

RUN PLAN	Week One	Week Two	Week Three	Week Four	Week Five	Week Six
Monday	Short Easy Miles or Rest	Short Easy Miles or Rest	TOTAL REST	Short Easy Miles or Rest	TOTAL REST	Short Easy Miles or Rest
Tuesday	Easy longer run (70mins)	Easy longer run (70mins)	Easy longer run (80mins)	Easy longer run (70mins)	Easy longer run (90mins)	Easy longer run (70mins)
Wednesday	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
Thursday	Short Easy Miles or Rest	Short Easy Miles or Rest	Short Easy Miles or Rest	Short Easy Miles or Rest	Short Easy Miles or Rest	Short Easy Miles or Rest
Friday	SPLIT TEMPO (1mile easy running, 3x1mile at goal HM Pace with 2mins recovery between them, 1mile easy running warm down)	Easy longer run (70mins)	TEMPO - SPLIT TEMPO 2 x 2 mile at goal half marathon pace (3 minutes walk recovery)	Easy longer run (70mins)	TEMPO 5mile tempo run starting off at half marathon pace+30 seconds per mile and working down to half marathon pace per mile	Easy longer run (70mins)
Saturday	Short Easy Miles or Rest	Short Easy Miles or Rest	Short Easy Miles or Rest	Short Easy Miles or Rest	Short Easy Miles or Rest	Short Easy Miles or Rest
Sunday	EASY LONG RUN - 10miles/16km easy running at conversational pace	LONG RUN WORKOUT 8 miles easy then 3 miles @goal half marathon pace plus 30 seconds	EASY LONG RUN - 13miles/21km easy running at conversational pace	LONG RUN WORKOUT 14 Miles with last 4miles @half marathon pace plus 30 seconds	EASY LONG RUN 15 miles easy run	LONG RUN WORKOUT 3miles easy running followed by 6miles tempo followed by 3miles easy running = 12miles total

Week Seven	Week Eight	Week Nine	Week Ten	Taper	Taper
TOTAL REST	Short Easy Miles or Rest	TOTAL REST	Short Easy Miles or Rest	Short Easy Miles or Rest	Short Easy Miles or Rest
Easy longer run (90mins)	Easy longer run (70mins)	Easy longer run (90mins)	Easy longer run (70mins)	Short Easy Miles or Rest	Short Easy Miles or Rest
HILLS - -8x1mins up hill then walk back down recovery - Warm Down: 2miles easy running	REPS - 8 x 400m at 10km pace with 1minute walk recovery - Warm Down: 10minutes easy running	HILLS - 30mins easy running and then 6 x 1minute (walk/jog back down recovery)	REPS - 8x1 mile reps (2minute walk recovery) aim for 10 seconds faster than goal half marathon pace - Warm Down: 1mile easy running	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
Short Easy Miles or Rest	Short Easy Miles or Rest	Short Easy Miles or Rest	Short Easy Miles or Rest	Short Easy Miles or Rest	30mins
IN&OUTS - 45minutes of 5minutes easy running followed by 5minutes at HM pace (no stopping)	Easy longer run (70mins)	TEMPO - 8 mile (Start off easy and try and get faster each mile with the aim to be at HM goal pace for the last mile) - Warm Down: 1mile easy running	Easy longer run (70mins)	TEMPO - 2x4miles with 5mins easy running in between	20mins
Short Easy Miles or Rest	Short Easy Miles or Rest	Short Easy Miles or Rest	Short Easy Miles or Rest	Short Easy Miles or Rest	Short Easy Miles or Rest
EASY LONG RUN 15 miles easy run	LONG RUN WORKOUT - 2miles easy, 3x3miles off 1mile easy running, 2miles easy	EASY LONG RUN 15 miles easy run	LONG RUN WORKOUT 2miles easy, 5x1km easy 1km hard (10km), 1mile of easy running, 5miles tempo, 1mile easy	EASY LONG RUN - 10miles/16km easy running at conversational pace	<b>Half Marathon</b>