

16 week Half Marathon Training Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		30 mins Consistent pace	28 mins 5 mins warm up - easy (2 min 80% effort: 1 min recovery) x 6 5 mins cool down – easy		30 mins 5 mins easy pace 20 mins 70% effort 5 mins easy cool down		45 mins Easy pace, but consistent. About 60% effort
Brilliant work, week 5! We're starting to build the volume and intensity again. Stick at it, you should be starting to feel stronger. Stretch!!							
5	20/7	Steady Run Getting time on your feet. Run at a pace you can still chat – 60% effort	Interval Training 80% efforts should feel hard and you should not be able to talk. Slow right down for the recovery, allow the heart rate to come down		Tempo Run The faster pace section is best described as 'controlled discomfort'. You can speak a few words but not whole sentences		Long Slow Distance Run Distance is continuing to build. Easy pace, make sure you can chat
		40 mins Consistent pace	35 mins 5 mins warm up - easy (4 min 80% effort: 1 min recovery) x 5 5 mins cool down – easy		39 mins 5 mins easy, 12 mins 70% effort 5 mins easy, 12 mins 70% effort 5 mins easy cool down		55 mins Easy pace, but consistent. About 60% effort
We're aiming for an hour run this week, well done; think about your pacing and staying relaxed. We're going to introduce some hill work to build leg strength (But don't forget the stretching to keep injury at bay)							
6	27/7	Steady Run Getting time on your feet. Run at a pace you can still chat – 60% effort	Hill Training To build leg strength introduce some hills to your interval training. Push on the uphill (80% effort) and take it easy on the down hill		Tempo Run The faster pace section is best described as 'controlled discomfort'. You can speak a few words but not whole sentences		Long Slow Distance Run Distance is continuing to build. Easy pace, make sure you can chat
		45 mins Consistent pace	35 mins 10 mins warm up - easy (90 secs uphill: 1 min down) x 6 10 mins cool down - easy		45 mins 5 mins easy, 15 mins 70% effort 5 mins easy, 15 mins 70% effort 5 mins easy cool down		60 mins Easy pace, but consistent. About 60% effort
You're covering over 20 miles a week, so look out for any niggles. Injury prevention is better than cure. Treat yourself to a sports massage and have one fortnightly as part of your half marathon build-up							
7	3/8	Steady Run Getting time on your feet. Run at a pace you can still chat – 60% effort	Interval Training 80% efforts should feel hard and you should not be able to talk. Slow right down for the recovery, allow the heart rate to come down		Pacing Run Pick an out and back route. Run steady pace for the outbound leg and try and keep same pace for return leg, i.e. get back to start point		Long Slow Distance Run Distance is continuing to build. Easy pace, make sure you can chat
		50 mins Consistent pace	43 mins 5 mins warm up - easy (5 min 80% effort: 90 secs recovery) x 5 5 mins cool down – easy		45 mins 20 mins out 70% effort 20 mins back 70% effort 5 mins easy cool down		70 mins Easy pace, but consistent. About 60% effort
Well done! This is a well deserved 'unload week'. You should be seeing and feeling improvements in your fitness. Take it easy and enjoy your running this week.							
8	10/8	Steady Run	Interval Training		Tempo Run		Long Slow Distance Run

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		Getting time on your feet. Run at a pace you can still chat – 60% effort	Throw in a few 30 second sprints (90% effort) for some serious speed and fun, stride out and keep shoulders relaxed		The faster pace section is best described as 'controlled discomfort'. You can speak a few words but not whole sentences		Easy pace, make sure you can chat
		45 mins Consistent pace	28 mins 10 mins warm up - easy (30 secs sprint: 30 secs jog) x 8 10 mins cool down – easy		45 mins 5 mins easy, 15 mins 70% effort 5 mins easy, 15 mins 70% effort 5 mins easy cool down		60 mins Easy pace, but consistent. About 60% effort
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Goal	If you can, find and enter a 10km race for the Sunday of week 12, it will be good practice to experience the nerves of a race and your pacing strategy!						
9	17/8	Steady Run Getting time on your feet. Run at a pace you can still chat – 60% effort	Hill Training To build leg strength introduce some hills to your interval training. Push on the uphill (80% effort) and take it easy on the down hill		Tempo Run The faster pace section is best described as 'controlled discomfort'. You can speak a few words but not whole sentences		Long Slow Distance Run Distance is continuing to build. But we also need some pace to test endurance for the end of the race
		55 mins Consistent pace	38 mins 10 mins warm up - easy (2 mins uphill: 1 min down) x 6 10 mins cool down – easy		49 mins 5 mins easy, 18 mins 70% effort 5 mins easy, 18 mins 70% effort 5 mins easy cool down		80 mins Easy pace for 70 mins (60% effort) Last 10 mins at 70% or your target half marathon pace
	Think about the effort levels during each run and try to watch your heart rate at different levels of intensity. Understanding your pace and how hard you are working will be key in the race.						
10	24/8	Steady Run Getting time on your feet. Run at a pace you can still chat – 60% effort	Interval Pyramid Run The faster pace section is best described as 'controlled discomfort'. You can speak a few words but not whole sentences		Tempo Run The faster pace section is best described as 'controlled discomfort'. You can speak a few words but not whole sentences		Long Slow Distance Run Distance is continuing to build. But we also need some pace to test endurance for the end of the race
		60 mins Consistent pace	41 mins 5 mins warm up 3, 5, 7, 5, 3 mins 80% effort with 90 secs recovery between each effort 5 mins easy		55 mins 5 mins easy, 20 mins 70% effort 5 mins easy, 20 mins 70% effort 5 mins easy cool down		90 mins Easy pace for 75 mins (60% effort) Last 15 mins at 70% or your target half marathon pace
	Check your trainers, if you've had them a long time they may be wearing out. You need plenty of time to wear in a new pair. Try them out on your shorter runs first.						
11	31/8	Steady Run Getting time on your feet. Run at a pace you can still chat – 60% effort	Kenyan Hills These are continuous hill efforts, i.e. you keep up the effort level on the down hill as well as the uphill		Pacing Run Pick an out and back route. Run steady pace for the outbound leg and try and keep same pace for return leg, i.e. get back to the start		Long Slow Distance Run Distance is continuing to build. But we also need some pace to test endurance for the end of the race
		60 mins	38 mins		55 mins		100 mins

