

Starter 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	10 min run/walk	REST	REST	10 min run/walk	REST	10 min run/walk
	Mix up periods of running with walking for a total of 10 minutes.			Mix up periods of running with walking for a total of 15 minutes.		Mix up periods of running with walking for a total of 10 minutes.

WEEK 2						
MON	TUESDAY	WED	THURS	FRIDAY	SAT	SUNDAY
REST	15 min run/walk	REST	REST	10 min easy run	REST	20 min easy run
	Mix up periods of running with walking for a total of 15 minutes.			10 minutes of easy running.		20 minutes of easy running.

WEEK 3						
MON	TUESDAY	WED	THURS	FRIDAY	SAT	SUNDAY
REST	15 min easy run	REST	REST	15 min easy run	REST	20 min easy run
	15 minutes of easy running.			15minutes of easy running.		20 minutes of easy running.

WEEK 4						
MON	TUESDAY	WED	THURS	FRIDAY	SAT	SUNDAY
REST	15 min easy run	REST	REST	20 min easy run	REST	20 min easy run
	15 minutes of easy running.			20minutes of easy running.		20 minutes of easy running.

WEEK 5						
MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	15 min easy run	REST	20 min easy run	REST	10 min easy run	25 min easy run
	15 minutes of easy running.		20 minutes of easy running.		10 minutes of easy running.	25 minutes of easy running.

WEEK 6						
MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	15 min easy run	REST	20 min easy run	REST	10 min easy run	40 min easy run
	15 minutes of easy running.		20 minutes of easy running.		10 minutes of easy running.	40 minutes of easy running.

WEEK 7						
MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 min easy run	REST	25 min easy run	REST	15 min easy run	50 min easy run
	20 minutes of easy running.		25 minutes of easy running.		15 minutes of easy running.	50 minutes of easy running.

WEEK 8						
MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 min easy run	REST	30 min easy run	REST	10 min easy run	60 min easy run
	20 minutes of easy running.		30 minutes of easy running.		10 minutes of easy running.	60 minutes of easy running.

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WEEK 9						
	Completed		Completed		Completed	
MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 min easy run	REST	30 min easy run	REST	15 min easy run	70 min easy run
	20 minutes of easy running.		30 minutes of easy running.		15 minutes of easy running.	70 minutes of easy running.
WEEK 10						
	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	80 min easy run
	20 minutes of easy running.		20 minutes of easy running.		20 minutes of easy running.	80 minutes of easy running.
WEEK 11						
	Completed		Completed		Completed	
MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	15 min easy run	REST	20 min easy run	REST	10 min easy run	40 min easy run
	15 minutes of easy running.		20 minutes of easy running.		10 minutes of easy running.	40 minutes of easy running.
WEEK 12						
	Completed		Completed		Completed	
MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 min easy run	REST	15 min easy run	REST	10 min easy run or rest	Event day
	20 minutes of easy running.		15 minutes of easy running.		10 minutes of easy running, or rest if you prefer.	GOOD LUCK!