

Believe in children



Barnardo's

Half marathon training programme – advanced

Week 1	
Sunday	60 mins run
Monday	Rest
Tuesday	45 mins run
Wednesday	30 mins run – last 10 minutes at half marathon pace
Thursday	45 mins run
Friday	Rest
Saturday	Circuits of a park alternating 1 min at faster than normal pace/1 min at slower than normal pace x 10 each
Training Objective:	Getting time on the feet and the start of a gradual build up of training. Beginnings of generating the pace necessary to run at 7 minute mile pace

Week 2	
Sunday	60 mins steady
Monday	Rest
Tuesday	45 mins run
Wednesday	30 mins run – last 10 mins at half marathon pace
Thursday	45 mins run
Friday	Rest
Saturday	Circuits of a park alternating 1 min at faster than normal pace/ min at slower than normal pace x 10 each
Training Objective:	As week 1

Week 3	
Sunday	90 mins steady
Monday	30 mins easy
Tuesday	45 mins continuous run including 10 faster pace efforts of between 1 & 3 mins with jog recovery (run as you please)
Wednesday	Rest
Thursday	45 mins easy
Friday	30 mins easy
Saturday	Rest
Training Objective:	Develop long run & faster stretches within the normal steady pace run.

Week 4	
Sunday	2 hour steady run

Monday	30 mins easy
Tuesday	45 mins continuous run including 10 faster pace efforts of between 1 & 3 mins with jog recovery (run as you please)
Wednesday	30 mins easy
Thursday	60 mins easy
Friday	Rest
Saturday	12 x 1 min running up shallow hill – walk back down recovery
Training Objective:	Building the speed necessary to run a 10km with some efforts faster than 10km pace so that half marathon pace becomes more comfortable

Week 5

Sunday	90 mins steady
Monday	30 mins easy
Tuesday	45 mins continuous run including 10 faster pace efforts of between 1 & 3 mins with jog recovery (run as you please)
Wednesday	60 mins easy
Thursday	30 mins steady
Friday	Rest
Saturday	12 x 1 min running up shallow hill – walk back down recovery
Training Objective:	Consolidation week – getting used to the balance between the long run and speed work

Week 6

Sunday	10km race
Monday	30 mins easy
Tuesday	Up the clock – run 1 min fast/1 min slow, 2 mins fast/2 mins slow, 3 mins fast/3 mins slow, 4 mins fast/4 mins slow, 5 mins fast.
Wednesday	30 mins easy
Thursday	75 mins easy
Friday	30 mins easy
Saturday	Rest
Training Objective	Development of ability to run faster than race pace and hold the pace for an increasing amount of time. 10km race adds to the peaking process

Week 7

Sunday	2 hours steady
Monday	30 mins easy
Tuesday	10 mins warm up – 20 mins at half marathon pace – 10 min warm down
Wednesday	60 mins steady
Thursday	Morning – 30 mins easy. Afternoon – 30 mins easy
Friday	Rest
Saturday	15 x 1 min running up shallow hill – walk back down recovery
Training Objective:	Race pace running is important so that your body get the 'feel' of the speed you want to race at. Twice a day running on some days gives a boost to your endurance, and the afternoon run can sometimes be better because you have 'warmed-up' in the morning.

Week 8	
Sunday	1 hour run
Monday	30 mins easy
Tuesday	10 mins warm up = 10 x 200m with 200m walk/jog recovery – 10 min warm down
Wednesday	30 mins easy
Thursday	30 mins steady
Friday	30 mins easy
Saturday	Rest
Training Objective:	Recovery week!

Week 9	
Sunday	5km/10km race
Monday	30 mins easy
Tuesday	Up the clock – run 1 min fast/1 min slow, 2 mins fast/2 mins slow, 3 mins fast/3 mins slow, 4 mins fast/4 mins slow, 5 mins fast.
Wednesday	75 mins easy
Thursday	On fairly straight uninterrupted route 10 mins at half marathon pace – 5 mins recovery – run 10 mins back trying to get to pass your start point
Friday	Rest
Saturday	30 min tempo run
Training Objective:	With the 5/10km race, two interval type sessions and the tempo run this is a very intense week that represents a shift from steady miles to faster pace running. The rest days and easy runs are going to be vital.

Week 10	
Sunday	2 hours steady
Monday	30 mins easy
Tuesday	45 mins run
Wednesday	45 mins run
Thursday	Rest
Friday	30 mins easy
Saturday	Rest
Training Objective:	Consolidation week

Week 11	
Sunday	90 mins – quicker pace
Monday	Rest
Tuesday	Morning – 30 mins steady. Afternoon – 12 x 400m at 5km pace/ 2 mins recovery between each
Wednesday	Morning – 30 mins easy. Afternoon – 60 mins easy.
Thursday	Morning – 30 mins easy. Afternoon – 20 mins easy – 20 mins at half marathon pace
Friday	Rest
Saturday	30 mins steady
Training Objective:	Last big week. 5km pace session is the most important.

Week 12	
Sunday	1 hour steady
Monday	30 mins easy
Tuesday	10 x 400m at 10km pace – 2 mins recovery between each
Wednesday	Morning – 30 mins easy. Afternoon – 40 mins easy.
Thursday	20 mins easy – 20 mins at marathon pace
Friday	30 mins steady
Saturday	Rest
Training Objective:	A combination of a very long run and some much quicker interval work. The first will give you confidence – the second bring you to a peak.
Sunday	Half marathon race day

Designed by 1983 London Marathon winner Mike Gratton www.209events.com

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