



CHALLENGER HALF MARATHON

12 WEEK TRAINING PLAN



GREATRUN.ORG

WEEK 1

MON	TUE	WED	THU	FRI	SAT	SUN
REST	1 minute of easy running followed by 1 minute of easy walking, repeated 6 times.	REST	35 minutes of easy running.	REST	25 minutes of easy running.	50 minutes of easy running.

WEEK 2

MON	TUE	WED	THU	FRI	SAT	SUN
REST	35 minutes of easy running.	REST	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.	REST	25 minutes of easy running.	60 minutes of easy running.

WEEK 3

MON	TUE	WED	THU	FRI	SAT	SUN
REST	35 minutes of easy running.	REST	20 minutes of hard even running, with 10 minutes warm up and 10 minutes warm down.	REST	25 minutes of easy running.	50 minutes of easy running.

WEEK 4

MON	TUE	WED	THU	FRI	SAT	SUN
REST	35 minutes of easy running.	REST	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 minutes of easy running.	60 minutes of easy running.

WEEK 5

MON	TUE	WED	THU	FRI	SAT	SUN
REST	35 minutes of easy running.	REST	30 minutes of easy running.	REST	25 minutes of easy running.	30 minutes of easy running.



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WEEK 6

MON	TUE	WED	THU	FRI	SAT	SUN
REST	30 minutes of easy running.	REST	30 minutes of easy running.	REST	25 minutes of easy running.	30 minutes of easy running.

WEEK 7

MON	TUE	WED	THU	FRI	SAT	SUN
REST	35 minutes of easy running.	REST	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.	REST	25 minutes of easy running.	70 minutes of easy running.

WEEK 8

MON	TUE	WED	THU	FRI	SAT	SUN
REST	35 minutes of easy running.	REST	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.	REST	25 minutes of easy running.	80 minutes of easy running.

WEEK 9

MON	TUE	WED	THU	FRI	SAT	SUN
REST	35 minutes of easy running.	REST	40 minutes of steady running at % effort of your normal steady pace.	REST	25 minutes of easy running.	60 minutes of easy running.

WEEK 10

MON	TUE	WED	THU	FRI	SAT	SUN
REST	35 minutes of easy running.	REST	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.	REST	25 minutes of easy running.	60 minutes of easy running.



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WEEK 11

MON	TUE	WED	THU	FRI	SAT	SUN
REST	35 minutes of easy running.	REST	50 minutes of easy running.	REST	25 minutes of easy running.	45 minutes of easy running.

WEEK 12

MON	TUE	WED	THU	FRI	SAT	SUN
REST	35 minutes of easy running.	REST	25 minutes of easy running.	REST	10 minutes of easy jogging or rest.	EVENT DAY. GOOD LUCK!