



12 WEEK HALF MARATHON TRAINING PLAN prepared by i-Run

Training Notes

An essential part of training is structuring a plan over time and not building up too quickly. Running is a stressful activity, for every mile you add to your training diary is another 1500-foot strikes your body needs to endure. If your training increases too rapidly you are more likely to suffer an injury. Experienced runners have spent years building up their training and their musculoskeletal endurance, flexibility and strength which allows them to run in excess of 100 miles a week. Many niggles and injuries are caused due to the disparity between a runners engine and a runners body.

Recover. Recover. Recover

The ability to recover between runs, sessions and workouts is an art – there is no written rule. When you train your body is put under a level of stress, and if you continue to stress the body without allowing your energy levels to refuel you will eventually breakdown with either injury or illness. Allowing your body to rest and recovery your body starts to repair the damage to a level higher than before as the body recognizes a need to adapt to the new level of exercise and enhanced stress levels you are exposing on it. Many runners' use varying techniques of assisting the reduction of recovery times, these include: ice baths sports massage and Nutrition (Read more in the Health section of i-Run.co.uk).

Being healthy

Physical exercise is exactly what is suggests so its important when embarking on a challenge to have a checkup from the doctor before you start training. With all forms of exercise there are risks – with the most severe being heart complications, be safe if you're in doubt. Now that's the scare out the

way, for most people running and exercise will bring huge amounts of satisfaction and a sense of achievement but with all forms of stress its essential it's monitored. Your immune system will be tested and you may find your sleep pattern may be interrupted at first due to muscle fatigue. This accumulation may cause a sore throat, colds & flu so make sure you eat a balance diet with lots of fruit and veg. Don't be afraid of taking a few days off training if you're pick up a viral infection, if you're better missing a few days with a cold then a few weeks with flu. If you've had a cold or sore throat for a long period of time you must take a break and recuperate, see your doctor if you're in any doubt.

Race Practice

As Benjamin Franklin famously said, "By failing to prepare, you are preparing to fail." Running your first race is a daunting experience and even for the most well drilled professional toeing the line can be nerve wracking. Running in a group of thousands of people all hustling for position, being stepped on and having people stop in front of you is frustrating. Inevitably the first few kilometers will be a lot faster than intended as the atmosphere carries you forward. This is why it's important to get your confidence from a smaller run or fun run, becoming accustomed to race preparation including trying different pre-race routines, queuing for toilets and becoming comfortable with running with others at a sustained pace.

Tapering down

It generally takes at least 2 weeks for the physiological adaptations to take place from training – so overtraining in the weeks before your event doesn't really offer any benefits. Its important to get the balance between easing off too

much and getting to the start feeling tired. The 4 days before the event should be spent running at a reduce effort output, so hold back the urge to run hard as your legs start to feel fresh. Over this period of time it's important to up your Carbohydrate intake, also to keep hydrated, sip water throughout the day and add some electrolyte tablets during the day before the race. Your last big meal should be 10-12 hours before your race and a light breakfast 3 hours before the start time. Keep sipping your water or an isotonic drink right up to the moments before the gun goes for your big race.

Having the right tools

Before you set out on your training is vital that you have the right tools for the job – if you don't your training will suffer. The most essential part of any runner's kit bag is their trainers, its important to know that not every trainer is the same and that they vary in the amount of support and cushioning. Get down to your local running specialist or use the 'Choose your running shoes' article on i-Run.co.uk to find out the correct shoe for your foot type. Other essentials include, a running watch, technical clothing including socks, sports bra's (ladies!) and hi-viz accessories for early morning and night running.

Training Key Terms

Tempo – Sometimes referred to as threshold running. Tempo training is running at 80-85% of your maximum heart rate. You should be below race pace but above your normal running speed.

Steady Run – A comfortable running speed where you feel you can complete the distance without too much stress.

Recovery / Jogging – This is slow running generally at 60-65% of your max heart rate.

