

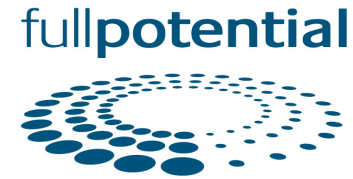


## HALF MARATHON TRAINING PROGRAMME: 2 HRS

WK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Pilates OR Yoga	30 mins easy pace Recovery Run	2 x 5 mins at Threshold pace with 2 mins jog recovery	40 mins easy pace Recovery Run	REST	3 x 3 mins Kenyan Hills with 2 mins jog recovery	Long Run: 60 mins easy pace
2	REST	30 mins easy pace Recovery Run	3 x 4 mins at Threshold pace with 90 secs jog recovery	45 mins easy pace Recovery Run	REST	3 x 4 mins Kenyan Hills with 2 mins jog recovery	Long Run: 75 mins easy pace
3	Pilates OR Yoga	30 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 2 mins jog recovery	Long Run: 90 mins easy pace
4	REST	40 mins easy pace Recovery Run	3 x 6 mins at Threshold pace with 2 mins jog recovery	30 mins easy pace Recovery Run	REST	35 mins run over an undulating route	Long Run: 45 mins easy pace
5	Pilates OR Yoga	35 mins steady pace run	40 mins run: 15 mins easy, 15 mins steady, 10 mins at Threshold	40 mins easy pace Recovery Run	REST	2 x 7 mins Kenyan Hills with 3 mins jog recovery	Long Run: 95 mins easy pace
6	REST	40 mins steady pace run	2 x 9 mins at Threshold pace with 2 mins jog recovery	40 mins easy pace Recovery Run	REST	3 x 5 mins Kenyan Hills with 2 mins jog recovery	Long Run: 105 mins easy pace with last 20 mins at Half Marathon Pace

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WK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7	Pilates OR Yoga	30 mins easy pace Recovery Run	45 mins run: 10 mins easy, 15 mins steady, 15 mins at Threshold	30 mins easy pace Recovery Run	REST	35 mins run over an undulating route	Long Run: 120 mins easy pace
8	REST	40 mins easy pace Recovery Run	3 x 7 mins at Threshold pace with 2 mins jog recovery	30-40 mins easy pace Recovery Run	REST	2 x 8 mins Kenyan Hills with 3 mins jog recovery	Long Run: 120 mins easy pace with last 20 mins at Half Marathon Pace
9	REST	40 mins easy pace Recovery Run	40 mins run inc middle 15 mins at Threshold pace	REST	2 x 10 mins at Threshold pace with 2 mins jog recovery	30 mins easy pace Recovery Run	Long Run: 120 mins easy relaxed pace throughout
10	REST	40 mins easy pace Recovery Run	4 x 5 mins at Threshold pace with 60 secs jog recovery	30 mins easy pace Recovery Run	REST	35 mins run over undulating route	Long Run: 80 mins - 40 mins easy pace + 40 mins at Half Marathon Pace
11	Pilates OR Yoga	30 mins easy pace Recovery Run	4 x 5 mins at Threshold pace with 2 mins jog recovery	30 mins easy pace Recovery Run	REST	5 x 3 mins at Threshold pace with 2 mins jog recovery	Long Run: 60 mins - 30 mins easy pace + 30 mins at Half Marathon Pace
12	REST	10 mins easy, 10 mins at Threshold, 10 mins easy	REST	30 mins easy relaxed pace 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.