



INTERMEDIATE RUNNERS 6-8 HOURS PER WEEK

HALF MARATHON TRAINING PLAN

Photo Courtesy of Brooks Running



MY PLEDGE _____

TARGET TIME _____

TRAINING NOTES _____

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	Rest Day	Type Run Time 40mins Instructions 5mins WU / 35mins in Z2 including 4x30sec hill sprints	Type Easy run Time 45mins Instructions 10mins WU / 25mins in Z1 / 10mins easy	Type Run Time 70mins Instructions 3km WU / MAIN 3km at top of Z3 / 3km in Z2 / 2km at top of Z3 / 3km easy	Type Stretching Time 45mins Instructions Basic stretching / foam roller	Type Run Time 45mins Instructions 10mins WU / 25mins in Z2 / 10mins easy	Type Easy run Time 60mins Instructions 10mins WU / 40mins in Z1 / 10mins easy
2	Rest Day	Type Run Time 40mins Instructions 5mins WU / 35mins in Z2 including 4x30sec hill sprints	Type Easy run Time 50mins Instructions 10mins WU / 30mins in Z1 / 10mins easy	Type Run Time 70mins Instructions 3km WU / MAIN 3km at top of Z3 / 3km in Z2 / 2km at top of Z3 / 3km easy	Type Stretching Time 45mins Instructions Basic stretching / foam roller	Type Run Time 50mins Instructions 10mins WU / 30mins in Z2 / 10mins easy	Type Easy run Time 70mins Instructions 10mins WU / 50mins in Z1 / 10mins easy
3	Rest Day	Type Run Time 40mins Instructions 5mins WU / 35mins in Z2 including 4x30sec hill sprints	Type Easy run Time 60mins Instructions 10mins WU / 40mins in Z1 / 10mins easy	Type Run Time 60mins Instructions 4km WU / MAIN 6km at top of Z3 / 4km easy	Type Stretching Time 45mins Instructions Basic stretching / foam roller	Type Run Time 50mins Instructions 10mins WU / 30mins in Z2 / 10mins easy	Type Easy run Time 70mins Instructions 10mins WU / 50mins in Z1 / 10mins easy
4	Rest Day	Type Run Time 40mins Instructions 5mins WU / 35mins in Z2 including 4x30sec hill sprints	Type Easy run Time 60mins Instructions 10mins WU / 40mins in Z1 / 10mins easy	Type Run Time 60mins Instructions 4km WU / MAIN 6km at top of Z3 / 4km easy	Type Stretching Time 45mins Instructions Basic stretching / foam roller	Type Run Time 60mins Instructions 10mins WU / 40mins in Z2 / 10mins easy	Type Easy run Time 80mins Instructions 10mins WU / 60mins in Z1 / 10mins easy
5	Rest Day	Type Run Time 40mins Instructions 5mins WU / 35mins in Z2 including 6x30sec hill sprints	Type Easy run Time 60mins Instructions 10mins WU / 40mins in Z1 / 10mins easy	Type Run Time 75mins Instructions 4km WU / MAIN 2x4km at top of Z3 (with 3 mins jog recovery) / 4km easy	Type Stretching Time 45mins Instructions Basic stretching / foam rollers	Type Run Time 60mins Instructions 10mins WU / 40mins in Z2 / 10mins easy	Type Easy run Time 80mins Instructions 10mins WU / 60mins in Z1 / 10mins easy
6	Rest Day	Type Run Time 40mins Instructions 5mins WU / 35mins in Z2 including 8x30sec hill sprints	Type Easy run Time 60mins Instructions 10mins WU / 40mins in Z1 / 10mins easy	Type Run Time 75mins Instructions 4km WU / MAIN 2x4km at top of Z3 (with 3 mins jog recovery) / 4km easy	Type Stretching Time 45mins Instructions Basic stretching / foam rollers	Type Run Time 60mins Instructions 10mins WU / 40mins in Z2 / 10mins easy	Type Easy run Time 90mins Instructions 10mins WU / 70mins in Z1 / 10mins easy

