

HALF MARATHON TRAINING PLAN



*3-4 HOURS PER WEEK

M T W T F S S

WEEK 1

Type Easy run Time 30mins Instructions 5mins WU / 20mins Z1 / 5mins easy	Type Threshold run Time 30mins Instructions 5mins WU / 20mins Z3 / 5mins easy	REST DAY	Type Interval run Time 60mins Instructions 15mins WU; Pyramid. 2-3-4-5-4-3-2mins hard (90s rec); 10mins easy	REST DAY	Type Easy run Time 30mins Instructions 10mins WU / 20mins Z1 / 5mins easy	Type Race pace Time 30mins Instructions 5mins WU / 20mins at RP (5:40min/km for 2hrs) / 5mins easy
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WEEK 2

REST DAY	Type Threshold run Time 40 mins Instructions 5mins easy; 2x10mins at WU (3mins recovery); 5mins easy	Type Easy run Time 25mins Instructions 5mins WU / 15mins Z1 / 5mins easy	REST DAY	Type Easy run Time 30mins Instructions 5mins WU / 20mins Z1 / 5mins easy	REST DAY	Type Long run Time 45mins Instructions Build long run volume. 45mins steady
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WEEK 3

REST DAY	Type Threshold run Time 40mins Instructions 5mins easy; 3x10mins threshold (3mins recovery); 5mins easy	REST DAY	Type Interval run Instructions 5mins easy, 4x500m hard (2mins recovery), 10mins easy. Time each one. Aim for consistency	Type Easy run Time 30mins Instructions 5mins WU / 20mins Z1 / 5mins easy	REST DAY	Type Easy run Time 45mins Instructions 5mins WU / 20mins Z1 / 5mins easy. 15mins stretching
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WEEK 4

REST DAY	Type Recovery run Time 20 mins Instructions Steady 20min active recovery run	Type Interval run Time 30mins (approx) Instructions 5mins easy. 7x2mins fast (60s recover); 5mins easy	REST DAY	Type Easy run Time 30mins Instructions 5mins WU / 20mins Z1 / 5mins easy	REST DAY	10K Time 60mins Instructions 10KM race pace
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WEEK 5

REST DAY	Type Recovery run Time 20 mins Instructions Steady 20min active recovery run	Type Interval run Time 30mins (approx) Instructions 5mins easy. 7x2mins fast (60s recover); 5mins easy	Type Easy run Time 30mins Instructions 5mins WU / 20mins Z1 / 5mins easy	REST DAY	Type Half Marathon pace Time 30mins Instructions 10mins at MP, 10mins at 10sec per km faster than MP, 10mins at 15secs faster than MP	Type Long run Time 65mins Instructions Run 65mins steady paced. Pick up the pace for final 20mins
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WEEK 6

REST DAY	Type Threshold run Time 30mins (approx) Instructions 5mins easy, 3x6mins threshold. (90 secs rec) 5mins easy	Type Easy run Time 30mins Instructions 5mins WU / 20mins Z1 / 5mins easy	Type Interval run Time 30mins (approx) Instructions 10mins easy, 4x2.5mins fast (90secs recovery), 10mins easy	REST DAY	Type Long run Distance 17km Instructions 10km easy, (30secs per km slower than RP, then 7km pick up the pace)	Type Easy run Time 30mins Instructions 5mins WU / 20mins Z1 / 5mins easy
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WEEK 7

REST DAY	Type Threshold run Time 20 mins Instructions 5mins easy, 10mins threshold, 5mins easy	Type Recovery run Time 15 mins Instructions Steady 15min active recovery run	Type Interval run Instructions 5mins easy, 1.5km at race pace (1min rec), 2x500m at 30secs faster than RP, 5mins easy	REST DAY	Type Long run Distance 10km Instructions 5km at 30secs per km slower than race pace, 5km at marathon pace	REST DAY
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WEEK 8

REST DAY	Type Marathon pace Instructions 5mins easy. 2x1km at race pace, (1.5mins rec), 5mins easy	REST DAY	Type Easy run Time 10 mins Instructions Easy 10min run including 5x15s fast strides (45s recovery)	Type Easy run Time 10 mins Instructions Easy 10min jog	Run Weekend	
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KEY SESSIONS

LONG RUN Long runs are vital to marathon running and are the key ingredient in your training. Long runs are endurance, rather than speed focused, and help develop stamina, strength and the ability to go the distance. Long runs are done at a controlled, conversational pace.

THRESHOLD RUN Threshold runs are about running under controlled discomfort and are great for improving your running economy. After long runs, threshold runs are probably your most valuable workouts. If you're doing it correctly, then there won't be much conversation happening!

INTERVAL RUN Interval running is structured periods of harder efforts broken up by periods of recovery. They are the most intense run efforts in the training plan and will mean running fast for short periods.

RACE PACE (RP) These runs are done at your target marathon completion pace (approx 5:40min/km for a goal time of 4hrs) and are an essential aspect of understanding how best to race your marathon.

WARM-UP (WU) Designed to warm-up the muscles and remain injury free during harder efforts. Similarly, you should always cool down to begin the recovery process.

THINGS TO NOTE

This training plan is not randomly divided over 8 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 to ensure maximum benefit from each session.

Complete the easy sessions easy and the hard sessions hard. Take the rest days seriously. Stretching and seeking Myotherapy and/or SMR (Self-Myofascial Release) will help improve your running and most importantly keep you injury free.

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. You will be forced to shift and adjust to uneven terrain using muscles you might not on hard and smooth surfaces only.

Fuel with adequate carbohydrates before, during and after each session. Get used to consuming gels in training and don't try anything on race day that you haven't already put into practice!