



# Training Plan – Half Marathon

## Key

LSD Long Steady Distance  
 REST Day Off  
 RW Resting Week (Easier/Taperd)

Run Pacing		% Level of Intensity	Notes
Recovery Pace		Under 50% (4/10)	Able to easily hold a conversation whilst moving
Easy Pace		50-65% (6/10)	Able to hold a conversation with a few breaths
Steady Pace		65-80% (7/10)	Hard to hold a conversation,
Tempo Pace		80-90% (8/10)	Not able to converse, able to hold this pace for upto 45mins-1hr
Intense Pace		90-100% (10/10)	Hard - all out effort

WEEK	MONDAY	TUES	WEDS	THUR	FRIDAY	SATURDAY	SUNDAY
1	Easy/Steady Run 30mins	Short Intervals Session 2x90s 4x60s 4x30s 4x15sec recovery what just run	REST	Steady Run 30mins	REST	Longer Intervals 3x8mins Tempo 90secs rec	LSD Session 45 Mins Easy/Steady
2	Easy/Steady Run 30mins	Short Intervals Session 3x10mins  4min Easy/Steady, 3mins Steady, 2mins Tempo, 1min Intense. 2mins Recovery	REST	Steady Run 30mins	REST	Longer Intervals 4x6mins Tempo, 75sec rec	LSD Session 50mins Easy/Steady



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WEEK	MONDAY	TUES	WEDS	THUR	FRIDAY	SATURDAY	SUNDAY
3	Easy/Steady Run 35mins	Short Intervals Session 4x4mins Tempo 90secs Recovery	REST	Steady Run 35mins	REST	Longer Intervals 5x6mins Tempo 60sec rec	Paced Session 5k Tempo
4	Easy/Steady Run 35mins	Speed/Power Intervals Hill Reps 6x60/80M Intense walk back down recovery	REST	Steady Run 35mins	REST	Longer Intervals 4x8mins Tempo 7sec rec	LSD Session 60mins Steady Mix in 2x5min Tempo
5	Steady Run 35mins	Short Intervals Session 2x90s 4x60s 4x30s 4x15sec recovery what just run	REST	Steady/Tempo Run 35mins	REST	Longer Intervals 5x6mins Tempo 75sec rec	LSD Session 70mins Steady 1x 10min Tempo
6	Steady Run 40mins	Speed/Power Intervals 4min Easy/Steady, 3mins Steady, 2mins Tempo, 1min Intense. 2mins Recovery	REST	Steady/Tempo Run 40mins	REST	Longer Intervals 6x6mins Tempo 60sec rec	Paced Session 8k Tempo



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WEEK	MONDAY	TUES	WEDS	THUR	FRIDAY	SATURDAY	SUNDAY
7	Steady Run 45mins	Short Intervals Session 2x Pyramid 1min Intense, 2min Tempo, 3min Steady, 2min Tempo, 1min Intense 60sec recovery between each rep at end 4x20sec Sprint walk back recovery	REST	Steady/Tempo Run 45mins	REST	Longer Intervals 3x10mins Tempo 90sec rec	LSD Session 85mins Steady
8 RW	Easy/Steady Run 30mins	REST 60secs Recovery	Easy Steady Run 30mins	REST 10x 30secs Tempo	REST	Easy Steady Run 30mins	LSD Session 90mins Easy/Steady
9	Easy/Steady Run 45mins	Short Intervals Session 2x90s 4x60s 4x30s 4x15sec recovery what just run	REST	Steady Run 45mins	REST	Longer Intervals 7x7mins Tempo 75sec rec	LSD Session 100mins Steady



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WEEK	MONDAY	TUES	WEDS	THUR	FRIDAY	SATURDAY	SUNDAY
10	Steady Run 45mins	Speed/Power Intervals Hill Reps 6x60/80M Intense walk back down recovery	REST	Steady/Tempo Run 50mins	REST	Longer Intervals 5x5mins Tempo 60secs	Paced Session 10k Tempo
11	Steady Run 45mins	Short Intervals Session 4min Easy/Steady, 3mins Steady, 2mins Tempo, 1min Intense. 2mins Recovery	REST	Steady/Tempo Run 50mins	REST	Longer Intervals 4x10mins Tempo 2mins rec	110mins 110mins Steady
12 RW	Easy/Steady Run 30mins	REST	Easy/Steady Run 30mins	REST	REST	Easy/Steady Run 30mins	LSD Session 100mins Easy/Steady
13	Steady Run 45mins	Short Intervals Session 4min Easy/Steady, 3mins Steady, 2mins Tempo, 1min Intense. 2mins Recovery	REST	Steady Run 45mins	REST	Longer Intervals 8x6mins Tempo 90sec rec	LSD Session 120mins Steady



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WEEK	MONDAY	TUES	WEDS	THUR	FRIDAY	SATURDAY	SUNDAY
14	Steady Run 45mins	Speed/Power Intervals Hill Reps 6x60/80M Intense walk back down recovery	REST	Steady/Tempo Run 45mins	REST	Longer Intervals 4x10mins Tempo 90sec rec	LSD Session 125mins Steady
15	Steady Run 45mins	Short Intervals Session 4x4mins Tempo 90secs Recovery	REST	Steady/Tempo Run 45mins	REST	Easy Run 15mins	Paced Session 10k Tempo
16	Easy/Steady Run 30mins	Short Intervals Session 2x90s 4x60s 4x30s 4x15sec <b>recovery what just run</b>	REST	Steady Run 30mins	REST	Easy Run 15mins	<b>RACE DAY</b>