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
7	Rest Day	Type Run Time 40mins Instructions 5mins WU / 35mins in Z2 including 10x30sec hill sprints	Type Easy run Time 60mins Instructions 10mins WU / 40mins in Z1 / 10mins easy	Type Run Time 80mins Instructions 4km WU / MAIN 2x4km at top of Z3 (with 3 mins jog recovery) / 5km easy	Type Stretching Time 45mins Instructions Basic stretching / foam rollers	Type Run Time 60mins Instructions 10mins WU / 40mins in Z2 / 10mins easy	Type Easy run Time 90mins Instructions 10mins WU / 70mins in Z1 / 10mins easy
8	Rest Day	Type Easy run Time 40mins Instructions 10mins WU / 20mins Z1 / 10mins easy	Type Easy run Time 60mins Instructions 10mins WU / 40mins in Z1 / 10mins easy	Type Run Time 30mins Instructions 10mins in Z2 / 10mins at top of Z3 / 10mins in Z2	Type Stretching Time 45mins Instructions Basic stretching / foam rollers	Type 18km race pace Time 85-90mins Instructions Run 18km at your target race pace (4:45min/km for 100mins). Remember nutrition.	Rest Day
9	Rest Day	Type Run Time 50mins Instructions 10mins WU / 30mins Z2 / 10mins easy	Type Easy run Time 60mins Instructions 10mins WU / 40mins in Z1 / 10mins easy	Type Run Time 90mins Instructions 4km WU / MAIN 2x4km at top of Z3 (with 3 mins jog recovery) / 6km easy	Type Stretching Time 45mins Instructions Basic stretching / foam rollers	Type Run Time 60mins Instructions 10mins WU / 40mins in Z2 / 10mins easy	Type Easy run Time 70mins Instructions 10mins WU / 50mins in Z1 / 10mins easy
10	Rest Day	Type Run Time 50mins Instructions 10mins WU / 30mins Z2 / 10mins easy	Type Easy run Time 40mins Instructions 10mins WU / 20mins in Z1 / 10mins easy	Type Run Time 95mins Instructions 5km WU / MAIN 2x4km at top of Z3 (with 3 mins jog recovery) / 6km easy	Type Stretching Time 45mins Instructions Basic stretching / foam rollers	Type Run Time 40mins Instructions 10mins WU / 20mins in Z2 / 10mins easy	Type Easy run Time 90mins Instructions 10mins WU / 70mins in Z1 / 10mins easy
11	Rest Day	Type Run Time 50mins Instructions 10mins WU / 30mins Z2 / 10mins easy	Type Easy run Time 40mins Instructions 10mins WU / 10mins in Z1 / 10mins easy	Type Run Time 100mins Instructions 6km WU / MAIN 2x4km at top of Z3 (with 3 mins jog recovery) / 6km easy	Type Stretching Time 45mins Instructions Basic stretching / foam rollers	Type Run Time 40mins Instructions 10mins WU / 20mins in Z2 / 10mins easy	Type Easy run Time 60mins Instructions 10mins WU / 40mins in Z1 / 10mins easy
12	Rest Day	Type Run Time 30mins Instructions Run 40mins in Z2. Include 4x30secs sprints	Rest Day	Type Easy run Time 30 mins Instructions 10mins in Z2 / 10 mins at top of Z3 / 10 mins in Z2	Rest Day Read over the race day instructions, get your kit ready and prepare your nutrition	Rest Day	★ RACE DAY GOOD LUCK!

KEY SESSIONS

TRAINING ZONES will help you train at the right intensity for each session. This helps develop specific areas of your fitness, as well as making sure you don't over train. Unless you're an experienced runner and can estimate the intensity using the training zone descriptions, we suggest using a heart rate monitor. If you use a heart rate monitor, use the percentages provided and subtract them from your maximum heart rate to calculate your zones. However, these training zones are only a guide, so don't become obsessed with getting the heart rates zones bang on because they will fluctuate – just be mindful of your intensity.

ZONE 1: Recovery 60 to 65% of maximum heart rate. easy pace, feels nice and light.

ZONE 2: Steady 65 to 75% of maximum heart rate. Conversational pace.

ZONE 3: Tempo 75 to 80% of maximum heart rate. Hard, but sustainable, pace.

ZONE 4: Race pace 80 to 90% of maximum heart rate. Hard pace. Sustainable, but requires focus and effort.

THINGS TO REMEMBER

- ★ This training plan is not randomly divided over 12 weeks, each session builds on the previous one, so don't be tempted to swap weeks around to suit your schedule.
- ★ However, you can change the days within a week. Just remember to rearrange the rest days, too, to ensure maximum benefit from each session.
- ★ Complete the easy stuff easy and the hard sessions hard. Take the rest days seriously, too. The training will stress your body and it will need recovery time.
- ★ Stretching and using a foam roller is an essential part of run training, this will help improve your running and most importantly keep you injury free. Regular massages on rest days are also recommended.
- ★ If possible, avoid completing every session on a hard surface. Soft surfaces, like grass, dirt and sand, put less strain on your body, reducing the risk of injury, and provide a well-rounded workout because you will be forced to shift and adjust to uneven terrain, using muscles you might not on tarmac.
- ★ Neglect nutrition at your peril. Get used to consuming gels in training and don't try anything on race day that you haven't already put into practice.

