

# Believe in children



## Barnardo's

### Half marathon training programme – beginner

<b>Week 1</b>	
Sunday	30 mins walk/jog
Monday	Rest
Tuesday	15 mins walk/jog
Wednesday	Rest
Thursday	15 mins walk/jog
Friday	Rest
Saturday	15 mins walk/jog
Training Objective:	Getting over the inhibitions and mental preparation for a regular training pattern. The amount of running is irrelevant – it's more about being 'out there'.

<b>Week 2</b>	
Sunday	40 mins walk/jog
Monday	Rest
Tuesday	15 mins walk/jog
Wednesday	Rest
Thursday	15 mins walk/jog
Friday	Rest
Saturday	15 mins walk/jog
Training Objective:	As week 1

<b>Week 3</b>	
Sunday	50 mins walk/jog
Monday	Rest
Tuesday	20 mins jog
Wednesday	Rest
Thursday	20 mins jog
Friday	Rest
Saturday	Circuit in a park – run 1 min continuous then walk 1 min recovery x 10 each
Training Objective:	Starting to run short distances continuously

<b>Week 4</b>	
Sunday	60 mins jog/walk
Monday	Rest
Tuesday	25 mins easy
Wednesday	Rest
Thursday	25 mins easy
Friday	Rest
Saturday	Circuit in a park – run 1 min continuous then walk 1 min recovery x 10 each
Training Objective:	Gradually increasing time of the feet – a mental strategy or run 5 mins/walk 1 min for the long run will help you get through 60 mins.

<b>Week 5</b>	
Sunday	75 mins run/walk
Monday	Rest
Tuesday	35 mins easy
Wednesday	Rest
Thursday	35 mins easy
Friday	Rest
Saturday	Circuit in a park – run 1 min continuous then walk 1 min recovery x 10 each
Training Objective:	15 mins added to the long run – using the 5 min run/ 1 min walk strategy

<b>Week 6</b>	
Sunday	75 mins run/walk
Monday	Rest
Tuesday	40 mins easy
Wednesday	Rest
Thursday	40 mins easy
Friday	Rest
Saturday	10 x 1 min running up shallow hill – walk back down recovery
Training Objective:	Consolidation week – slight increase in the midweek runs

<b>Week 7</b>	
Sunday	75 mins run/walk
Monday	Rest
Tuesday	45 mins steady
Wednesday	Rest
Thursday	60 mins steady
Friday	Rest
Saturday	10 x 1 min running up shallow hill – walk back down recovery
Training Objective:	The long runs are going to start to get you tired – refuelling after the Sunday run & mid week hour run is essential – it's tough but it will start to build the endurance you'll need for the race.

<b>Week 8</b>	
Sunday	45 mins run/walk
Monday	Rest
Tuesday	45 mins run
Wednesday	Rest
Thursday	20 mins easy
Friday	20 mins easy
Saturday	Rest
Training Objective:	Recovery week!

<b>Week 9</b>	
Sunday	90 min steady run
Monday	Rest
Tuesday	50 mins easy
Wednesday	Rest
Thursday	60 mins easy
Friday	Rest
Saturday	Rest
Training Objective:	An increase in both the long run and total running time in the week. Emphasis is still on building up the distance. Tapering at the end of the week so you are fresh to tackle your first 2 hour run at the start of the next week.

<b>Week 10</b>	
Sunday	2 hours easy
Monday	Rest
Tuesday	30 mins run
Wednesday	30 mins run
Thursday	Rest
Friday	20 mins easy
Saturday	Rest
Training Objective:	You've done a big run – the rest of the week is recovery time as you plan your next landmark – a half marathon race. Choose one that has a lot of runners so that you get the full atmosphere of a big event.

<b>Week 11</b>	
Sunday	90 mins
Monday	Rest
Tuesday	10 min warm up – alternate 1 min fast/1 min slow x 10
Wednesday	60 mins
Thursday	Rest
Friday	30 mins run
Saturday	Rest
Training Objective:	Speed session gets you used to running a little quicker than the predicted half marathon pace.

<b>Week 12</b>	
Sunday	45 mins easy
Monday	Rest
Tuesday	30 mins easy
Wednesday	Rest
Thursday	30 mins steady
Friday	Rest
Saturday	Rest
Training Objective:	Sunday's run is a confidence booster. Plan a route with friends who can support you – take water out and generally pander to your needs. Make sure you eat plenty the night before and immediately after the long run.

Designed by 1983 London Marathon winner Mike Gratton [www.209events.com](http://www.209events.com)

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