Week 1	Complete	Sub-2hrs	Sub-1hr 40	Sub- 1hr 25
Monday	Rest	Rest	45 min run	Morning – 30 min run, Evening – 30 min run
Tuesday	5 min walk, 2min jog, 5 min walk, 3 min jog	1 min jog, 1 min faster x 12	5 min tempo, 5 min run x 3	Pace increase Run – 50 mins gradually getting faster
Wednesday	Rest	Rest	45 min run	60 min run
Thursday	4 min walk, 4 min jog, 4 min walk, 4 min jog	35 min jog	40 min, last 10 min at tempo	15 run, 15 min at tempo, 15 min run
Friday	Rest	Rest	Rest	Rest
Saturday	Rest	35 min jog	5 min tempo 12 x 1 min hill, walk back recovery	7.5 min tempo, 12 x 1 min hills, jog down recovery 7.5 min tempo
Sunday	20 min of walk jog	40 min jog	70 min run	80 min run

Week 2	Complete	Sub-2hrs	Sub-1hr 40	Sub- 1hr 25
Monday	Rest	Rest	50 min run	Morning – 30 min run, Evening – 30 min run
Tuesday	25 min walk jog	20 min run, 5 min tempo, 2 min jog 5 min tempo	45 min, last 15 min at tempo	5 min easy, 5 min Tempo x 4
Wednesday	Rest	Rest	45 min run	60 min run
Thursday	30 min walk jog	40 min run	5 min tempo, 10 x 1 min off 1 min recovery	5 min tempo, 2 min jog, 5 x 1K
Friday	Rest	Rest	Rest	Rest
Saturday	25 min walk jog	Hill session – 10 x 1 min jog down recovery	4 x 6 min off 3 min jog recovery	Morning – flat grass, alternating 1 min faster than tempo and 1 at a slower pace x 18
Sunday	40 min of walk jog	60 min steady	75 min run	90 min run

Week 3	Complete	Sub-2hrs	Sub-1hr 40	Sub- 1hr 25
Monday	Rest	Rest	Morning – 30 min run, Evening – 20 min run	Morning – 30 min run, Evening – 40 min run
Tuesday	30 min walk jog	40 min run – last 10 mins at tempo	10 min easy, 15 min tempo, 10 min easy	6 x 1 mile at race pace off 2 min recovery
Wednesday	Rest	Rest	50 min run	60 min run
Thursday	30 min walk jog	45 min run	Hill session – 15 x 1 min jog down recovery	Hill Session – find a 2 min hill x 12
Friday	Rest	Rest	Rest	Rest
Saturday	Alternating 1 min tempo and 1 at a slower pace x 12	5 min jog- Alternating 1 min tempo and 1 min at a slower pace x 12 – 5 min jog	Track session - 4 x 1 mile at 10k pace off 2 min (even pace)	4 min, 3 min, 2 min, 1min x 3, off 90 sec recovery for 4 and 3 min, 60 sec for 2 and 1 min)
Sunday	50 min of walk jog	60 min run	80 min run	90 min run

Week 4	Complete	Sub-2hrs	Sub-1hr 40	Sub- 1hr 25
Monday	Rest	Rest	Morning – 30 min run, Evening – 20 min run	Morning – 30 min run, Evening – 40 min run
Tuesday	35 min jog/run	40 min run – last at 15 min tempo	6 min tempo, 2 min jog 4 min tempo x 3	6 x 75 sec, off 60 sec recovery, 2 x 7.5 tempo, off 3 min recovery, 6 x 75 off 60 sec recovery
Wednesday	Rest	Rest	60 min run	70 min run
Thursday	35 min jog/run	50 min run	3 x 6 min tempo off 2 min jog, + 10 x 45 sprints off 1 min jog.	10 x 2 min off 75 sec recovery
Friday	Rest	Rest	Rest	Rest
Saturday	1 min jog, 2 min faster x 12	2 min jog, 2 min faster x 12	15 min run, 20 min tempo, 15 min run	60 min run
Sunday	60 min of walk jog	75 min run	90 min run	90 min run-middle 20 min at tempo

