

RUN PLAN	Week One	Week Two	Week Three	Week Four	Week Five	Week Six
Monday	5mins walking, 1minute running, 1minute walking (Repeat 10 times), 5mins walking	Rest	Rest	5mins walking, 30minutes running, 5mins walking	Rest	45minutes easy running
Tuesday	Rest	5mins walking, 10minute running, 2minute walking (Repeat 2 times), 5mins walking	FARTLEK - 2minutes faster running, 2minutes slower running for 20minutes total, 5mins walking	Rest	5mins running, HILLS - Find a hill that isnt too steep.Run up it quite fast for 30seconds and walk back down. Repeat 10 times. 5mins running	Rest
Wednesday	5mins walking, 2minute running, 2minute walking (Repeat 6 times), 5mins walking	Rest	Rest	PYRAMID - 1mins run, 2mins walk, 3mins run, 2mins walk, 5mins run, 2mins walk, 5mins run, 2mins walk, 3mins run, 2mins walk, 1mins run	Rest	FARTLEK - 3mins faster running, 3mins slower running for 30minutes total
Thursday	Rest	5mins walking, 3minute running, 1minute walking (Repeat 8 times), 5mins walking	20minutes easy running	Rest	5mins walking, 40minutes running, 5mins walking	Rest
Friday	5mins walking, 5minute running, 2minute walking (Repeat 3 times), 5minutes walking	Rest	Rest	FARTLEK - 5mins faster running, 5mins slower running for 25minutes total	Rest	5minutes running then 50-100m strides fast relaxed then 5minutes easy running
Saturday	Rest	5mins walking, 5minute running, 2minute walking (Repeat 6 times), 5mins walking	PYRAMID - 2mins running, 2mins walking, 4mins running, 2mins walking, 6mins running, 2mins walking, 8mins running, 2mins walking, 4mins running, 2mins walking, 2mins running, 5mins walking	Rest	PYRAMID - 5mins running, 2mins walking, 10mins running, 2mins walking, 10mins running, 2mins walking, 5mins running	Rest
Sunday	5mins walking, 8mins running, 5mins walking	Rest	Rest	5mins walking, 40minutes running, 5mins walking	Rest	10K RUN

Week Seven	Week Eight	Week Nine	Week Ten	Taper	Taper
Rest	Rest	Rest	Rest	Rest	Rest
Easy longer run (40mins)		Easy longer run (45mins)		Easy longer run (60mins)	
HILLS - 15mins easy running and then 10x30seconds (walk/jog back down recovery)	REPS - Warm Up: 2miles easy running - INTERVALS 10 x 1 minute reps with 1 minute jog recovery - Warm Down: 2miles easy running	HILLS - Warm Up: 2miles easy running - HILLS - 8x1mins up hill then walk back down recovery - Warm Down: 2miles easy running	REPS - 8x3mins (@10k pace effort) with 1 minute jog recovery - Warm Down: 2miles easy running	HILLS - 30mins easy running and then 6 x 1minute (walk/jog back down recovery)	REPS - 5x1 mile reps (2minute walk recovery) aim for 10 seconds faster than goal half marathon pace - Warm Down: 1mile easy running
Rest	Rest	Rest	Rest	Rest	Rest
SPLIT TEMPO (1mile easy running, 3x1mile at goal HM Pace with 2mins walk recovery between them, 1mile easy running warm down)	Easy Short Run	TEMPO - SPLIT TEMPO 2 x 2 mile at goal half marathon pace (3 minutes walk recovery)	Easy Short Run	TEMPO 5mile tempo run starting off at half marathon place+30 seconds per mile and working down to half marathon pace per mile	Easy Short Run
Rest	Rest	Rest	Rest	Rest	Rest
5mins walking, 45minutes running, 5mins walking	LONG RUN WORKOUT 3 miles easy then 3 miles @goal half marathon pace	EASY LONG RUN - 8 miles	LONG RUN WORKOUT 10 Miles with last 4miles @half marathon pace	EASY LONG RUN 12 miles easy run	Half Marathon