

WEEK 1

MONDAY 19 JUNE

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	20 minutes of easy running.	Rest Day	20 minutes of easy running.	Rest Day	20 minutes of easy running.	30 minutes of easy running.

WEEK 2

MONDAY 26 JUNE

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	20 minutes of easy running.	Rest Day	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.	Rest Day	20 minutes of easy running.	40 minutes of easy running.

WEEK 3

MONDAY 3 JULY

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	25 minutes of easy running.	Rest Day	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. Finish with a gentle jog.	Rest Day	25 minutes of easy running.	50 minutes of easy running.

WEEK 4

MONDAY 10 JULY

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	30 minutes of easy running.	Rest Day	25 minutes of steady running, plus 10 minutes warm up and 10 minutes warm down.	Rest Day	30 minutes of easy running.	50 minutes of easy running.

WEEK 5

MONDAY 17 JULY

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	30 minutes of easy running.	Rest Day	After a gentle warm up, 3 minutes at your 5k pace followed by 2½ minutes jog/walk to recover, repeated 4 times.	Rest Day	30 minutes of easy running.	60 minutes of easy running.

WEEK 6

MONDAY 24 JULY

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	30 minutes of easy running.	Rest Day	30 minutes of easy running.	Rest Day	10 minutes of easy running.	40 minutes of easy running.

WEEK 7

MONDAY 31 JULY

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	30 minutes of easy running.	Rest Day	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.	Rest Day	25 minutes of easy running.	40 minutes of easy running.

WEEK 8

MONDAY 7 AUGUST

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	30 minutes of easy running.	Rest Day	25 minutes of running at your steady pace.	Rest Day	30 minutes of easy running.	60 minutes of easy running.

WEEK 9

MONDAY 14 AUGUST

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	30 minutes of easy running.	Rest Day	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.	Rest Day	30 minutes of easy running.	80 minutes of easy running.

WEEK 10

MONDAY 21 AUGUST

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	40 minutes of easy running.	Rest Day	30 minutes of steady running, then 5 minutes of hard running.	Rest Day	30 minutes of easy running.	45 minutes of easy running.

WEEK 11

MONDAY 28 AUGUST

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	30 minutes of easy running.	Rest Day	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.	Rest Day	30 minutes of easy running.	45 minutes of easy running.

WEEK 12

MONDAY 4 SEPTEMBER

MON	TUE	WED	THU	FRI	SAT	SUN
Rest Day	35 minutes of easy running.	Rest Day	20 minutes of easy running.	Rest Day	10 minutes of easy jogging or rest.	