

Run, Walk Half Marathon 12 Week Training Plan

Event day: **Sunday 17 September 2017**

Website: greatrun.org/bristol

WEEK 1						
MON	TUESDAY	WED	THURS	FRIDAY	SAT	SUNDAY
REST	6 x (1 min run, 1 min walk)	REST	REST	20 min brisk walk	REST	1 mile (alt. 1 min run, 1 min walk)
	1 minute of easy running followed by 1 minute of easy walking, repeated 6 times.			20 minutes of brisk walking.		1 minute of easy running followed by 1 minute of easy walking, for a total distance of 1 mile.
WEEK 2						
MON	TUESDAY	WED	THURS	FRIDAY	SAT	SUNDAY
REST	20 min brisk walk	REST	REST	8 x (1 min run, 1 min walk)	REST	1½ miles (alt. 90 secs run, 90 secs walk)
	20 minutes of brisk walking.			1 minute of easy running followed by 1 minute of easy walking, repeated 8 times.		1½ minutes of easy running followed by 1 minute of easy walking, for a total distance of 1½ miles.
WEEK 3						
MON	TUESDAY	WED	THURS	FRIDAY	SAT	SUNDAY
REST	20 min brisk walk	REST	REST	10 x (1 min run, 1 min walk)	REST	2 miles (alt. 90 secs run, 90 secs walk)
	20 minutes of brisk walking.			1 minute of easy running followed by 1 minute of easy walking, repeated 10 times.		1½ minutes of easy running followed by 1½ minutes of easy walking, for a total distance of 2 miles.
WEEK 4						
MON	TUESDAY	WED	THURS	FRIDAY	SAT	SUNDAY
REST	25 min brisk walk	REST	REST	5 x (3 min run, 2 min walk)	REST	3 miles (alt. 2 min run, 1 min walk)
	25 minutes of brisk walking.			3 minutes of easy running followed by 2 minutes of easy walking, repeated 5 times		2 minutes of easy running followed by 1 minute of easy walking, for a total distance of 3 miles.
WEEK 5						
MON	TUESDAY	WED	THURS	FRIDAY	SAT	SUNDAY
REST	25 min brisk walk	REST	REST	6 x (3 min run, 2 min walk)	REST	4 miles (alt. 2 min run, 1 min walk)
	25 minutes of brisk walking.			3 minutes of easy running followed by 2 minutes of easy walking, repeated 6 times.		2 minutes of easy running followed by 1 minute of easy walking, for a total distance of 4 miles.
WEEK 6						
MON	TUESDAY	WED	THURS	FRIDAY	SAT	SUNDAY
REST	25 min brisk walk	REST	REST	6 x (3 min run, 2 min walk)	REST	5 miles (alt. 2 min run, 1 min walk)
	25 minutes of brisk walking.			3 minutes of easy running followed by 2 minutes of easy walking, repeated 6 times.		2 minutes of easy running followed by 1 minute of easy walking, for a total distance of 5 miles.
WEEK 7						
MON	TUESDAY	WED	THURS	FRIDAY	SAT	SUNDAY
REST	30 min brisk walk	REST	REST	9 x (2 min easy, 2 min walk)	REST	6 miles (alt. 3 min run, 1 min walk)
	30 minutes of brisk walking.			2 minutes of easy running followed by 2 minutes of easy walking, repeated 9 times.		3 minutes of easy running followed by 1 minute of easy walking, for a total distance of 6 miles.
WEEK 8						
MON	TUESDAY	WED	THURS	FRIDAY	SAT	SUNDAY
REST	30 min brisk walk	REST	REST	6 x (4 min run, 1 min walk)	REST	7 miles (alt. 3 min run, 1 min walk)
	30 minutes of brisk walking.			4 minutes of easy running followed by 1 minutes of easy walking, repeated 6 times.		3 minutes of easy running followed by 1 minute of easy walking, for a total distance of 7 miles.

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WEEK 9							Completed	WEEK 10							Completed	WEEK 11							Completed	WEEK 12							Completed				
MON	TUESDAY		WED	THURS	FRIDAY		SAT	SUNDAY	MON	TUESDAY		WED	THURS	FRIDAY		SAT	SUNDAY	MON	TUESDAY		WED	THURS	FRIDAY		SAT	SUNDAY	MON	TUESDAY		WED	THURS	FRIDAY		SAT	SUNDAY 25 SEPTEMBER
REST	30 min brisk walk		REST	REST	7 x (4 min run, 1 min walk)		REST	8 miles (alt. 3 min run, 1 min walk)	REST	30 min brisk walk		REST	REST	7 x (4 min run; 1 min walk)		REST	10 miles (alt. 3 min run, 1 min walk)	REST	30 min brisk walk		REST	REST	5 x (4 min run; 1 min walk)		REST	5 miles (alt. 3 min run, 1 min walk)	REST	30 min easy walk		REST	REST	10 min walk, 4 x (3 min run, 1 min walk)		REST	Event day GOOD LUCK
	30 minutes of brisk walking.				4 minutes of easy running followed by 1 minutes of easy walking, repeated 7 times.			3 minutes of easy running followed by 1 minute of easy walking, for a total distance of 8 miles.		30 minutes of brisk walking.				4 minutes of easy running followed by 1 minutes of easy walking, repeated 7 times.			3 minutes of easy running followed by 1 minute of easy walking, for a total distance of 10 miles.		30 minutes of brisk walking.				4 minutes of easy running followed by 1 minutes of easy walking, repeated 5 times.			3 minutes of easy running followed by 1 minute of easy walking, for a total distance of 5 miles.		30 minutes of easy walking.				10 minutes of easy walking. Then 3 minutes of easy running followed by 1 minute of easy walking, repeated 4 times.			