

Improver 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	20 min easy run	REST	20 min easy run	REST	20 min easy run	30 min easy run
	20 minutes of easy running.		20 minutes of easy running.		20 minutes of easy running.	30 minutes of easy running.

WEEK 2		Completed	Completed	Completed	Completed	Completed
MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 min easy run	REST	4 x 5 min @ your HM pace; 3 min jog / walk recovery	REST	20 min easy run	40 min easy run
	20 minutes of easy running.		After a gentle warm up jog, 5 minutes at half marathon pace followed by 3 minutes jog/walk to recover, repeated 4 times. Finish with a gentle jog.		20 minutes of easy running.	40 minutes of easy running.

WEEK 3		Completed	Completed	Completed	Completed	Completed
MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	25 min easy run	REST	6 x 3 min; alternate 10 k & half marathon pace; 2 min recovery	REST	20 min easy run	30 min easy run
	25 minutes of easy running.		After a gentle warm up jog, 3 minute efforts followed by 2 minutes jog/walk to recover, repeated 6 times. Alternate between your 10km and half marathon pace for each effort. Finish with a gentle jog.		20 minutes of easy running.	30 minutes of easy running.

WEEK 4		Completed	Completed	Completed	Completed	Completed
MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 min easy run	REST	25 min steady with 10 min warm up & warm down	REST	30 min easy run	50 min easy run
	30 minutes of easy running.		25 minutes of steady running, plus 10 minutes warm up and 10 minutes warm down.		30 minutes of easy running.	50 minutes of easy running.

WEEK 5		Completed	Completed	Completed	Completed	Completed
MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 min easy run	REST	4 x 3 min efforts @ 5k pace; 2½ min jog/walk recovery	REST	30 min easy run	60 min easy run
	30 minutes of easy running.		After a gentle warm up, 3 minutes at your 5k pace followed by 2½ minutes jog/walk to recover, repeated 4 times.		30 minutes of easy running.	60 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	10 min easy run	40 min easy run
	30 minutes of easy running.		30 minutes of easy running.		10 minutes of easy running.	40 minutes of easy running.

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WEEK 7						
MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 min easy run	REST	20 min @ HM goal pace; Jog 3 min; 15 min @ HM goal pace	REST	25 min easy run	40 min easy run
	30 minutes of easy running.		After a gentle warm up, run for 20 minutes at your half marathon goal pace, then jog for 3 minutes, then run for a further 15 minutes at you half marathon goal pace. Finish with a gentle jog.		25 minutes of easy running.	40 minutes of easy running

WEEK 8						
MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 min easy run	REST	25 min steady run	REST	30 min easy run	60 min easy run
	30 minutes of easy running.		25 minutes of running at your steady pace.		30 minutes of easy running.	60 minutes of easy running

WEEK 9						
MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 min easy run	REST	Acceleration Run: 10 min @ HM goal pace; 5 min @ 10K pace	REST	30 min easy run	80 min easy run
	30 minutes of easy running.		After a gentle warm up, 10 minutes running at your half marathon goal pace followed by 5 minutes running at your 10k pace. Finish with a gentle jog.		30 minutes of easy running.	80 minutes of easy running.

WEEK 10						
MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	40 min easy run	REST	35 min steady run with last 5 min hard	REST	30 min easy run	45 min easy run
	40 minutes of easy running.		30 minutes of steady running, then 5 minutes of hard running.		30 minutes of easy running.	45 minutes of easy running

WEEK 11						
MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 min easy run	REST	3 x 6 min @ HM pace; 2 min recovery	REST	30 min easy run	45 min easy run
	30 minutes of easy running.		After a gentle warm up, 6 minutes at your half marathon pace followed but 2 minutes jog/walk to recover, repeated 3 times. Finish with a gentle jog.		30 minutes of easy running.	45 minutes of easy running.

WEEK 12						
MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 min easy run	REST	20 min easy run	REST	10 min easy run	Event day
	35 minutes of easy running.		20 minutes of easy running.		10 minutes of easy running.	GOOD LUCK!