

great birmingham MORRISONS

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

IMPROVER HALF MARATHON TRAINING PLAN

MONDAY	TUESDAY	WEDNESDAY	Completed THURSDAY	FRIDAY	Completed SATURDAY	SUNDAY
REST	20 min easy run	REST	20 min easy run	REST	20 min easy run	30 min easy run
	20 minutes of easy running.		20 minutes of easy running.		20 minutes of easy running.	30 minutes of easy running.
WEEK 2	Completed		Completed		Completed	Comp
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 min easy run	REST	4 x 5 min @ your HM pace; 3 min jog / walk recovery	REST	20 min easy run	40 min easy run
	20 minutes of easy running.		After a gentle warm up jog, 5 minutes at half marathon pace followed by 3 minutes jog/walk to recover, repeated 4 times. Finish with a gentle jog.		20 minutes of easy running.	40 minutes of easy running.
WEEK 3	Completed		Completed		Completed	Comp
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	25 min easy run	REST	6 x 3 min; alternate 10 k & half marathon pace; 2 min recovery	REST	20 min easy run	30 min easy run
	25 minutes of easy running.		After a gentle warm up jog, 3 minute efforts followed by 2 minutes jog/walk to recover, repeated 6 times. Alternate between your 10km and half marathon pace for each effort.		20 minutes of easy running.	30 minutes of easy running.
			Finish with a gentle jog.			
WEEK 4	Completed		Finish with a gentle jog.		Completed	Compl
WEEK 4 Monday	Completed TUESDAY	WEDNESDAY		FRIDAY	Completed SATURDAY	Comp SUNDAY
MONDAY		WEDNESDAY REST	Completed	FRIDAY REST		
	TUESDAY		Completed THURSDAY		SATURDAY	SUNDAY 50 min easy run
MONDAY REST	TUESDAY 30 min easy run 30 minutes of easy running. Completed	REST	Completed THURSDAY 25 min steady with 10 min warm up & warm down 25 minutes of steady running, plus 10 minutes warm up and 10 minutes warm down. Completed	REST	SATURDAY 30 min easy run 30 minutes of easy running. Completed	SUNDAY 50 min easy run 50 minutes of easy running. Comp
MONDAY REST WEEK 5 MONDAY	TUESDAY 30 min easy run 30 minutes of easy running.	REST	Completed THURSDAY 25 min steady with 10 min warm up & warm down 25 minutes of steady running, plus 10 minutes warm up and 10 minutes warm down. Completed THURSDAY	REST	SATURDAY 30 min easy run 30 minutes of easy running. Completed SATURDAY	SUNDAY 50 min easy run 50 minutes of easy running. 50 minutes of easy running. Comp SUNDAY
MONDAY REST WEEK 5 Monday	TUESDAY 30 min easy run 30 minutes of easy running. Completed	REST	Completed THURSDAY 25 min steady with 10 min warm up & warm down 25 minutes of steady running, plus 10 minutes warm up and 10 minutes warm down. Completed	REST	SATURDAY 30 min easy run 30 minutes of easy running. Completed	SUNDAY 50 min easy run 50 minutes of easy running. Comp
REST	TUESDAY 30 min easy run 30 minutes of easy running. Completed TUESDAY	REST	Completed THURSDAY 25 min steady with 10 min warm up & warm down 25 minutes of steady running, plus 10 minutes warm up and 10 minutes warm down. Completed THURSDAY 4 x 3 min efforts (@ 5k pace;	REST	SATURDAY 30 min easy run 30 minutes of easy running. Completed SATURDAY	SUNDAY 50 min easy run 50 minutes of easy running Comp SUNDAY 60 min easy run
MONDAY REST WEEK 5 MONDAY REST	TUESDAY 30 min easy run Completed TUESDAY 30 min easy run 30 min easy run 30 min easy run 30 min utes of easy running.	REST	Completed THURSDAY 25 min steady with 10 min warm up & warm down 25 minutes of steady running, plus 10 minutes warm up and 10 minutes warm down. Completed THURSDAY 4 x 3 min efforts @ 5k pace; 2½ min jog/walk recovery After a gentle warm up, 3 minutes at your 5k pace followed by 2½ minutes jog/walk to recover, repeated 4 times.	REST	SATURDAY 30 min easy run 30 minutes of easy running. Completed SATURDAY 30 min easy run 30 minutes of easy running.	SUNDAY 50 min easy run 50 minutes of easy running Comp SUNDAY 60 min easy run 60 minutes of easy running
MONDAY REST WEEK 5 MONDAY	TUESDAY 30 min easy run Completed TUESDAY 30 min easy run	REST	Completed THURSDAY 25 min steady with 10 min warm up & warm down 25 minutes of steady running, plus 10 minutes warm up and 10 minutes warm down. Completed THURSDAY 4 x 3 min efforts @ 5k pace; 2½ min jog/walk recovery After a gentle warm up, 3 minutes at your 5k pace followed by 2½ minutes jog/walk to recover,	REST	SATURDAY 30 min easy run 30 minutes of easy running. Completed SATURDAY 30 min easy run	SUNDAY 50 min easy run 50 minutes of easy running Comp SUNDAY 60 min easy run
MONDAY REST WEEK 5 AONDAY REST WEEK 6	TUESDAY 30 min easy run Completed TUESDAY 30 min easy run 30 min easy run 30 min easy run 30 min easy run Completed Completed Completed Completed Completed	REST WEDNESDAY REST	Completed THURSDAY 25 min steady with 10 min warm up & warm down 25 minutes of steady running, plus 10 minutes warm up and 10 minutes warm down. Completed FURSDAY 4 x 3 min efforts @ 5k pace; 2½ min jog/walk recovery After a gentle warm up, 3 minutes at your 5k pace followed by 2½ minutes jog/walk to recover, repeated 4 times.	REST FRIDAY REST	SATURDAY	SUNDAY 50 min easy run 50 minutes of easy running Comp SUNDAY 60 min easy run 60 minutes of easy running Comp





