HALF MARATHON 10 WEEK TRAINING PLAN

BANK OF SCOTLAND Great Scottish Run

GREATCOTTISHRUN.COM 🛛 🖪 😏 🗃

Proud partner for 10 years running

MON	TUE	WED	THU	FRI	SAT	SUN
REST	15 minutes of easy running.	REST	REST	20minutes of easy running.	REST	20 minutes (easy runnin
VEEK	2		·	·		1
MON	TUE	WED	THU	FRI	SAT	SUN
REST	15 minutes of easy running.	REST	REST	20minutes of easy running.	REST	20 minutes o easy runnin
VEEK	3					
MON	TUE	WED	THU	FRI	SAT	SUN
REST	15 minutes of easy running.	REST	20 minutes of easy running.	REST	10 minutes of easy running.	25 minutes c easy running
VEEK	4					
MON	TUE	WED	THU	FRI	SAT	SUN
REST	15 minutes of easy running.	REST	20 minutes of easy running.	REST	10 minutes of easy running.	40 minutes o easy running
VEEK	5					
MON	TUE	WED	THU	FRI	SAT	SUN
REST	Mix up periods of running with walking for a total of 10 minutes.	REST	REST	Mix up periods of running with walking for a total of 15 minutes.	REST	Mix up period of running wi walking for a t of 10 minute
VEEK	6				anan tining kanalang ang pangang panga Pangang pangang	
MON	TUE	WED	THU	FRI	SAT	SUN
REST	Mix up periods of running with walking for a total of 15 minutes.	REST	REST	10 minutes of easy running.	REST	20 minutes c easy running
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		13		1		210

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WEEK	7					
MON	TUE	WED	THU	FRI	SAT	SUN
REST	15 minutes of easy running.	REST	REST	20minutes of easy running.	REST	20 minutes of easy running.
WEEK	8				· ·	
MON	TUE	WED	THU	FRI	SAT	SUN
REST	15 minutes of easy running.	REST	REST	20minutes of easy running.	REST	20 minutes of easy running.
WEEK	g					
MON	TUE	WED	THU	FRI	SAT	SUN
REST	15 minutes of easy running.	REST	20 minutes of easy running.	REST	10 minutes of easy running.	25 minutes of easy running.
WEEK	10					
MON	TUE	WED	THU	FRI	SAT	SUN
REST	15 minutes of easy running.	REST	20 minutes of easy running.	REST	10 minutes of easy running.	EVENT DAY. GOOD LUCK!
		K				
	CAL CAL	FARC				A CONTRACTOR
	VISIT GREA	TSCOTTISHRU	N.COM FOR EVEN	IT NEWS AND M	UCH MORE	