



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

## **IMPROVER HALF MARATHON TRAINING PLAN**

WEEK 1	Completed		Completed		Completed	Completed
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	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	Completed
MONDAY	THISDAY	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	Completed
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. Finish with a gentle jog.		20 minutes of easy running.	30 minutes of easy running.
WEEK 4						
WEEK 4	Completed		Completed		Completed	Completed
WEEK 4	HESDAY	WEDNESDAY	Completed	FRIDAY	Completed	Completed
REST	Completed  30 min easy run	REST	25 min steady with 10 min warm up & warm down	REST	Completed  30 min easy run	Completed  50 min easy run
MONDAY	HESDAY	REST	25 min steady with 10 min	REST	SATURDAY	SUNDAY
REST	30 min easy run 30 minutes of easy running.	REST	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.	REST	30 min easy run 30 minutes of easy running.	50 min easy run  50 minutes of easy running.
MONDAY	30 min easy run 30 minutes of easy running.	REST	25 min steady with 10 min warm up & warm down 25 minutes of steady running, plus 10 minutes warm up and 10	REST	30 min easy run	50 min easy run
REST WEEK 5	30 min easy run 30 minutes of easy running.		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		30 min easy run 30 minutes of easy running.  Completed	50 min easy run  50 minutes of easy running.  Completed
REST WEEK 5	30 min easy run  30 minutes of easy running.  Completed	WEDNESDAY	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;	FRIDAY	30 min easy run  30 minutes of easy running.  Completed SATURDAY	50 min easy run  50 minutes of easy running.  Completed SUNDAY
WEEK 5 MONDAY REST	30 min easy run  30 minutes of easy running.  Completed TUESDAY  30 min easy run  30 minutes of easy running.	WEDNESDAY	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,	FRIDAY	30 min easy run  30 minutes of easy running.  Completed SATURDAY  30 min easy run	50 min easy run  50 minutes of easy running.  Completed SUNDAY  60 min easy run
REST WEEK 5	30 min easy run  30 minutes of easy running.  Completed TUESDAY  30 min easy run  30 minutes of easy running.	WEDNESDAY	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.  Completed	FRIDAY	30 min easy run  30 minutes of easy running.  Completed  SATURDAY  30 min easy run  30 minutes of easy running.  Completed	50 min easy run  50 minutes of easy running.  Completed SUNDAY  60 min easy run
WEEK 5 MONDAY REST	30 min easy run  30 minutes of easy running.  Completed  TUESDAY  30 min easy run  30 minutes of easy running.	WEDNESDAY REST	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.  Completed	FRIDAY REST	30 min easy run  30 minutes of easy running.  Completed  SATURDAY  30 min easy run  30 minutes of easy running.  Completed	50 min easy run  50 minutes of easy running.  Completed SUNDAY  60 min easy run  60 minutes of easy running.
WEEK 5 MONDAY REST	30 min easy run  30 minutes of easy running.  Completed  TUESDAY  30 min easy run  30 minutes of easy running.	WEDNESDAY	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.  Completed	FRIDAY	30 min easy run  30 minutes of easy running.  Completed  SATURDAY  30 min easy run  30 minutes of easy running.  Completed	50 min easy run  50 minutes of easy running.  Completed SUNDAY  60 min easy run  60 minutes of easy running.





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

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	Complete
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
WEEK 9	Completed		Completed		Completed	Complete
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	us narconny	Completed	DIDAY	Completed	Complete
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 11	Completed		Completed		Completed	Complete
WEEK 11 MONDAY	Completed TUESDAY	WEDNESDAY	Completed THURSDAY	FRIDAY	Completed SATURDAY	Complete SUNDAY
		WEDNESDAY		FRIDAY		· .
MONDAY	TUESDAY		THURSDAY  3 x 6 min @ HM pace; 2		SATURDAY	SUNDAY
MONDAY	30 min easy run  30 minutes of easy running.  Completed		THURSDAY  3 x 6 min @ HM pace; 2 min recovery  After a gentle warm up, 6 minutes at your half marathon pace followed but 2 minutes jog/walk to recover, repeated 3 times. Finish		30 min easy run  30 minutes of easy running.  Completed	45 min easy run  45 minutes of easy running.
REST	30 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 min easy run  30 minutes of easy running.	SUNDAY 45 min easy run