

Starter Half Marathon 12 Week Training Plan



Event day: Sunday 28 May 2017

Website: greatrun.org/manchester

WEEK 1	Completed						Completed Completed			
MON	TUESDAY		ED THURS	Completed FRIDAY SAT				SUNDAY	oleted	
REST	10 min run/walk		ST REST	10 r	min run/w		REST	10 min run/walk		
	Mix up periods of running with walk for a total of 10 minutes.	king		Mix up periods of running with walking for a total of 15 minute				Mix up periods of running with walking for a total of 10 minutes.		
WEEK 2	Cor	npleted				Completed		Comp	oleted	
MON	TUESDAY		ED THURS		FRIDAY	•	SAT	SUNDAY	•	
REST	15 min run/walk RE		ST REST	10 r	un	REST	20 min easy run			
	Mix up periods of running with walk for a total of 15 minutes.	king		10 minutes of easy running.		unning.		20 minutes of easy running.		
WEEK 3		npleted				Completed		Comp	oleted	
MON	TUESDAY		ED THURS		FRIDAY	•	SAT	SUNDAY	•	
REST	15 min easy run	15 min easy run RES		15 r	min easy ru	un	REST	20 min easy run		
	15 minutes of easy running.			15minute	es of easy ru	unning.		20 minutes of easy running.		
WEEK 4	Cor	npleted				Completed		Comp	oleted	
MON	TUESDAY	• W	ED THURS		FRIDAY		SAT	SUNDAY		
REST	15 min easy run	RE	ST REST	20 1	min easy r	un	REST	20 min easy run		
	15 minutes of easy running.			20minut	es of easy r	unning.		20 minutes of easy running.		
WEEK 5	Completed			Completed			Col	ompleted Comp	oleted	
MON REST	TUESDAY • 15 min easy run	REST	THUR:				easy run	SUNDAY 25 min easy run	•	
	15 minutes of easy running.		20 minutes of	easy running.		10 minutes o	f easy runnir	ng. 25 minutes of easy running] .	
WEEK 6	Completed			Completed			Col	ompleted Comp	oleted	
MON	TUESDAY	WED	THUR	SDAY	FRIDAY	SATU	JRDAY	SUNDAY		
REST	15 min easy run	REST	20 min 6	easy run	REST	10 min	easy run	40 min easy run		
	15 minutes of easy running.		20 minutes of	easy running.		10 minutes o	f easy runnir	ng. 40 minutes of easy running] .	
WEEK 7	Completed			Completed			Co	ompleted Comp	oleted	
MON	TUESDAY	WED	THUR	SDAY	FRIDAY	SATU	JRDAY	SUNDAY	•	
REST	20 min easy run	REST	25 min e	easy run	REST	15 min	easy run	50 min easy run		
	20 minutes of easy running.		25 minutes of	easy running.		15 minutes of	f easy runnir	ng. 50 minutes of easy running] .	
WEEK 8	Completed			Completed			Cor	ompleted Comp	oleted	
MON	TUESDAY	WED	THUR	SDAY	FRIDAY	SATU	JRDAY	SUNDAY	•	
REST	20 min easy run	REST	30 min e	easy tun	REST	10 min	easy run	60 min easy run		
	20 minutes of easy running.	J	30 minutes of	easy running.		10 minutes o	f easy runnir	ng. 60 minutes of easy running	j .	





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	Completed	Completed		Completed Completed			
MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
REST	20 min easy run	REST	30 min easy run	REST	15 min easy run	70 min easy run	
20	O minutes of easy running.		30 minutes of easy running.	15 minutes of easy running.		70 minutes of easy running.	
WEEK 10 Completed			Completed		Completed	Completed	
MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
REST	20 min easy run	REST	20 min easy tun	REST	20 min easy run	80 min easy run	
20	O minutes of easy running.		20 minutes of easy running.		20 minutes of easy running.	80 minutes of easy running.	
WEEK 11	WEEK 11 Completed		Completed		Completed Co		
MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
REST	15 min easy run	REST	20 min easy run	REST	10 min easy run	40 min easy run	
15	5 minutes of easy running.		20 minutes of easy running.		10 minutes of easy running.	40 minutes of easy running.	
WEEK 12	WEEK 12 Completed		Completed		Completed	Completed	
MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
REST	20 min easy run	REST	15 min easy run	REST	10 min easy run or rest	Event day	
20 minutes of easy running.		15 minutes of easy running.		10 minutes of easy running, or rest if you prefer.	GOOD LUCK!		