



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

CHALLENGER HALF MARATHON TRAINING PLAN

WEEK 1	Completed		Completed		Completed	Completed
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 min easy run	REST	35 min easy run	REST	25 min easy run	50 min easy run
	35 minutes of easy running.		35 minutes of easy running.		25 minutes of easy running.	50 minutes of easy running.
WEEK 2	Completed		Completed		Completed	Completed
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 min easy run	REST	3 x 6 min efforts @ 10K – HM pace; 2½ min walk/jog recovery	REST	25 min easy run	60 min easy run
	35 minutes of easy running.		Start with a 10 min warm up. Run 6 minutes at a pace between your 10k and Half Marathon goal pace followed by 2½ minutes jog/walk to recover, repeated 3 times. Finish off with a 10 min warm down.		25 minutes of easy running.	60 minutes of easy running.
WEEK 3	Completed		Completed		Completed	Completed
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 min easy run	REST	Tempo run: 20 min hard even effort	REST	25 min easy run	50 min easy run
	35 minutes of easy running.		20 minutes of hard even running, with 10 minutes warm up and 10 minutes warm down.		25 minutes of easy running.	50 minutes of easy running.
WEEK 4						
	Completed		Completed		Completed	Completed
MONDAY	Completed	WEDNESDAY	Completed	FRIDAY	Completed	Completed
REST	35 min easy run	REST	5 x 3 min efforts @ 10K pace; 2 min walk/jog recovery	REST	Completed 25 min easy run	Completed 60 min easy run
REST	THESDAY	REST	5 x 3 min efforts @ 10K	REST	SATURDAY	SUNDAY
	35 min easy run 35 minutes of easy running.	REST	5 x 3 min efforts @ 10K pace; 2 min walk/jog recovery Start with a 10 min warm up. Run 3 minutes at your 10k goal pace followed by 2 minutes jog/walk to recover, repeated 5 times. Finish off with a 10 min warm down.	REST	25 min easy run 25 minutes of easy running.	60 min easy run 60 minutes of easy running.
WEEK 5	35 min easy run 35 minutes of easy running.		5 x 3 min efforts @ 10K pace; 2 min walk/jog recovery Start with a 10 min warm up. Run 3 minutes at your 10k goal pace followed by 2 minutes jog/walk to recover, repeated 5 times. Finish		25 min easy run	60 min easy run 60 minutes of easy running. Completed
	35 min easy run 35 minutes of easy running.	REST WEDNESDAY REST	5 x 3 min efforts @ 10K pace; 2 min walk/jog recovery Start with a 10 min warm up. Run 3 minutes at your 10k goal pace followed by 2 minutes jog/walk to recover, repeated 5 times. Finish off with a 10 min warm down. Completed	REST FRIDAY REST	25 min easy run 25 minutes of easy running. Completed	60 min easy run 60 minutes of easy running.
WEEK 5	35 min easy run 35 minutes of easy running. Completed	WEDNESDAY	5 x 3 min efforts @ 10K pace; 2 min walk/jog recovery Start with a 10 min warm up. Run 3 minutes at your 10k goal pace followed by 2 minutes jog/walk to recover, repeated 5 times. Finish off with a 10 min warm down. Completed	FRIDAY	25 min easy run 25 minutes of easy running. Completed SATURDAY	60 min easy run 60 minutes of easy running. Completed SUNDAY
WEEK 5	35 min easy run 35 minutes of easy running. Completed TUESDAY 35 min easy run 35 minutes of easy running.	WEDNESDAY	5 x 3 min efforts @ 10K pace; 2 min walk/jog recovery Start with a 10 min warm up. Run 3 minutes at your 10k goal pace followed by 2 minutes jog/walk to recover, repeated 5 times. Finish off with a 10 min warm down. Completed THURSDAY 4 x 6 min @ 10 mile pace; 3 min walk/jog recovery Start with a 10 min warm up. Run 6 minutes at your 10 mile goal pace followed by 3 minutes jog/walk to recover, repeated 4 times. Finish off with a 10 min warm down.	FRIDAY	25 min easy run 25 minutes of easy running. Completed SATURDAY 25 min easy run 25 minutes of easy running.	60 min easy run 60 minutes of easy running. Completed SUNDAY 50 min easy run
WEEK 5 MONDAY REST	35 min easy run 35 minutes of easy running. Completed TUESDAY 35 min easy run 35 minutes of easy running.	WEDNESDAY	Start with a 10 min warm up. Run 3 minutes at your 10k goal pace followed by 2 minutes jog/walk to recover, repeated 5 times. Finish off with a 10 min warm down. Completed THURSDAY 4 x 6 min @ 10 mile pace; 3 min walk/jog recovery Start with a 10 min warm up. Run 6 minutes at your 10 mile goal pace followed by 3 minutes jog/walk to recover, repeated 4 times. Finish off with a 10 min warm	FRIDAY	25 min easy run 25 minutes of easy running. Completed SATURDAY 25 min easy run	60 min easy run 60 minutes of easy running. Completed SUNDAY 50 min easy run 50 minutes of easy running.
WEEK 5 MONDAY REST	35 min easy run 35 minutes of easy running. Completed TUESDAY 35 min easy run 35 minutes of easy running.	WEDNESDAY	5 x 3 min efforts @ 10K pace; 2 min walk/jog recovery Start with a 10 min warm up. Run 3 minutes at your 10k goal pace followed by 2 minutes jog/walk to recover, repeated 5 times. Finish off with a 10 min warm down. Completed THURSDAY 4 x 6 min @ 10 mile pace; 3 min walk/jog recovery Start with a 10 min warm up. Run 6 minutes at your 10 mile goal pace followed by 3 minutes jog/walk to recover, repeated 4 times. Finish off with a 10 min warm down.	FRIDAY	25 min easy run 25 minutes of easy running. Completed SATURDAY 25 min easy run 25 minutes of easy running.	60 min easy run 60 minutes of easy running. Completed SUNDAY 50 min easy run 50 minutes of easy running.





