

# HALF MARATHON TRAINING PLAN - IMPROVERS

THIS TRAINING PLAN IS DESIGNED TO GET YOU TO THE START LINE OF THE HALF MARATHON FEELING PREPARED AND CONFIDENT THAT YOU CAN ACHIEVE YOUR GOAL.

## THE RIGHT PLAN FOR ME?

This 12 week improvers runner's plan is designed for those who run more regularly. Perhaps you have completed a 10km or half marathon before and are looking to step up in distance or improve your time. This plan will see you training 4-5 times a week and is suitable for runners aiming for anything between 90 minutes right through to 2 hours - 2 hours 10 minutes. We would encourage you to complement the running outline with core conditioning and cross training as outlined in our Running Guide.



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## IS THIS EVERYTHING I NEED TO KNOW?

No – this plan is supported by our Running Guide, which gives more detail on the structure of the running sessions and top tips on nutrition and recovery to leave you fitter, stronger and more energised as you progress through your training journey.

## WHY TRAIN IN THIS WAY?

If you keep doing the same things over and over again you can't expect different results. This plan is designed to add variety, structure and progression to your training. It will challenge you across a range of different heart rate zones and gradually build up your ability to run at your desired goal half marathon pace.

## WHAT IF I AM NOT THERE YET?

This training plan assumes you are able to run a 30 minute continuous run at an easy pace. Really focus on holding back your effort on your easy runs - many beginner runners try to run them a little too hard. You can always mix the sessions in the plan with cross training.

Week number	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	CORE	THRESHOLD RUN 30-45 MINUTES TO INCLUDE 3X5 MINUTES (WITH 2 MIN JOG REC)	REST OR 30-45 MINUTES EASY RUNNING OR CROSS TRAINING	EASY RUN 30-40 MINUTES	REST	PROGRESSION RUN 10 MINUTES EASY 10 MINUTES STEADY 10 MINUTES THRESHOLD	LONG RUN 60 MINUTES EASY
2	CORE	THRESHOLD RUN 40 MINUTES TO INCLUDE 4X5 MINUTES (WITH 2 MIN JOG REC)	REST OR 30-45 MINUTES EASY RUNNING OR CROSS TRAINING	EASY RUN 30-40 MINUTES	REST	PROGRESSION RUN 10 MINUTES EASY 10 MINUTES STEADY 10 MINUTES THRESHOLD	LONG RUN 70 MINUTES EASY
3	CORE	THRESHOLD RUN 45 MINUTES TO INCLUDE 3X7 MINUTES (WITH 3 MIN JOG REC)	REST OR 30-45 MINUTES EASY RUNNING OR CROSS TRAINING	EASY RUN 40 MINUTES	REST	PROGRESSION RUN 15 MINUTES EASY 15 MINUTES STEADY 15 MINUTES THRESHOLD	LONG RUN 75 MINUTES EASY
4	CORE	THRESHOLD RUN 8X3 MINUTES WITH ODD NUMBERS RUN AT THRESHOLD AND EVEN NUMBERS RUN AT STEADY PACE (NO REST)	REST	EASY RUN 30 MINUTES OR REST	REST	PARKRUN OR 20 MINUTES EASY IF RACING TOMORROW	IDEAL DAY FOR A 10KM RACE OR 60 MINUTE STEADY RUN
5	CORE	40 MINUTE EASY RUN	EASY RUN 45 MINUTES STILL RECOVERING FROM 10K	PROGRESSION RUN 15 MINUTES EASY 15 MINUTES STEADY 15 MINUTES THRESHOLD	REST	PROGRESSION RUN 15 MINUTES EASY 15 MINUTES STEADY 15 MINUTES THRESHOLD	LONG RUN 80-90 MINUTES EASY
6	CORE	THRESHOLD RUN 50 MINUTES TO INCLUDE 5X5 MINUTES (WITH 90 SEC JOG REC)	REST OR 40 MINUTES EASY RUNNING OR CROSS TRAINING	PROGRESSION RUN 15 MINUTES EASY 15 MINUTES STEADY 15 MINUTES THRESHOLD	REST	LONG RUN 60 MINUTES EASY	LONG RUN 90-100 MINUTES EASY WITH FINAL 20 MINUTES AT HALF MARATHON PACE

