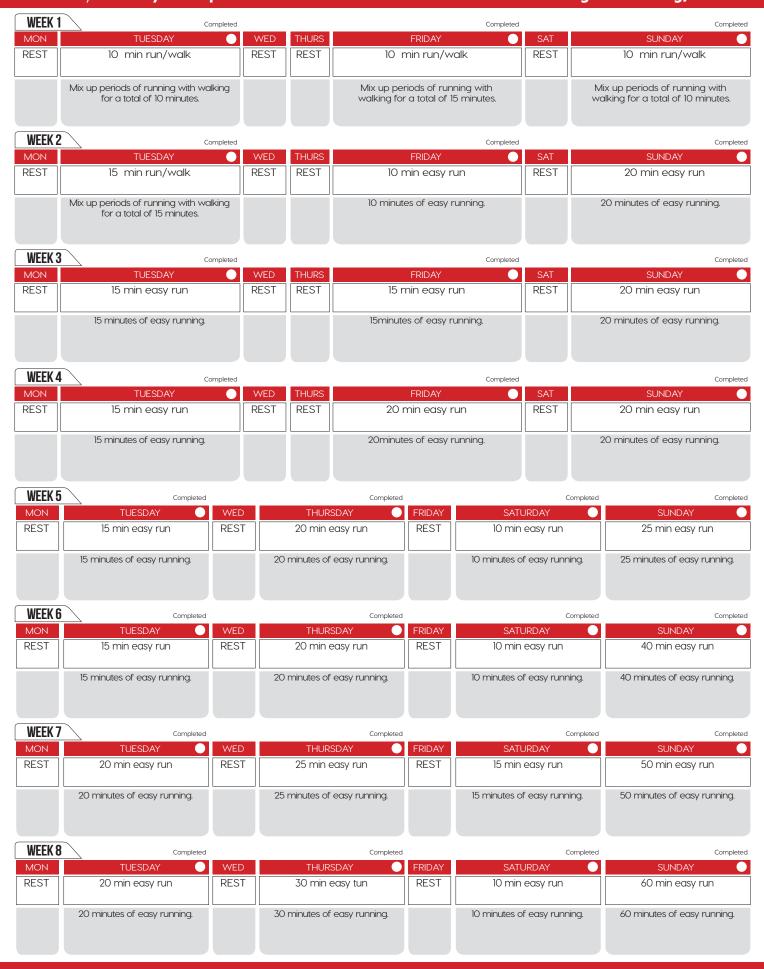


Starter Half Marathon 12 Week Training Plan



Event day: Sunday 25 September 2016

Website: greatrun.org/bristol





Starter Half Marathon 12 Week Training Plan



Event day: Sunday 25 September 2016

Website: greatrun.org/bristol

WEEK 9	Completed		Completed		Completed Completed	
MON	TUESDAY	WED	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 Completed			Completed		Completed Complet	
MON	TUESDAY	WED	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 11	WEEK 11 Completed		Completed		Completed Completed	
MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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	12 Completed		Completed		Completed	Completed
MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY 25 SEPTEMBER
REST	20 min easy run	REST	15 min easy run	REST	10 min easy run or rest	Event day GOOD LUCK
	20 minutes of easy running.		15 minutes of easy running.		10 minutes of easy running, or rest if you prefer.	great bristol half marathon