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

WEEK 7 Completed Completed Completed Completed **REST** 35 min easy run **REST** 10 x 1 min efforts @ 3K pace; 75 **REST** 25 min easy run 70 min easy run sec walk/jog recovery 35 minutes of easy running. Start with a 10 min warm up. 25 minutes of easy running. 70 minutes of easy running Run 1 minute at your 3k goal pace followed by 75 seconds jog/walk to recover, repeated 10 times. Finish off with a 10 min warm down. WEEK 8 Completed Completed Completed Completed **REST REST REST** 35 min easy run 10min + 8min + 5min @ 10 mile 25 min easy run 80 min easy run pace; 3 min walk/jog recovery 35 minutes of easy running. Start with a 10 min warm up. Run 25 minutes of easy running. 80 minutes of easy running effotrs of 10 minutes, 8 minutes and 5 minutes at your 10 mile goal pace. Follow each with 3 a minute jog/walk to recover. Finish off with a 10 min warm down. WEEK 9 Completed Completed Completed WEDNESDAY SATURDAY MONDAY TUESDAY FRIDAY 40 min run @ steady relaxed ¾ effort **REST** 35 min easy run **REST REST** 25 min easy run 90 min easy run 35 minutes of easy running. 40 minutes of steady running 25 minutes of easy running. 90 minutes of easy running. at 34 effort of your normal steady pace. WEEK 10 Completed Completed Completed Completed 4 x 10 mins at HM goal pace; 3 min walk/jog recovery **REST REST REST** 25 min easy run 60 min easy run 35 min easy run 35 minutes of easy running. Start with a 10 min warm up. Run 25 minutes of easy running. 60 minutes of easy running 10 minutes at your half marathon goal pace followed by 3 minutes jog/walk to recover, repeated 4 times. Finish off with a 10 min warm down. You should be relaxed and in control. WEEK 11 Completed Completed Completed Completed MONDAY TUESDAY THURSDAY SATURDAY **REST** REST 35 min easy run 50 min easy run REST 25 min easy run 45 min easy run 35 minutes of easy running. 50 minutes of easy running. 25 minutes of easy running. 45 minutes of easy running. WEEK 12 Completed Completed Completed Completed SUNDAY 11 SEPTEMBER 2016 **REST** 35 min easy run **REST** 25 min easy run **REST** 10 min easy jog or rest great north run 10 minutes of easy jogging or 35 minutes of easy running. 25 minutes of easy running. **GOOD LUCK!**