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		Consistent pace	5 mins warm up (5 mins continuous hill effort: 2 mins recovery) x 4 5 mins easy		25 mins out – steady pace 25 mins back to start – steady pace 5 mins easy cool down		Easy pace for 80 mins (60% effort) Last 20 mins at 70% or your target half marathon pace
Another unload week. Look how far you've come. Volume is lower but stay focused on the intensity and make sure every session is a quality session. Try a 10km race to really test your progress.							
12	7/9	Steady Run Getting time on your feet. Run at a pace you can still chat – 60% effort	Interval Training Throw in a few 30 second sprints (90% effort) for some serious speed and fun, stride out and keep shoulders relaxed		Steady Run Prior to a race you need to ease back so you are fresh for the race. Steady run only today		Practice Race Find a 10km race to enter (or run 10km at race pace)
		50 mins Consistent pace	30 mins 10 mins warm up - easy (30 secs sprint: 30 secs jog) x 10 10 mins cool down – easy		30 mins Consistent pace, feel in control		50-60 mins Race pace
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
This is the final push, 2 more weeks of building volume then you begin the 2 weeks taper which will leave you feeling fresh and fit for race day. You're nearly there, stay focused.							
13	14/9	Steady Run Getting time on your feet. Run at a pace you can still chat – 60% effort	Sprint Finish Training This is about saving something for a strong finish. Your legs will be tired but go as fast as you can for last 30 secs of each interval.		Tempo Run The faster pace section is best described as 'controlled discomfort'. You can speak a few words but not whole sentences		Long Slow Distance Run Distance is continuing to build. But we also need some pace to test endurance for the end of the race
		60 mins Consistent pace	50 mins 5 mins warm up - easy (3.5 mins 80%, 30 secs 95%:1 min recovery) x 8 5 mins cool down - easy		65 mins (5 mins easy, 15 mins 70% effort) x 3 5 mins easy cool down		110 mins Easy pace for 80 mins (60% effort) Last 30 mins at 70% or your target half marathon pace
This is your hardest week; you'll be running 2 hours on Sunday. Stay focused and relaxed – you've done the training, you can get through it. Last opportunity to try out your nutrition strategy.							
14	21/9	Steady Run Getting time on your feet. Run at a pace you can still chat – 60% effort	Kenyan Hills These are continuous hill efforts, i.e. you keep up the effort level on the down hill as well as the uphill		Pacing Run Pick an out and back route. Run steady pace for the outbound leg and try and keep same pace for return leg, i.e. get back to the start		Long Slow Distance Run Distance is continuing to build. But we also need some pace to test endurance for the end of the race
		70 mins Consistent pace	45 mins 5 mins warm up (5 mins continuous hill effort: 2 mins recovery) x5 5 mins easy		65 mins 30 mins out – steady pace 30 mins back to start – steady pace 5 mins easy cool down		120 mins Easy pace for 80 mins (60% effort) Last 40 mins at 70% or your target half marathon pace
The hard work is done, you are ready. These last two weeks are about bringing down the volume so you feel fresh for race day.							
15	28/9	Steady Run Run at a relaxed pace	Interval Training For the 'fast' intervals, they should feel		Tempo Run The faster pace section is best		Long Slow Distance Run Volume is coming down, this

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			hard, about 85% effort, slow right down for the jog, get your breath back. Short recoveries this week		described as 'controlled discomfort'. You can speak a few words but not whole sentences		should feel really comfortable
		50 mins Consistent pace, feel in control	40 mins 10 mins warm up - easy (90 secs fast: 30 secs jog) x 10 10 mins cool down - easy		45 mins 5 mins easy, 15 mins faster 5 mins easy, 15 mins faster 5 mins easy		75 mins Easy pace, but consistent
You've made it! This is your final taper week, rest up, gets lots of sleep, eat and drink well. Enjoy the race, keep smiling and we'll see you at the finish line!!							
16	5/10	Steady Run Get out for a run, it should feel easy and enjoyable	Interval Training Few final sprint blasts, blow those cobwebs away		Easy Run Stretch your legs out!		RACE DAY!!!! You've made it, only 13.1 miles. Enjoy it, you've worked hard.
		30 mins Consistent pace, take it easy!	25 mins 10 mins warm up - easy (30 secs sprint: 30 secs jog) x 5 10 mins cool down - easy		20 mins Consistent pace, take it easy! Mentally this may feel hard, but its just nerves. You are ready.		