WEEK 7	Completed		Completed		Completed	Completed
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY 🔵	SUNDAY
REST	30 min easy run	REST	20 min @ HM goal pace; Jog 3 min; 15 min @ HM goal pace	REST	25 min easy run	40 min easy run
	30 minutes of easy running.		After a gentle warm up, run for 20 minutes at your half marathon goal pace, then jog for 3 minutes, then run for a further 15 minutes at you half marathon goal pace. Finish with a gentle jog.		25 minutes of easy running.	40 minutes of easy running

WEEK 8	Completed		Completed		Completed	Completed
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 min easy run	REST	25 min steady run	REST	30 min easy run	60 min easy run
	30 minutes of easy running.		25 minutes of running at your steady pace.		30 minutes of easy running.	60 minutes of easy running
			oready public			

WEEK 9	Completed		Completed		Completed	Completed
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY 🕘	SUNDAY
REST	30 min easy run	REST	Acceleration Run: 10 min @ HM goal pace; 5 min @ 10K pace	REST	30 min easy run	80 min easy run
	30 minutes of easy running.		After a gentle warm up, 10 minutes running at your half marathon goal pace followed by 5 minutes running at your 10k pace. Finish with a gentle jog.		30 minutes of easy running.	80 minutes of easy running.

WEEK 10 Completed			Completed		Completed	Completed
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	40 min easy run	REST	35 min steady run with last 5 min hard	REST	30 min easy run	45 min easy run
	40 minutes of easy running.		30 minutes of stready running, then 5 minutes of hard running.		30 minutes of easy running.	45 minutes of easy running

WEEK 1	1 Completed		Completed		Completed	Completed
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 min easy run	REST	3 x 6 min @ HM pace; 2 min recovery	REST	30 min easy run	45 min easy run
	30 minutes of easy running.		After a gentle warm up, 6 minutes at your half marathon pace followed but 2 minutes jog/walk to recover, repeated 3 times. Finish with a gentle jog.		30 minutes of easy running.	45 minutes of easy running.

WEEK 1	2 Completed		Completed		Completed	Completed
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY 18 OCTOBER 2015
REST	35 min easy run	REST	20 min easy run	REST	10 min easy run	morrisons great birmingham
	35 minutes of easy running.		20 minutes of easy running.		10 minutes of easy running.	GOOD LUCK!