

Challenger Half Marathon 12 Week Training Plan

Event day: **Sunday 2 October 2016**

Website: greatscottishrun.com

WEEK 1		Completed	Completed	Completed	Completed	Completed
MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 min easy run	REST	35 min easy run	REST	25 min easy run	50 min easy run
	35 minutes of easy running.		35 minutes of easy running.		25 minutes of easy running.	50 minutes of easy running.

WEEK 2		Completed	Completed	Completed	Completed	Completed
MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 min easy run	REST	3 x 6 min efforts @ 10K – HM pace; 2½ min walk/jog recovery	REST	25 min easy run	60 min easy run
	35 minutes of easy running.		Start with a 10 min warm up. Run 6 minutes at a pace between your 10k and Half Marathon goal pace followed by 2½ minutes jog/walk to recover, repeated 3 times. Finish off with a 10 min warm down.		25 minutes of easy running.	60 minutes of easy running.

WEEK 3		Completed	Completed	Completed	Completed	Completed
MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 min easy run	REST	Tempo run: 20 min hard even effort	REST	25 min easy run	50 min easy run
	35 minutes of easy running.		20 minutes of hard even running, with 10 minutes warm up and 10 minutes warm down.		25 minutes of easy running.	50 minutes of easy running.

WEEK 4		Completed	Completed	Completed	Completed	Completed
MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 min easy run	REST	5 x 3 min efforts @ 10K pace; 2 min walk/jog recovery	REST	25 min easy run	60 min easy run
	35 minutes of easy running.		Start with a 10 min warm up. Run 3 minutes at your 10k goal pace followed by 2 minutes jog/walk to recover, repeated 5 times. Finish off with a 10 min warm down.		25 minutes of easy running.	60 minutes of easy running.

WEEK 5		Completed	Completed	Completed	Completed	Completed
MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 min easy run	REST	4 x 6 min @ 10 mile pace; 3 min walk/jog recovery	REST	25 min easy run	50 min easy run
	35 minutes of easy running.		Start with a 10 min warm up. Run 6 minutes at your 10 mile goal pace followed by 3 minutes jog/walk to recover, repeated 4 times. Finish off with a 10 min warm down.		25 minutes of easy running.	50 minutes of easy running.

WEEK 6		Completed	Completed	Completed	Completed	Completed
MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 min easy run	REST	30 min easy run	REST	25 min easy run	30 min easy run
	30 minutes of easy running.		30 minutes of easy running.		25 minutes of easy running.	30 minutes of easy running.

Challenger Half Marathon 12 Week Training Plan

Event day: **Sunday 2 October 2016**

Website: greatscottishrun.com

WEEK 7						
MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 min easy run	REST	10 x 1 min efforts @ 3K pace; 75 sec walk/jog recovery	REST	25 min easy run	70 min easy run
	35 minutes of easy running.		Start with a 10 min warm up. Run 1 minute at your 3k goal pace followed by 75 seconds jog/walk to recover, repeated 10 times. Finish off with a 10 min warm down.		25 minutes of easy running.	70 minutes of easy running

WEEK 8						
MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 min easy run	REST	10min + 8min + 5min @ 10 mile pace; 3 min walk/jog recovery	REST	25 min easy run	80 min easy run
	35 minutes of easy running.		Start with a 10 min warm up. Run efforts of 10 minutes, 8 minutes and 5 minutes at your 10 mile goal pace. Follow each with 3 a minute jog/walk to recover. Finish off with a 10 min warm down.		25 minutes of easy running.	80 minutes of easy running

WEEK 9						
MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 min easy run	REST	40 min run @ steady relaxed ¾ effort	REST	25 min easy run	90 min easy run
	35 minutes of easy running.		40 minutes of steady running at ¾ effort of your normal steady pace.		25 minutes of easy running.	90 minutes of easy running.

WEEK 10						
MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 min easy run	REST	4 x 10 mins at HM goal pace; 3 min walk/jog recovery	REST	25 min easy run	60 min easy run
	35 minutes of easy running.		Start with a 10 min warm up. Run 10 minutes at your half marathon goal pace followed by 3 minutes jog/walk to recover, repeated 4 times. Finish off with a 10 min warm down. You should be relaxed and in control.		25 minutes of easy running.	60 minutes of easy running

WEEK 11						
MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 min easy run	REST	50 min easy run	REST	25 min easy run	45 min easy run
	35 minutes of easy running.		50 minutes of easy running.		25 minutes of easy running.	45 minutes of easy running.

WEEK 12						
MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 min easy run	REST	25 min easy run	REST	10 min easy jog or rest	Event day
	35 minutes of easy running.		25 minutes of easy running.		10 minutes of easy jogging or rest.	GOOD LUCK!