

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	TUESDAY		WEDNESDAY	THURSDAY		FRIDAY	SATURDAY		SUNDAY		
REST	35 min easy run		REST	5 x 3 min efforts @ 10K pace; 2 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 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.			25 minutes of easy running.		60 minutes of easy running.		

WEEK 5		Completed			Completed			Completed			Completed
MONDAY	TUESDAY		WEDNESDAY	THURSDAY		FRIDAY	SATURDAY		SUNDAY		
REST	35 min easy run		REST	4 x 6 min @ 10 mile pace; 3 min walk/jog recovery		REST	25 min easy run		50 min easy run		
	35 minutes of easy running.			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.			25 minutes of easy running.		50 minutes of easy running.		

WEEK 6		Completed			Completed			Completed			Completed
MONDAY	TUESDAY		WEDNESDAY	THURSDAY		FRIDAY	SATURDAY		SUNDAY		
REST	30 min easy run		REST	30 min easy run		REST	25 min easy run		30 min easy run		
	30 minutes of easy running.			30 minutes of easy running.			25 minutes of easy running.		30 minutes of easy running.		

WEEK 7		Completed			Completed			Completed			Completed
MONDAY	TUESDAY		WEDNESDAY	THURSDAY		FRIDAY	SATURDAY		SUNDAY		
REST	35 min easy run		REST	10 x 1 min efforts @ 3K pace; 75 sec walk/jog recovery		REST	25 min easy run		70 min easy run		
	35 minutes of easy running.			Start with a 10 min warm up. 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.			25 minutes of easy running.		70 minutes of easy running		

WEEK 8		Completed			Completed			Completed			Completed
MONDAY	TUESDAY		WEDNESDAY	THURSDAY		FRIDAY	SATURDAY		SUNDAY		
REST	35 min easy run		REST	10min + 8min + 5min @ 10 mile pace; 3 min walk/jog recovery		REST	25 min easy run		80 min easy run		
	35 minutes of easy running.			Start with a 10 min warm up. Run efforts 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.			25 minutes of easy running.		80 minutes of easy running		

WEEK 9		Completed			Completed			Completed			Completed
MONDAY	TUESDAY		WEDNESDAY	THURSDAY		FRIDAY	SATURDAY		SUNDAY		
REST	35 min easy run		REST	40 min run @ steady relaxed $\frac{3}{4}$ effort		REST	25 min easy run		90 min easy run		
	35 minutes of easy running.			40 minutes of steady running at $\frac{3}{4}$ effort of your normal steady pace.			25 minutes of easy running.		90 minutes of easy running.		

WEEK 10		Completed			Completed			Completed			Completed
MONDAY	TUESDAY		WEDNESDAY	THURSDAY		FRIDAY	SATURDAY		SUNDAY		
REST	35 min easy run		REST	4 x 10 mins at HM goal pace; 3 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 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.			25 minutes of easy running.		60 minutes of easy running		

WEEK 11		Completed			Completed			Completed			Completed
MONDAY	TUESDAY		WEDNESDAY	THURSDAY		FRIDAY	SATURDAY		SUNDAY		
REST	35 min easy run		REST	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
MONDAY	TUESDAY		WEDNESDAY	THURSDAY		FRIDAY	SATURDAY		SUNDAY 18 OCTOBER 2015		
REST	35 min easy run		REST	25 min easy run		REST	10 min easy jog or rest				
	35 minutes of easy running.			25 minutes of easy running.			10 minutes of easy jogging or rest.				