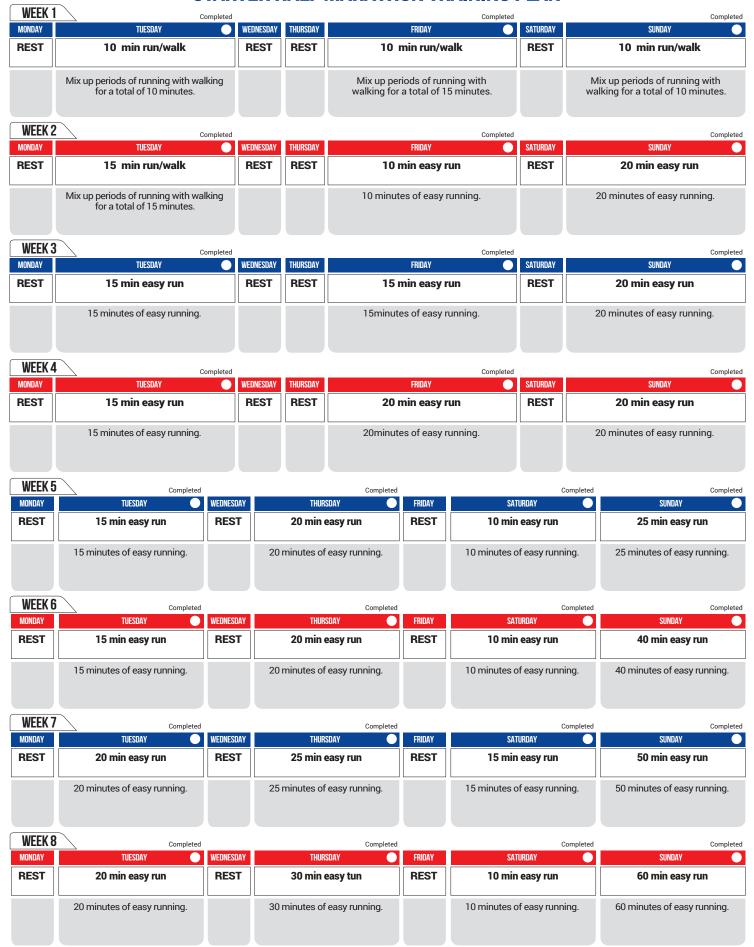




TRAINING PLANS | DIARY | ROUTES | STATS | ADVICE | TIPS

STARTER HALF MARATHON TRAINING PLAN







TRAINING PLANS | DIARY | ROUTES | STATS | ADVICE | TIPS

WEEK 9	WEEK 9 Completed		Completed		Completed Completed	
MONDAY	TUESDAY	WEDNESDAY	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	WEEK 10 Completed		Completed		Completed Completed	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 min easy run	REST	20 min easy tun	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 1	1 Completed	WEDNESDAY	Completed	FRIDAY	Completed SATURDAY	Completed
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	2 Completed		Completed		Completed	Completed
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY 18 OCTOBER 2015
REST	20 min easy run	REST	15 min easy run	REST	10 min easy run or rest	great birmingham
	20 minutes of easy running.		15 minutes of easy running.		10 minutes of easy running, or rest if you prefer.	GOOD LUCK!