

Run, Walk Half Marathon 12 Week Training Plan

Event day: **Sunday 2 October 2016**

Website: greatscottishrun.com

| WEEK 1 | | | | | | |
|--------|--|------|-------|--|------|--|
| MON | TUESDAY | WED | THURS | FRIDAY | SAT | SUNDAY |
| REST | 6 x (1 min run, 1 min walk) | REST | REST | 20 min brisk walk | REST | 1 mile (alt. 1 min run, 1 min walk) |
| | 1 minute of easy running followed by 1 minute of easy walking, repeated 6 times. | | | 20 minutes of brisk walking. | | 1 minute of easy running followed by 1 minute of easy walking, for a total distance of 1 mile. |
| WEEK 2 | | | | | | |
| MON | TUESDAY | WED | THURS | FRIDAY | SAT | SUNDAY |
| REST | 20 min brisk walk | REST | REST | 8 x (1 min run, 1 min walk) | REST | 1½ miles (alt. 90 secs run, 90 secs walk) |
| | 20 minutes of brisk walking. | | | 1 minute of easy running followed by 1 minute of easy walking, repeated 8 times. | | 1½ minutes of easy running followed by 1½ minutes of easy walking, for a total distance of 1½ miles. |
| WEEK 3 | | | | | | |
| MON | TUESDAY | WED | THURS | FRIDAY | SAT | SUNDAY |
| REST | 20 min brisk walk | REST | REST | 10 x (1 min run, 1 min walk) | REST | 2 miles (alt. 90 secs run, 90 secs walk) |
| | 20 minutes of brisk walking. | | | 1 minute of easy running followed by 1 minute of easy walking, repeated 10 times. | | 1½ minutes of easy running followed by 1½ minutes of easy walking, for a total distance of 2 miles. |
| WEEK 4 | | | | | | |
| MON | TUESDAY | WED | THURS | FRIDAY | SAT | SUNDAY |
| REST | 25 min brisk walk | REST | REST | 5 x (3 min run, 2 min walk) | REST | 3 miles (alt. 2 min run, 1 min walk) |
| | 25 minutes of brisk walking. | | | 3 minutes of easy running followed by 2 minutes of easy walking, repeated 5 times | | 2 minutes of easy running followed by 1 minute of easy walking, for a total distance of 3 miles. |
| WEEK 5 | | | | | | |
| MON | TUESDAY | WED | THURS | FRIDAY | SAT | SUNDAY |
| REST | 25 min brisk walk | REST | REST | 6 x (3 min run, 2 min walk) | REST | 4 miles (alt. 2 min run, 1 min walk) |
| | 25 minutes of brisk walking. | | | 3 minutes of easy running followed by 2 minutes of easy walking, repeated 6 times. | | 2 minutes of easy running followed by 1 minute of easy walking, for a total distance of 4 miles. |
| WEEK 6 | | | | | | |
| MON | TUESDAY | WED | THURS | FRIDAY | SAT | SUNDAY |
| REST | 25 min brisk walk | REST | REST | 6 x (3 min run, 2 min walk) | REST | 5 miles (alt. 2 min run, 1 min walk) |
| | 25 minutes of brisk walking. | | | 3 minutes of easy running followed by 2 minutes of easy walking, repeated 6 times. | | 2 minutes of easy running followed by 1 minute of easy walking, for a total distance of 5 miles. |
| WEEK 7 | | | | | | |
| MON | TUESDAY | WED | THURS | FRIDAY | SAT | SUNDAY |
| REST | 30 min brisk walk | REST | REST | 9 x (2 min easy, 2 min walk) | REST | 6 miles (alt. 3 min run, 1 min walk) |
| | 30 minutes of brisk walking. | | | 2 minutes of easy running followed by 2 minutes of easy walking, repeated 9 times. | | 3 minutes of easy running followed by 1 minute of easy walking, for a total distance of 6 miles. |
| WEEK 8 | | | | | | |
| MON | TUESDAY | WED | THURS | FRIDAY | SAT | SUNDAY |
| REST | 30 min brisk walk | REST | REST | 6 x (4 min run, 1 min walk) | REST | 7 miles (alt. 3 min run, 1 min walk) |
| | 30 minutes of brisk walking. | | | 4 minutes of easy running followed by 1 minutes of easy walking, repeated 6 times. | | 3 minutes of easy running followed by 1 minute of easy walking, for a total distance of 7 miles. |

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| WEEK 9 | | | | | | |
|---------|------------------------------|------|-------|--|-----------|---|
| | Completed | | | | Completed | |
| MON | TUESDAY | WED | THURS | FRIDAY | SAT | SUNDAY |
| REST | 30 min brisk walk | REST | REST | 7 x (4 min run, 1 min walk) | REST | 8 miles (alt. 3 min run, 1 min walk) |
| | 30 minutes of brisk walking. | | | 4 minutes of easy running followed by 1 minutes of easy walking, repeated 7 times. | | 3 minutes of easy running followed by 1 minute of easy walking, for a total distance of 8 miles. |
| WEEK 10 | | | | | | |
| | Completed | | | | Completed | |
| MON | TUESDAY | WED | THURS | FRIDAY | SAT | SUNDAY |
| REST | 30 min brisk walk | REST | REST | 7 x (4 min run; 1 min walk) | REST | 10 miles (alt. 3 min run, 1 min walk) |
| | 30 minutes of brisk walking. | | | 4 minutes of easy running followed by 1 minutes of easy walking, repeated 7 times. | | 3 minutes of easy running followed by 1 minute of easy walking, for a total distance of 10 miles. |
| WEEK 11 | | | | | | |
| | Completed | | | | Completed | |
| MON | TUESDAY | WED | THURS | FRIDAY | SAT | SUNDAY |
| REST | 30 min brisk walk | REST | REST | 5 x (4 min run; 1 min walk) | REST | 5 miles (alt. 3 min run, 1 min walk) |
| | 30 minutes of brisk walking. | | | 4 minutes of easy running followed by 1 minutes of easy walking, repeated 5 times. | | 3 minutes of easy running followed by 1 minute of easy walking, for a total distance of 5 miles. |
| WEEK 12 | | | | | | |
| | Completed | | | | Completed | |
| MON | TUESDAY | WED | THURS | FRIDAY | SAT | SUNDAY |
| REST | 30 min easy walk | REST | REST | 10 min walk, 4 x (3 min run, 1 min walk) | REST | Event day |
| | 30 minutes of easy walking. | | | 10 minutes of easy walking. Then 3 minutes of easy running followed by 1 minute of easy walking, repeated 4 times. | | GOOD LUCK! |