Week 5	Complete	Sub-2hrs	Sub-1hr 40	Sub- 1hr 25
Monday	Rest	Rest	50 min run	Morning – 30 min run Evening – 30 min run
Tuesday	10 jog, 6 x 2 min faster, off 90 sec jog, 10 min jog	7.5 easy, 10 min tempo x 2, off 3 min jog recovery	5 min tempo, 4 min recovery 5 x 1 min off 90, 3 min recovery, 5 x 45 sec off 1 min	2k (800m, 600m, 400m) x 3 off 90sec – N.B only 1 x 2k effort.
Wednesday	Rest	Rest	45 min run	60 min run
Thursday	35 min run	35 min run	40 min run , last 10 min at half marathon pace	45 min, last 15 min at half marathon pace
Friday	Rest	Rest	Rest	Rest
Saturday	10k race or 10k at race pace	10k race or 10k at race pace	10k race or 10k at race pace	10k race or 10k at race pace
Sunday	75 min of walk jog	75 min easy	90 min run	1hr 45 run

Week 6	Complete	Sub-2hrs	Sub-1hr 40	Sub- 1hr 25
Monday	Rest	Rest	Morning – 30 min run, Evening – 20 min run	Morning – 30 min run, Evening – 30 min run
Tuesday	15 jog, 10 x 2 min faster off 90 sec jog, 15 min jog	5 min tempo, 3 min jog 10 min tempo x 2 off 2 min jog	3 x 4 min, 3 x 3 min, 3 x 2 min, 3 x 1 min all off 90 second recovery	8 x 1k off 90 seconds
Wednesday	Rest	Rest	45 min run	60 min run
Thursday	40 min run	60 min run	70 min run	5 min tempo, 3 min recovery, (Hills) 6 x 1 min, 6 x 45 sec, 6 x 30, jog down recovery
Friday	Rest	Rest	Rest	Rest
Saturday	10 min easy, 7.5 tempo, 5 min run, 7.5 tempo, 10 min easy	10 min easy, 25 tempo, 10 min easy	7.5 min tempo 3 min recovery (Hills) 12 x 1 min, 7.5 min tempo.	5 x 6 min tempo off 2mins, + 6 x 1 min hills
Sunday	75 min of walk jog	75 min run	90 min run	2 hr run

Week 7	Complete	Sub-2hrs	Sub-1hr 40	Sub- 1hr 25
Monday	Rest	Rest	50 min run	Morning – 30 min run, Evening – 30 min run
Tuesday	3 min easy, 5 min Tempo x 4	7.5 min tempo, 2 min jog 4 min tempo x 2	5 min tempo, 8 x 3 min off 90 sec, 5 min tempo	3 x 12 min tempo run off 3 min jog
Wednesday	Rest	Rest	50 min run	60 min run
Thursday	40 min run	50 min run	5 min tempo, 3 min recovery,(Hills) 6 x 1 min, 6 x 45 sec, 6 x 30, jog recovery 5 min tempo	Hill Session – 6 x 2 min, 6 x 1min
Friday	Rest	Rest	Rest	Rest
Saturday	6 min tempo, 6 min run, 3 min tempo x 2	5 x 1 mile off 2 min recovery at 10k pace	15 min run, 20 min tempo, 15 min run	10 min run, 30 min tempo, 10 min run
Sunday	90 min of walk jog	90 min run	80 min run	1 hr 45 - last 20 min at tempo

Week 8	Complete	Sub-2hrs	Sub-1hr 40	Sub- 1hr 25
Monday	Rest	Rest	45 min run	Morning – 30 min run, Evening – 30 min run
Tuesday	1 min fast, 1 min slow x 15	3 min, 2 min, 1 min x 3 off 90 sec recovery	6 x 3 min off 90 sec recovery	6 x 3 min off 90 seconds
Wednesday	Rest	Rest	45 min run	45 min run
Thursday	25 min fun	25 min run	35 min run	40 min run
Friday	Rest	Rest	Rest	Rest
Saturday	20 min run	20 min run	30 min run	30 min run
Sunday	45 min run walk	45 min run	60 min run	60 min run

