

12-WEEK IMPROVER HALF MARATHON TRAINING PLAN

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: _____

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1 <i>Building time on feet</i>	30 Mins Easy Run	10 Mins Easy Run 2 Mins Steady 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	Rest
2 <i>Increasing length of weekend runs</i>	40 Mins Easy Run	10 Mins Easy Run 3 Mins Threshold Run 2 Mins Easy Run X 5 Reps 10 Mins Easy Run	Rest	10 Mins Easy Run 25 Mins Steady Run 5 Mins Threshold Run 10 Mins Easy Run	Rest	60 Mins Easy Run	Rest
3 <i>Maintain your motivation</i>	40 Mins Easy Run	10 Mins Easy Run 4 Mins Threshold Run 2 Mins Easy Run X 5 Reps 10 Mins Easy Run	Rest	5 Mins Easy Run 10 Mins Steady Run 10 Mins Threshold Run 5 Mins Faster Run 10 Mins Easy Run	Rest	1hr 10mins Easy Run	Rest
4 <i>Start trying out your race pace</i>	30 Mins Easy Run	10 Mins Easy Run Run Up hill for 1 Min Jog Down Hill Run Up hill for 1 Min X 5 Reps 10 Mins Easy Run	Rest	10 Mins Easy Run 5 Min Steady Run 5 Min Threshold Run 2 Mins Easy Run X 3 Reps 10 Mins Easy Run	Rest	1hr 20mins Easy Run	Rest
5 <i>Reduce the length of recovery</i>	40 Mins Easy Run	40 Mins Steady Run	Rest	40 Mins Easy Run	Rest	1hr 30mins Easy Run	Rest
6 <i>You're almost half way through your training!</i>	40 Mins Easy Run	10 Mins Easy Run Run Up hill for 1 Min Jog Down Hill Run Up hill for 1 Min X 8 Reps 10 Mins Easy Run	Rest	10 Mins Easy Run 10 Mins Threshold Run 2 Mins Easy Run X 2 Reps 10 Mins Easy Run	Rest	1hr 40mins Easy Run	Rest

<p>7</p> <p><i>Practice your mixed pace runs</i></p>	40 Mins Easy Run	10 Mins Very Easy Run 30 Mins varied pace run 10 Mins Easy Run	Rest	10 Mins Easy Run 5 Mins Fast Run 2 Mins Easy Run X 5 Reps 10 Mins Easy Run	Rest	1hr 50mins easy run	Rest
<p>8</p> <p><i>Start trying out your race pace</i></p>	Rest	40 Mins Easy Run	Rest	10 Mins Easy Run 1 mile at race pace 2 Mins Walk X 3 Reps 10 Mins Easy Run	Rest	9 Miles Steady Run	Rest
<p>9</p> <p><i>Reduce the length of recovery</i></p>	440 Mins Easy Run	10 Mins Easy Run 30 Mins Threshold Run 10 Mins Easy Run	Rest	45 Mins Easy Run	Rest	10 Mile Easy Run (Last 4 Miles at Race Pace)	Rest
<p>10</p> <p><i>Complete your longest 'long' run!</i></p>	40 Mins Easy Run	10 Mins Easy Run 6 Mins Fast Run 2 Mins Easy Run X 3 Reps 10 Mins Easy Run	Rest	45 Mins Steady Run	Rest	3 Miles at Race Pace 6 Miles Easy Run 3 Miles at Race Pace	Rest
<p>11</p> <p><i>Keep healthy and injury free!</i></p>	Rest	10 Mins Easy Run 2 Mins Fast Run 2 Mins Easy Run X 5 Reps 10 Mins Easy Run	Rest	40 Mins Steady Run	Rest	60 Mins Steady Run (Final 2Miles at Race Pace)	Rest
<p>12</p> <p><i>Race Week!</i></p>	Rest	10 Mins Easy Run 1 Mile at Race Pace 3 Mins Easy Run 1 Min Fast Run 1 Min Easy Run X 3 reps 10 Mins Easy Run	Rest	10 Mins Very Easy Run	Rest	Rest	Race Day! Good Luck!