

Event day: **Sunday 16 October 2016**

Website: [greatrun.org/birmingham](http://greatrun.org/birmingham)

| WEEK 1 |                             |      |                             |        |                             |                             |
|--------|-----------------------------|------|-----------------------------|--------|-----------------------------|-----------------------------|
| MON    | TUESDAY                     | WED  | 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 |                             |      |  |        |                             |                             |
|--------|-----------------------------|------|--|--------|-----------------------------|-----------------------------|
| MON    | TUESDAY                     | WED  | THURSDAY   | FRIDAY | SATURDAY                    | SUNDAY                      |
| REST   | 20 min easy run             | REST | 4 x 5 min @ your HM pace;<br>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 |                             |      |   |        |                             |                             |
|--------|-----------------------------|------|---|--------|-----------------------------|-----------------------------|
| MON    | TUESDAY                     | WED  | 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 |                             |      |   |        |                             |                             |
|--------|-----------------------------|------|---|--------|-----------------------------|-----------------------------|
| MON    | TUESDAY                     | WED  | THURSDAY  | FRIDAY | SATURDAY                    | SUNDAY                      |
| REST   | 30 min easy run             | REST | 25 min steady with 10 min warm up & warm down                                   | REST   | 30 min easy run             | 50 min easy run             |
|        | 30 minutes of easy running. |      | 25 minutes of steady running, plus 10 minutes warm up and 10 minutes warm down. |        | 30 minutes of easy running. | 50 minutes of easy running. |

| WEEK 5 |                             |      |   |        |                             |                             |
|--------|-----------------------------|------|---|--------|-----------------------------|-----------------------------|
| MON    | TUESDAY                     | WED  | THURSDAY  | FRIDAY | SATURDAY                    | SUNDAY                      |
| REST   | 30 min easy run             | REST | 4 x 3 min efforts @ 5k pace;<br>2½ min jog/walk recovery  | REST   | 30 min easy run             | 60 min easy run             |
|        | 30 minutes of easy running. |      | After a gentle warm up, 3 minutes at your 5k pace followed by 2½ minutes jog/walk to recover, repeated 4 times. |        | 30 minutes of easy running. | 60 minutes of easy running. |

| WEEK 6 |                             |      |                             |        |                             |                             |
|--------|-----------------------------|------|-----------------------------|--------|-----------------------------|-----------------------------|
| MON    | TUESDAY                     | WED  | THURSDAY                    | FRIDAY | SATURDAY                    | SUNDAY                      |
| REST   | 30 min easy run             | REST | 30 min easy run             | REST   | 10 min easy run             | 40 min easy run             |
|        | 30 minutes of easy running. |      | 30 minutes of easy running. |        | 10 minutes of easy running. | 40 minutes of easy running. |

Event day: **Sunday 16 October 2016**

Website: [greatrun.org/birmingham](http://greatrun.org/birmingham)

| WEEK 7 |                             |      |   |        |                             |                            |
|--------|-----------------------------|------|---|--------|-----------------------------|----------------------------|
| MON    | TUESDAY                     | WED  | 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 |                             |      |  |        |                             |                            |
|--------|-----------------------------|------|--|--------|-----------------------------|----------------------------|
| MON    | TUESDAY                     | WED  | 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 |

| WEEK 9 |                             |      |  |        |                             |                             |
|--------|-----------------------------|------|--|--------|-----------------------------|-----------------------------|
| MON    | TUESDAY                     | WED  | 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 |                             |      |   |        |                             |                            |
|---------|-----------------------------|------|---|--------|-----------------------------|----------------------------|
| MON     | TUESDAY                     | WED  | 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 steady running, then 5 minutes of hard running. |        | 30 minutes of easy running. | 45 minutes of easy running |

| WEEK 11 |                             |      |   |        |                             |                             |
|---------|-----------------------------|------|---|--------|-----------------------------|-----------------------------|
| MON     | TUESDAY                     | WED  | 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 12 |                             |      |                             |        |                             |            |
|---------|-----------------------------|------|-----------------------------|--------|-----------------------------|------------|
| MON     | TUESDAY                     | WED  | THURSDAY                    | FRIDAY | SATURDAY                    | SUNDAY     |
| REST    | 35 min easy run             | REST | 20 min easy run             | REST   | 10 min easy run             | Event day  |
|         | 35 minutes of easy running. |      | 20 minutes of easy running. |        | 10 minutes of easy running. | GOOD LUCK! |