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Week number	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7	CORE	THRESHOLD RUN 50 MINUTES TO INCLUDE 6X5 MINUTES (WITH 90 SEC JOG REC)	REST OR 45 MINUTES EASY RUNNING OR CROSS TRAINING	PROGRESSION RUN 15 MINUTES EASY 15 MINUTES STEADY 15 MINUTES THRESHOLD	REST	45 MINUTES RELAXED RUN	LONG RUN 1HR 40 MINS WITH LAST 30 MINS RUN AT HALF MARATHON PACE
8	CORE	THRESHOLD RUN 60 MINUTES TO INCLUDE 3X10 MINUTES (WITH 2 MIN JOG REC)	REST OR 45 MINUTES EASY RUNNING OR CROSS TRAINING	THRESHOLD RUN 40 MINUTES WITH THE MIDDLE 20 AT THRESHOLD	REST	45 MINUTES RELAXED RUN	LONG RUN 1HR 45 MINS TO INCLUDE 3X15 MINUTES RUN AT HALF MARATHON PACE WITH 5 MINUTES EASY RECOVERY RUNNING
9	CORE	THRESHOLD RUN 50 MINUTES WITH THE FINAL 20 MINUTES RUN AT THRESHOLD	REST OR 45 MINUTES EASY RUNNING OR CROSS TRAINING	FARTLEK RUN 40 MINUTES TO INCLUDE 5 MINS, 4 MINS, 3 MINS, 2 MINS, 1 MIN INCREASE THE PACE WITH EACH EFFORT (90 SEC JOG RECOVERY)	REST	45 MINUTES RELAXED RUN	LONG RUN 2 HRS WITH THE FINAL 30 MINUTES RUN AS 15 MINUTES HALF MARATHON PACE AND 15 MINUTES SLIGHTLY FASTER
10	CORE	THRESHOLD RUN 60 MINUTES WITH THE FINAL 25 MINUTES RUN AT THRESHOLD	REST OR 45 MINUTES EASY RUNNING OR CROSS TRAINING	FARTLEK RUN 45 MINUTES TO INCLUDE 6 MINS, 5 MINS, 4 MINS, 3 MINS, 2 MINS, 1 MIN INCREASE THE PACE WITH EACH EFFORT (90 SEC JOG RECOVERY)	REST	45 MINUTES RELAXED RUN	LONG RUN 90 MINS AIMING FOR THE FINAL 30-40 MINS TO BE RUN AT HALF MARATHON PACE
11	CORE	REST OR 45 MINUTES EASY RUNNING OR CROSS TRAINING	REST OR 30-40 MINUTES EASY RUNNING OR CROSS TRAINING	PROGRESSION RUN 15 MINUTES EASY 15 MINUTES STEADY 15 MINUTES THRESHOLD	REST	5KM PARK RUN OR SESSION WITH 5X4 MINUTES AT 5-10KM PACE (90 SEC JOG REC)	LONG RUN 75 MINUTES EASY AND RELAXED
12	CORE	30 MINUTE RUN TO INCLUDE 3X5 MINUTES AT HALF MARATHON PACE (3-5 MIN JOG REC)	PROGRESSION RUN 15 MINUTES EASY 15 MINUTES STEADY 15 MINUTES THRESHOLD	PROGRESSION RUN 10 MINUTES EASY 10 MINUTES STEADY 10 MINUTES THRESHOLD	REST	EASY RUNNING 15 MINUTES	<b>HALF MARATHON! GOOD LUCK!</b>

## *Half marathon training plan*

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- Important note: please do a 15-minute warm-up and cool-down before threshold, continuous hills or interval sessions. - If you're feeling OK, you may wish to consider a 20–30 minute recovery run in the morning before any of the quality sessions above.
- Always substitute cross-training for running if you are injured, very sore or it's not safe to run.
- Please add core conditioning, Pilates or yoga classes once or twice a week if you have time.
  - Try to stretch every day for at least 10 minutes.
  - Always eat within 20–30 minutes of finishing a run.
- Always train at the specified paces; don't compromise or run too hard. Tiredness always catches up, so take extra rest if required.



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