hills: 40 minutes to include 2 x 10 minutes effort, 2 minutes easy	Long run: 75 minutes easy

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
04	Core	Threshold run: 8 x 3 minutes with odd numbers at threshold, even numbers at steady run pace no rest	Rest	30 minutes relaxed or rest	Rest	Parkrun or 20 minutes easy if racing tomorrow	Ideal day for a 10km race or 60 minutes steady
	Core	40 minutes easy	Easy run: 45 minutes (still recovering from 10k)	Progression run: 15 minutes easy, 15 minutes steady, 15 minutes threshold	Rest	Continuous hills: 45 minutes to include 3 x 8 mins effort, 2 mins easy	Long run: 80-90 minutes easy
06	Core	Threshold run: 50 minutes to include 5 x 5 minutes effort, 90 seconds easy	Rest or 40 minute easy run or cross training	Progression run: 15 minutes easy, 15 minutes steady, 15 minutes threshold	Rest	Easy run: 40 minutes	Long run: 90-100 minutes with final 20 at half marathon pace
	Core	Threshold run: 50 minutes to include 6 x 5 minutes effort, 90 seconds easy	Rest or 45 minute easy run or cross training	Progression run: 15 minutes easy, 15 minutes steady, 15 minutes threshold	Rest	45 minute relaxed run	Long run: 1 hour 40 minutes with final 30 at half marathon pace

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08	Core	Threshold run: 60 minutes to include 3 x 10 minutes effort, 2 minutes easy	Rest or 45 minute easy run or cross training	Threshold run: 40 minutes with middle 20 at threshold effort	Rest	45 minute relaxed run	Long run: 1 hour 45 minutes with final 3 x 15 minutes at half marathon pace with 5 minutes easy recovery
09	Core	Threshold run: 50 minutes with final 20 at threshold effort	Rest or 45 minute easy run or cross training	Fartlek run: 45 minutes with 5,4,3,2,1 minute efforts. Get faster each effort with 90 seconds jog between each	Rest	45 minute relaxed run	Long run: 2 hours with final 30 minutes run as 15 minutes half marathon pace, 15 mins slightly faster
10	Core	Threshold run: 60 minutes with final 25 at threshold effort	Rest or 45 minute easy run or cross training	Fartlek run: 45 minutes with 6,5,4,3,2,1 minute efforts. Get faster each effort with 90 seconds jog between each	Rest	45 minute relaxed run	Long run: 90 minutes with final 30-40 at half marathon pace
11	Core	Threshold run: 50 minutes with 8 x 3 minute efforts where the odd numbers at threshold, the evens at 3-5km pace with 90 seconds rest	Rest or 30-40 minute easy run or cross training	Progression run: 15 minutes easy, 15 minutes steady, 15 minutes threshold	Rest	5k Parkrun or session with 5 x 4 minutes at 5-10k pace with 90 seconds rest	Long run: 75 minutes relaxed

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12	Core	30 mins including 3 x 5 minutes at half marathon pace with 3-5 minute jog recovery	30 minutes easy run or cross training	Progression run of 10/10/10	Rest	15 minutes easy	Half marathon good luck!

Important information

- Please do a 15-minute warm-up and cool-down before threshold, continuous or hills or interval sessions.
 - If you’re feeling up to it, you may wish to consider a 20–30 minute recovery run in the morning before any of the quality sessions.
 - Always substitute cross-training for running if you are injured, very sore or it’s not safe to run.
- Please add core conditioning, Pilates or yoga classes once or twice a week if you have time.
 - Try to stretch every day for at least 10 minutes.
 - Always eat within 20–30 minutes of finishing a run.
 - Always train at the specified paces; don’t compromise or run too hard. Tiredness always catches up, so take extra rest if required.