

# Half Marathon Improver Training Plan



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This plan is designed to get you to the start line of the half marathon feeling prepared and confident that you can achieve your goal.

### The right plan for me?

This 12 week improves runner's plan is designed for those who run more regularly. Perhaps you have completed a 10km or half marathon before and are looking to step up in distance or improve your time. This plan will see you training 4-5 times a week and is suitable for runners aiming for anything between 90minutes right through to 2hrs-2hrs 10mins. We would encourage you to complement the running outline with core conditioning and cross training as outlined in our 'Your Guide to Running' document.

### Why train in this way?

If you keep doing the same things over and over again you can't expect different results. This plan is designed to add variety, structure and progression to your training. It will challenge you across a range of different heart rate zones and gradually build up your ability to run at your desired goal half marathon pace.

### What if I am not there yet?

This training plan assumes you are able to run continuously at an easy pace for at least 60minutes and that you are fit and healthy to complete some faster efforts including 'threshold' and 'hills' from week 1. If you feel this is too much to tackle at this stage you could try our '*Half Marathon Beginners Training Plan*' or consider swapping some of the sessions in this plan for more cross training.

### Is this everything I need to know?

No – this plan is supported by our *Guide to Running* document, which gives more detail on the structure of the running sessions and top tips on nutrition and recovery to leave you fitter, stronger and more energised as you progress through your training journey.







## What do all the training terms mean?

All of the training schedules involve a broad variety of training sessions and intensities. We have a full glossary of the different terms in our 'Your Guide to Running' document. Information on 'threshold' and 'progression' runs can be found on page 7.

## What if I miss a session, pick up a niggles or get sick?

No training plan is designed to be a tablet of stone; it's a guide and only one approach to get you in great shape. Training for a half marathon is a journey, though, and doesn't always go smoothly. Feel free to chop and change the plan and shift runs to different days that may work better for you.

Take care not to run back-to-back 'hard' days – so try to avoid running a threshold session followed the next day by a hill session, for example. If you miss days through work, holiday, sickness or injury, don't try to play catch-up. Step back into the plan where you left off, and be patient. If you feel you need to catch up, check out our cross-training tips in the Guide.... Try not to add more running unless you are ready!

## Top Tip

Always include a 10 minute easy warm up and cool down either side of 'threshold', 'hill' or 'interval' efforts.

Check out our 'Your Guide to Running' document for more core exercises and stretches. It is important to stretch well after every run!



## Half Marathon Improver Training Plan

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WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
1	Core	30-45min threshold run with 5 x 3mins effort and 2mins easy	Rest or 30-45min easy run or cross training	Easy 30-40min run	Rest	40mins continuous hills with 3 x 6mins effort and 2mins easy running	60min long run easy pace
2	Core	40min threshold run including 4 x 5mins effort and 2mins easy	Rest or 30-45min easy run or cross training	Easy 30-40min run	Rest	40mins continuous hills with 3 x 7mins effort and 2mins easy running	70min long run easy pace
3	Core	45min threshold run including 3 x 7mins @threshold and 3min jog recovery	Rest or 30-45min easy run or cross training	Easy 40min run	Rest	40mins continuous hills with 2 x 10mins effort and 2mins easy running	75min long run easy pace
4	Core	45min threshold run including 8 x 3mins with odd nos @threshold and even nos at steady pace	Rest	30min relaxed run or rest	Rest	Parkrun or 20mins easy run if racing tomorrow	Ideal day for a 10km race or 60min steady run
5	Core	Easy 40min run	Easy 45min run to recover from 10k	45min progression run of 15mins easy/ 15mins steady/ 15mins @threshold	Rest	45mins continuous hills with 3 x 8mins effort and 2mins easy running	80-90min long run easy pace
6	Core	50min threshold run including 5 x 5mins effort and 90s easy	Rest or 40min easy run or cross training	45min progression run of 15mins easy/ 15mins steady/ 15mins @threshold	Rest	Easy 40min run	90-100min long run with final 20mins @half marathon pace
7	Core	50min threshold run including 6 x 5mins effort and 90s easy	Rest or 45min easy run or cross training	45min progression run of 15mins easy/ 15mins steady/ 15mins @threshold	Rest	Easy 45min relaxed run	1hr 40mins long run with final 30mins @half marathon pace
8	Core	60min threshold run including 3 x 10mins effort and 2mins easy	Rest or 45min easy run or cross training	40min threshold run with last 20mins @threshold	Rest	Easy 45min relaxed run	1hr 45mins long run with final 3 x 15mins @half marathon pace + 5mins easy recovery
9	Core	50min threshold run with final 20mins run @threshold effort	Rest or 45min easy run or cross training	45min fartlek run with 5, 4, 3, 2, 1min efforts, getting faster each effort with 90s recovery jog between each	Rest	Easy 45min relaxed run	2hr long run with final 30mins run as 15mins half marathon pace, 15mins slightly faster
10	Core	60min threshold run with final 25mins run @threshold effort	Rest or 45min easy run or cross training	45min fartlek run with 6, 5, 4, 3, 2, 1min efforts, getting faster each effort with 90s recovery jog in-between	Rest	Easy 45min relaxed run	90min long run with final 30-40mins @half marathon pace
11	Core	50min interval run 8 x 3mins with odd nos @threshold and even nos at @3-5km pace with 90s rest.	Rest or 30-40min easy run or cross training	45min progression run of 15mins easy/ 15mins steady/ 15mins @threshold	Rest	5k Parkrun or session with 5 x 4mins @5-10k pace with 90s rest	75min long run relaxed pace
12	Core	50min run including 3 x 5mins @half marathon pace and 3-5mins jog recovery	Easy 30min run or cross training	30min progression run of 10mins easy/ 10mins steady/ 10mins @threshold	Rest	Easy 15min run	Half Marathon! Good Luck!

## Important information

- Please do a 15minute warm-up and cool-down before threshold, continuous hills or interval sessions.
- If you're feeling OK, you may wish to consider a 20-30minute recovery run in the morning before any of the quality sessions above.
- Always substitute cross-training for running if you are injured, very sore or it's not safe to run.
- Please add core conditioning, Pilates or yoga classes once or twice a week if you have time.
- Try to stretch every day for at least 10minutes.
- Always eat within 20-30minutes of finishing a run.
- Always train at the specified paces; don't compromise or run too hard. Tiredness always catches up, so take extra rest if required.

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