Week 9	Complete	Sub-2hrs	Sub-1hr 40	Sub- 1hr 25
Monday	Rest	Rest	45 min run	Morning – 30 min run, Evening – 40 min run
Tuesday	1 min fast, 1 min slow x 12	5 x 1 mile off 3 min run recovery	3 x 10 min tempo run off 3 min jog	4 x 2000m off 3 min jog recovery
Wednesday	Rest	Rest	60 min run	75 min run
Thursday	45 min run	60 min run	Hill Session – find a 2 min hill – 6 x 2 min, 6 x 1min, 6 x 30 sec	50 min, last 20 min at Half marathon pace
Friday	Rest	Rest	Rest	Rest
Saturday	30 min run	40 min run	50 min run, last 20 at Half marathon pace	3 x 8 min tempo off 2 min recovery + 8 x 1 min hills
Sunday	2 hr run	2 hr run	2 hr run	2 hr run

Week 10	Complete	Sub-2hrs	Sub-1hr 40	Sub- 1hr 25
Monday	Rest	Rest	50 min run	Morning – 30 min run, Evening – 40 min run
Tuesday	40 min run	6 x 2 min, 6 x 1 min all off 90 sec	8 x 1 km off 90 sec recovery	8 x 1 km off 90 sec recovery
Wednesday	Rest	Rest	50 min Easy	60 min Easy
Thursday	50 min run	60 min run	60 min run	40 min tempo run at Half marathon pace
Friday	Rest	Rest	Rest	Rest
Saturday	15 x 1 min fast	4 min run, 4min jog, 3 min run, 3 min jog, 2 min run, 2 min jog, 1 min run, 1 min jog	3 x 12 min tempo off 3 min jog	30 min run + 10 x 1 min efforts off 1 min recovery
Sunday	2 hr run	2 hr run	2 hr run	40 min run, 30 min tempo, 40 min run

Week 11	Complete	Sub-2hrs	Sub-1hr 40	Sub- 1hr 25
Monday	Rest	Rest	45 min run	Morning – 30 min run, Evening – 30 min run
Tuesday	2 min fast, 2 min slow x 10	6 min tempo, 2 min run, 4 min tempo x 3	4 x 2000m off 3 min jog recovery	4 x 2 miles at race pace off 2 min jog recovery.
Wednesday	Rest	Rest	60 min run	60 min run
Thursday	50 min run	60 min run	5 min tempo, 12 x 1 min hill, 5 min tempo	5 min tempo, 3 min recovery (Hills) 6 x 2 min, 6 x 1 min, 6 x 30, jog down recovery
Friday	Rest	Rest	Rest	Rest
Saturday	20 min run	20 min run	6 x 1 mile off 3 min run recovery	2 mile run, 3 mile race pace, 2 miles run, 3 miles race pace 2 mile run
Sunday	60 min jog	80 min run	65 min run	75 min run

Week 12	Complete	Sub-2hrs	Sub-1hr 40	Sub- 1hr 25
Monday	Rest	Rest	40 min run	50 min run
Tuesday	2 min fast, 1 min slow x 10	3 min, 2 min, 1 min x 3 off 90 sec recovery	6 x 2 min, 6 x 1 min all off 90 sec recovery	6 x 3 min off 90 sec recovery, 6 x 90 sec off 90 sec recovery, 6 x 45 sec off 60 recovery
Wednesday	Rest	Rest	45 min run	40 min run
Thursday	30 min run	40 min run	10 min run, 5 x 1 min 5 x 45 sec, 5 x 30 sec off 1 min recovery 10 min run (Just turning legs over)	10 min run, 5 x 1 min 5 x 45 sec, 5 x 30 sec off 1 min recovery 10 min run (Just turning legs over)
Friday	Rest	Rest	Rest	Rest
Saturday	20 min jog	20 min jog	30 min jog	30 min + Strides
Sunday	Race	Race	Race	Race