



HALF MARATHON TRAINING PROGRAMME: 2HRS 15

WK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Pilates OR Yoga	30 mins easy pace Recovery Run	REST	40 mins steady pace Recovery Run	REST	45 mins Cross Train	15 mins walk, 40 mins easy run, 15 mins walk
2	Pilates OR Yoga	40 mins easy pace Recovery Run	REST	4 x 2 mins at Threshold pace with 90 secs jog recovery	REST	Cross Train OR Pilates	15 mins walk, 50 mins easy run, 15 mins walk
3	Pilates OR Yoga	30 mins easy pace Recovery Run	REST	5 x 2 mins at Threshold pace with 90 secs jog recovery	REST	Cross Train OR Pilates	10 mins walk, 60 mins easy run, 10 mins walk
4	REST or Swim	30-40 mins easy pace Recovery Run	REST + Sports Massage	30-40 mins easy pace Recovery Run	REST	Cross Train OR Pilates	Long Run: 85 mins easy pace
5	40 mins Cross Train	40 mins steady pace Recovery Run	REST	4 x 3 mins at Threshold pace with 90 secs jog recovery	REST	Cross Train OR Pilates	60 mins steady pace run
6	40 mins Cross Train	40 mins steady pace Recovery Run	REST	6 x 3 mins at Threshold pace with 90 secs jog recovery	REST	Cross Train OR Pilates	Long Run: 95 mins easy pace with last 10 mins at Half Marathon Pace



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7	40 mins Cross Train	40 mins easy pace Recovery Run	REST	4 x 6 mins at Threshold pace with 2 mins jog recovery	REST	Cross Train OR Pilates	Long Run: 105 mins easy pace with last 20 mins at Half Marathon Pace
8	Pilates OR Yoga	40 mins easy pace Recovery Run	REST	3 x 8 mins at Threshold pace with 2 mins jog recovery	REST	Cross Train OR Pilates	Long Run: 120 mins easy pace with last 20 mins at Half Marathon Pace
9	REST	10 mins easy pace, 15 mins at Threshold, 10 mins easy	REST	3 x 8 mins at Threshold pace with 2 mins jog recovery	REST	Cross Train OR Pilates	Long Run: 120 mins easy relaxed pace throughout
10	REST	10 mins easy pace, 15 mins at Threshold, 10 mins easy	REST	3 x 10 mins at Threshold pace with 2 mins jog recovery	REST	Cross Train OR Pilates	Long Run: 120 mins easy relaxed pace throughout
11	30 mins Cross Train	40 mins easy pace Recovery Run	REST + Sports Massage	6 x 3 mins at Threshold with 90 secs jog recovery	REST	Cross Train OR Pilates	Long Run: 60 mins easy relaxed pace throughout
12	REST	30 mins run with last 10 mins at Threshold	REST	25 mins easy relaxed pace run	REST	15 mins easy pace jog	HALF MARATHON RACE DAY



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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.