

Believe in children



Barnardo's

Half marathon training programme – intermediate

Week 1	
Sunday	30 mins run
Monday	Rest
Tuesday	30 mins run
Wednesday	Rest
Thursday	30 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

Week 2	
Sunday	40 mins steady
Monday	Rest
Tuesday	30 mins run
Wednesday	Rest
Thursday	30 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	60 mins steady
Monday	Rest
Tuesday	45 mins easy
Wednesday	Rest
Thursday	45 mins easy
Friday	Rest
Saturday	10 x 1 min running up shallow hill – walk back down recovery
Training Objective:	Development of the long run and some hill work to build strength in the legs.

Week 4	
Sunday	75 mins steady
Monday	Rest
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 steady
Friday	Rest
Saturday	10 x 1 min running up shallow hill – walk back down recovery
Training Objective:	Lengthening long run – the pace doesn't matter. Introduction of 'speed work' at race pace will accelerate fitness levels.

Week 5	
Sunday	75 mins easy
Monday	Rest
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	60 mins easy
Friday	Rest
Saturday	10 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	75 mins easy
Monday	Rest
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	Rest
Thursday	60 mins easy
Friday	Rest
Saturday	12 x 1 min running up shallow hill – walk back down recovery
Training Objective	Development of ability to run faster than race pace and hold the pace for an increasing amount of time.

Week 7	
Sunday	75 min run
Monday	Rest
Tuesday	10 mins warm up – 20 mins at half marathon pace – 10 min warm down
Wednesday	Rest
Thursday	60 mins steady
Friday	Rest
Saturday	12 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

Week 8	
Sunday	45 mins run
Monday	Rest
Tuesday	10 mins warm up = 10 x 200m with 200m walk/jog recovery – 10 min warm down
Wednesday	Rest
Thursday	30 mins steady
Friday	30 mins steady
Saturday	Rest
Training Objective:	Recovery week!

Week 9	
Sunday	5km/10km race
Monday	Rest
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	Rest
Thursday	60 mins steady
Friday	Rest
Saturday	30 min tempo run – half marathon speed
Training Objective:	With 3 weeks to go developing speed will help you peak for the big event. The tempo run is the most important as it teaches you to concentrate and hold your pace over a long period of time.

Week 10	
Sunday	2 hours steady
Monday	Rest
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
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

Week 12	
Sunday	45 mins easy
Sunday	1 hour easy
Monday	Rest
Tuesday	10 min warm up – alternate 1 min fast/1 min slow x 10
Wednesday	30 mins easy
Thursday	30 mins easy
Friday	Rest
Saturday	Rest
Sunday	Half marathon race day

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

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