

Half Marathon Training Programme

‘The only place where success comes before work is in the dictionary’
- Vince Lombardi

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- Key Points**
- 1** If you're just beginning to train or returning after an injury then make sure you're healthy enough to begin increasing the amount of exercise you're going to do. If you're in any doubt, consult a doctor before you begin.
 - 2** Always start with a good 15min Warm Up and ensure you cool down afterwards.
 - 3** Always make sure you have a rest day between runs, even if you don't stick to the days stated in the programme.
 - 4** During Interval Training Sessions, jog or run the running at a pace that feels comfortable.
 - 5** If you are finding the plan too easy, skip ahead a week. Equally, if it's too challenging, go back or repeat a week.
 - 6** When running, try to run continuously and slow your pace if necessary.
 - 7** Try to include a swimming session once a week (the suggested day is Tuesday), to give your joints a rest.

Building upon the foundations:

Training Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	30min Easy Run	Rest	Interval Training 30mins 2min Easy, 3min Fast	Rest	Interval Training 40mins 10min Easy, 10min Fast	Rest	10km Run
Week 2	30min Easy Run	Rest	Interval Training 30mins 2min Easy, 4min Fast	Rest	45min Off-Road Run	Rest	12km Run
Week 3	35min Easy Run	Rest	Interval Training 36mins 2min Easy, 4min Fast	Rest	Interval Training 40mins 10min Easy, 10min Fast	Rest	14km Run
Week 4	35min Easy Run	Rest	Interval Training 36mins 2min Easy, 4min Fast	Rest	45min Off-Road Run	Rest	16km Run
Week 5	40min Easy Run	Rest	Interval Training 35mins 2min Easy, 5min Fast	Rest	Interval Training 45mins 15min Easy, 15min Fast	Rest	18km Run
Week 6	40min Easy Run	Rest	60min Off-Road Run	Rest	Interval Training 35mins 2min Easy, 5min Fast	Rest	20km Run
Week 7	30min Easy Run	Rest	30min Off-Road Run	Rest	Interval Training 30mins 5min Easy, 20min Fast	Rest	10km Run
Week 8	30min Easy Run	Rest	Interval Training 20mins 5min Easy, 10min Fast	Rest	Rest	20min Easy Run	21km Run

Notes:

About The Programme

The half marathon - 13 miles (21km) - is a formidable challenge to take on in its own right (with the all-important marathon word in its title), as well as a great stepping stone to the full 26-mile (42km) distance.

You should have at least three months of regular running (three to five days a week) behind you before you begin training for a half marathon - and ideally, you will also have a few shorter races under your belt.

Some runs in this eight-week programme are based on time, as for the 5km and 10km programmes, but others are based on distance.

With 13 miles to cover, it's important that you are putting enough miles in the bank during training. It's also important that you begin to get a sense of your minutes per mile pace, so you have an idea of how long the race might take