

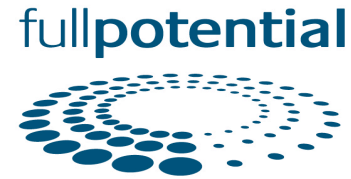


HALF MARATHON TRAINING PROGRAMME: 1HR 45

WK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Pilates OR Yoga	40 mins easy pace Recovery Run	3 x 5 mins at Threshold pace with 2 mins jog recovery	40 mins easy pace Recovery Run	REST	2 x 6 mins Kenyan Hills with 3 mins jog recovery	Long Run: 70 mins easy pace
2	REST	40 mins easy pace Recovery Run	2 x 8 mins at Threshold pace with 2 mins jog recovery	45 mins easy pace Recovery Run	REST	2 x 7 mins Kenyan Hills with 3 mins jog recovery	Long Run: 80 mins easy pace
3	Pilates OR Yoga	40 mins easy pace Recovery Run	3 x 7 mins at Threshold pace with 2 mins jog recovery	40 mins easy pace Recovery Run	REST	3 x 5 mins Kenyan Hills with 3 mins jog recovery	Long Run: 90 mins easy pace
4	REST	30 mins easy pace Recovery Run	6 x 4 mins at Threshold pace with 1 min jog recovery	40 mins easy pace Recovery Run	REST	40 mins run over an undulating route	Long Run: 60 mins easy pace
5	Pilates OR Yoga	40 mins steady pace run	45 mins run: 15 mins easy, 15 mins steady, 15 mins at Threshold	40 mins easy pace Recovery Run	REST	2 x 10 mins Kenyan Hills with 3 mins jog recovery	Long Run: 105 mins easy pace with last 15 mins at Half Marathon Pace
6	Pilates OR Yoga	40 mins steady pace run	2 x 12 mins at Threshold pace with 2 mins jog recovery	40 mins easy pace Recovery Run	REST	3 x 7 mins Kenyan Hills with 2 mins jog recovery	Long Run: 120 mins easy pace with last 20 mins at Half Marathon Pace

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WK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7	REST	30 mins easy pace Recovery Run	45 mins run: 15 mins easy, 15 mins steady, 15 mins at Threshold	30 mins easy pace Recovery Run	REST	40 mins run over an undulating route	Long Run: 60 mins easy pace throughout
8	Pilates OR Yoga	40 mins easy pace Recovery Run	3 x 10 mins at Threshold pace with 2 mins jog recovery	40 mins easy pace Recovery Run	REST	3 x 8 mins Kenyan Hills with 2 mins jog recovery	Long Run: 120 mins easy pace with last 30 mins at half marathon pace
9	Pilates OR Yoga	40 mins easy pace Recovery Run	45 mins run inc middle 25 mins at Threshold pace	REST	10 mins at Threshold + 4 x 3 mins at 10K pace + 10 mins at Threshold with 90 secs jog recovery	40 mins easy pace Recovery Run	Long Run: 120 mins easy pace with last 40 mins at Half Marathon pace
10	Pilates OR Yoga	40 mins easy pace Recovery Run	4 x 6 mins at Threshold pace with 60 secs jog recovery	30 mins easy pace Recovery Run	REST	45 mins run over undulating route push up hills	Long Run: 90 mins - 45 mins easy pace + 45 mins at Half Marathon Pace
11	Pilates OR Yoga	40 mins easy pace Recovery Run	6 x 4 mins at Threshold pace with 2 mins jog recovery	30 mins easy pace Recovery Run	REST	5 x 3 mins at 10K pace with 2 mins jog recovery	Long Run: 60 mins - 30 mins easy pace + 30 mins at Half Marathon Pace



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WK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12	REST	3 x 5 mins at Threshold with 90 secs jog recovery	30 mins easy pace Recovery Run	25 mins easy relaxed pace run	REST	20 mins easy pace jog	HALF MARATHON RACE DAY

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.