



## HALF MARATHON TRAINING PROGRAMME: 1HR 30

WK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Pilates OR Yoga	AM: 40 mins Recovery Run PM: 4 x 6 mins at Threshold with 1 min jog recovery	60 mins easy pace run	AM: 30 mins easy Recovery Run PM: 30 mins easy Recovery run	30 mins easy Recovery Run OR REST	2 x 10 mins Kenyan Hills with 2 mins jog recovery	Long Run: 80 mins easy pace
2	30 mins easy Recovery Run OR REST	AM: 40 mins Recovery Run PM: 3 x 8 mins at Threshold with 1 min jog recovery	60-70 mins easy pace run	AM: 30 mins easy Recovery Run + Body Exercises PM: 40 mins easy Recovery Run	35 mins easy pace Recovery Run	6 mins at Threshold + 10 mins Kenyan Hills + 6 mins at Threshold with 2 mins jog recovery between efforts	Long Run: 90 mins easy pace
3	REST	6 mins at Threshold + 6 x 90 secs at 10K pace + 6 mins at Threshold with 90 secs jog recovery between efforts	70 mins easy pace run	AM: 40 mins easy Recovery Run PM: 30 mins run: 10 mins easy, 10 mins steady, 10 mins at Threshold	40 mins easy Recovery Run	10 mins at Threshold + 10 mins Kenyan Hills + 10 mins at Threshold with 2 mins jog recovery between efforts	Long Run: 105 mins easy pace
4	REST	45 mins easy pace Recovery Run	60 mins steady pace run	45 mins easy pace Recovery Run	REST	60 mins run with middle 30 mins at Threshold pace	Long Run: 60 mins easy pace

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5	30 mins easy Recovery Run OR REST	10 mins at Threshold + 5 x 3 mins at 10K pace + 10 mins at Threshold with 90 secs jog recovery between efforts	60-70 mins easy pace run	AM: 30 mins easy Recovery Run PM: 45 mins run: 15 mins easy, 15 mins steady, 15 mins at Threshold	30 mins easy Recovery Run	45 mins steady pace run over undulating but push up hills	Long Run: 120 easy pace with last 30 mins at Half Marathon Pace
6	REST	40 mins steady pace Run	70 mins easy pace run	AM: 30 mins easy Recovery Run PM: 45 mins run: 15 mins easy, 15 mins steady, 15 mins at Threshold	40-45 mins easy Recovery Run	10 mins at Threshold + 4 x 1K at 10K pace + 10 mins at Threshold with 2 mins jog recovery between efforts	Long Run: 90 mins easy pace
7	45 mins easy pace Recovery Run	AM: 30 mins Recovery Run PM: 6 x 3 mins at 10K pace with 90 secs jog recovery	45 mins easy pace Recovery Run	45 mins easy pace Recovery Run	REST	25 mins easy pace Recovery Run	<b>RACE A 10K</b> OR 3 x 2 miles at 10K pace with 3 mins jog recovery
8	REST	60-70 mins easy pace run	40 mins easy pace Recovery Run	15 mins at Threshold + 4 x 1K at 10K pace + 15 mins at Threshold with 90 secs jog recovery between efforts	45 mins easy pace Recovery Run	45 mins steady pace run over undulating but push up hills	Long Run: 120 mins - 60 mins easy pace + 60 mins at Half Marathon Pace

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9	REST	40 mins easy pace Recovery Run	AM: 30 mins easy Recovery Run PM: 40 mins easy Recovery Run	AM: 40 mins Recovery Run PM: 45 mins run - 15 mins easy, 15 mins steady, 15 mins at Threshold	35 mins easy pace Recovery Run	3 x 12 mins at Threshold with 2 mins jog recovery	Long Run: 90 mins easy pace throughout
10	3 sets: 5 x 400m at 10K pace with 200m jog between efforts + 400m jog between sets	40 mins easy pace Recovery Run	60 mins easy pace run	AM: 30 mins easy Recovery Run PM: 30 mins easy Recovery run	REST	30 mins easy pace Recovery Run + strides	<b>RACE A 5K OR 5K TIME TRIAL</b>
11	REST	AM: 40 mins easy Recovery Run PM: 40 mins easy Recovery Run	60 mins easy pace run	AM: 30 mins Recovery Run PM: 6 x 6 mins at Threshold with 60 secs jog recovery	40 mins Recovery Run OR REST	5 x 3 mins at 10K pace with 60 secs jog recovery	Long Run: 70 mins - 35 mins easy pace + 35 mins at Half Marathon Pace
12	REST	AM: 30 mins easy Recovery Run PM: 4 x 5 mins at Threshold with 90 seconds jog recovery	30 mins easy pace Recovery Run	30 mins easy pace Recovery Run	REST	20 mins easy pace jog	<b>HALF MARATHON RACE DAY</b>



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### NOTES:

- Ensure you have a 10-15 mins warm up jog before your Threshold or Kenyan Hills sessions and walk or jog your recovery.
- Don't forget to also have a 10-15 mins cool-down jog after your session.
- If you're feeling OK and finding the training comfortable, then you may wish to consider a 20-30 minute recovery run in the morning before any of the speed or hill session.
- Always substitute cross training for running if you are injured, very sore or if it is not safe to run.
- It's great to add a Pilates or Yoga class once or twice a week if you have time.
- Always stretch for at least 10 mins after your runs
- Always eat within 20-30 mins of finishing a run
- Always train at your target pace, don't compromise or run too hard. Tiredness always catches up...
- Have fun and train where it is safe.