



12-WEEK COMPETENT HALF MARATHON

Our schedule is designed to fit around your timetable – change the order of the runs to suit your commitments. Just try to have a rest day between training sessions. Be flexible, but follow the plan's principles of progression, overload and rest.

Make your training plan your own. Print it out, write in your target time and make a pledge – whatever it takes to help you stick to the plan.

- Tempo** Run at a challenging – but sustainable – pace.
- Fast** Push yourself to the highest pace you can.
- Easy** Run at a relaxed pace.
- Jog** Run at a slow pace.

MY PLEDGE: _____

MY TARGET TIME: _____

WEE	MON	TUE	WED	THU	FRI	SAT	SUN
1 <i>Building time on feet</i>	30 Mins Easy Run	10 Mins Easy Run 3 Mins Fast Run 2 Mins Easy Run X 5 Reps 10 Mins Easy Run	Rest	5 Mins Easy Run 20 Mins Steady Run 5 Mins Threshold Run 5 Mins Easy Run	Rest	45 Mins Easy Run	60 Mins Easy Run
2 <i>Increasing length of weekend runs</i>	35 Mins Easy Run	10 mins Easy Run 3 Mins Fast Run 60secs Easy Run X 6 Reps 10 Mins Jog	Rest	10 Mins Easy Run 30 Mins Tempo Pace 10 Mins Easy Jog	Rest	45 Mins Easy Run	1hr 15mins Easy Run
3 <i>Maintain your motivation</i>	40 Mins Easy Run	10 Mins Easy Run 5 Mins Threshold Run 2 Mins Easy Run X 4 Reps 10 Min Easy Run	Rest	5 Mins Easy Run 10 Mins Steady Run 10 Mins Threshold Run 10 Mins Faster Run 10 Mins Easy Run	Rest	1hr 20mins Easy Run	Rest
4 <i>Start trying out your race pace</i>	40 Mins Easy Run	10 Mins Easy Run 5 Mins Threshold Run 2 Mins Easy Run X 4 Reps 10 Min Easy Run	Rest	5 Mins Easy Run 10 Mins Steady Run 10 Mins Threshold Run 10 Mins Easy Run	Rest	45 Mins Steady Run	1hr 40mins (pick up pace throughout run and finish fast and strong)
5 <i>Reduce the length of recovery</i>	40 Mins Easy Run	10 Mins Easy Run 5 Mins Threshold Run 1 Mins Easy Run X 5 Reps 10 Min Easy Run	Rest	10 Mins Easy Run 15 Mins Steady Run 15 Mins Fast Run 10 Mins Steady Run 10 Mins Easy Run	Rest	1hr 20mins Easy Run	Rest
6 <i>You're almost half way through your training!</i>	40 Mins Easy Run	10 Mins Easy Run 6 Mins Fast Run 2 Mins Easy Run X 5 Reps 10 Mins Easy Run	Rest	10 Mins Easy Run 10 Mins Steady Run 20 Mins at Race Pace 10 Mins Easy Run	Rest	45 Mins Steady Run	1hr 30Mins Easy Run

<p>7</p> <p><i>Start including that hill training into your plans!</i></p>	40 Mins Easy Run	<p>10 Mins Easy Run</p> <p>Run up hill for 1min Jog Down hill Run up hill for 1 min X 10 Reps</p> <p>10 Mins Easy Run</p>	Rest	<p>10 Mins Easy Run</p> <p>8 Mins Race Pace 2 Mins Jog X 4 Reps</p> <p>10 Mins Easy Run</p>	Rest	45 Mins Easy Run	2hr Steady Run (pick up pace throughout run and finish fast and strong)
<p>8</p> <p><i>Get those long miles under your belt!</i></p>	30 Mins Very Easy Run	<p>10 Mins Easy Run</p> <p>Run up hill for 1min Jog Down hill Run up hill for 1 min X 12 Reps</p> <p>10 Mins Easy Run</p>	Rest	<p>10 Mins Easy Run</p> <p>15 Mins Race Pace 2 Mins Jog X 3 Reps</p> <p>10 Mins Easy Run</p>	Rest	30 Mins Easy Run	<p>3 Miles Race Pace</p> <p>4 Miles Slower</p> <p>2 Miles at Race Pace</p> <p>1 Mile Easy Run</p>
<p>9</p> <p><i>Continue building on that confidence!</i></p>	30 Mins Easy Run	<p>10 Mins Easy Run</p> <p>30 Mins Threshold Run</p> <p>10 Mins Easy Run</p>	Rest	<p>10 Mins Easy Run</p> <p>1 Mile Faster than Race Pace 1 Min Easy Run X4 Reps</p> <p>10 Mins Easy Run</p>	Rest	40 Mins Easy Run	12 Mile Steady Run
<p>10</p> <p><i>Get practicing that half marathon pace!</i></p>	40 Mins Easy Run	<p>10 Mins Easy Run</p> <p>3 Mins Fast Run 1 Min Easy Run X 6 Reps</p> <p>10 Mins Easy Run</p>	Rest	45 Mins Easy Run	Rest	<p>5 Mins Jog</p> <p>20 Mins Steady Run</p> <p>20 Mins Fast Run</p> <p>10 Mins Steady Run</p> <p>5 Mins Easy Run</p>	<p>4 Miles at Race Pace</p> <p>5 Miles Easy Run</p> <p>4 Miles at Race Pace</p>
<p>11</p> <p><i>Stay healthy and remain injury free!</i></p>	Rest	<p>10 Mins Easy Run</p> <p>2 Mins Fast Run 2 Mins Easy Run X 6 Reps</p> <p>10 Mins Easy Run</p>	Rest	<p>10 Mins Easy Run</p> <p>25 Mins at Race Pace</p> <p>10 Mins Easy Run</p>	Rest	30 Mins Easy Run	60 Mins Very Easy Run
<p>12</p> <p><i>Prepare for the race</i></p>	Rest	<p>5 Mins Very Easy</p> <p>5 Mins at Race Pace 5 Mins Easy Run</p> <p>X 3 Reps</p> <p>5 Mins Easy Run</p>	Rest	20 Mins Easy Run	Rest	<p>5 Mins Easy Run</p> <p>1 Min Fast Run 2 Mins Easy Run X 3 Reps</p> <p>5 Mins Easy Run</p>	Race Day! Good Luck!