

# Run, Walk Half Marathon 12 Week Training Plan

Event day: **Sunday 15 October 2017**

Website: [greatrun.org/birmingham](http://greatrun.org/birmingham)

| WEEK 1 |                                                                                  |      |       |                                                                                    |      |                                                                                                      | Completed |
|--------|----------------------------------------------------------------------------------|------|-------|------------------------------------------------------------------------------------|------|------------------------------------------------------------------------------------------------------|-----------|
| MON    | TUESDAY                                                                          | WED  | THURS | FRIDAY                                                                             | SAT  | SUNDAY                                                                                               | Completed |
| REST   | 6 x (1 min run, 1 min walk)                                                      | REST | REST  | 20 min brisk walk                                                                  | REST | 1 mile (alt. 1 min run, 1 min walk)                                                                  |           |
|        | 1 minute of easy running followed by 1 minute of easy walking, repeated 6 times. |      |       | 20 minutes of brisk walking.                                                       |      | 1 minute of easy running followed by 1 minute of easy walking, for a total distance of 1 mile.       |           |
| WEEK 2 |                                                                                  |      |       |                                                                                    |      |                                                                                                      | Completed |
| MON    | TUESDAY                                                                          | WED  | THURS | FRIDAY                                                                             | SAT  | SUNDAY                                                                                               | Completed |
| REST   | 20 min brisk walk                                                                | REST | REST  | 8 x (1 min run, 1 min walk)                                                        | REST | 1½ miles (alt. 90 secs run, 90 secs walk)                                                            |           |
|        | 20 minutes of brisk walking.                                                     |      |       | 1 minute of easy running followed by 1 minute of easy walking, repeated 8 times.   |      | 1½ minutes of easy running followed by 1½ minutes of easy walking, for a total distance of 1½ miles. |           |
| WEEK 3 |                                                                                  |      |       |                                                                                    |      |                                                                                                      | Completed |
| MON    | TUESDAY                                                                          | WED  | THURS | FRIDAY                                                                             | SAT  | SUNDAY                                                                                               | Completed |
| REST   | 20 min brisk walk                                                                | REST | REST  | 10 x (1 min run, 1 min walk)                                                       | REST | 2 miles (alt. 90 secs run, 90 secs walk)                                                             |           |
|        | 20 minutes of brisk walking.                                                     |      |       | 1 minute of easy running followed by 1 minute of easy walking, repeated 10 times.  |      | 1½ minutes of easy running followed by 1½ minutes of easy walking, for a total distance of 2 miles.  |           |
| WEEK 4 |                                                                                  |      |       |                                                                                    |      |                                                                                                      | Completed |
| MON    | TUESDAY                                                                          | WED  | THURS | FRIDAY                                                                             | SAT  | SUNDAY                                                                                               | Completed |
| REST   | 25 min brisk walk                                                                | REST | REST  | 5 x (3 min run, 2 min walk)                                                        | REST | 3 miles (alt. 2 min run, 1 min walk)                                                                 |           |
|        | 25 minutes of brisk walking.                                                     |      |       | 3 minutes of easy running followed by 2 minutes of easy walking, repeated 5 times  |      | 2 minutes of easy running followed by 1 minute of easy walking, for a total distance of 3 miles.     |           |
| WEEK 5 |                                                                                  |      |       |                                                                                    |      |                                                                                                      | Completed |
| MON    | TUESDAY                                                                          | WED  | THURS | FRIDAY                                                                             | SAT  | SUNDAY                                                                                               | Completed |
| REST   | 25 min brisk walk                                                                | REST | REST  | 6 x (3 min run, 2 min walk)                                                        | REST | 4 miles (alt. 2 min run, 1 min walk)                                                                 |           |
|        | 25 minutes of brisk walking.                                                     |      |       | 3 minutes of easy running followed by 2 minutes of easy walking, repeated 6 times. |      | 2 minutes of easy running followed by 1 minute of easy walking, for a total distance of 4 miles.     |           |
| WEEK 6 |                                                                                  |      |       |                                                                                    |      |                                                                                                      | Completed |
| MON    | TUESDAY                                                                          | WED  | THURS | FRIDAY                                                                             | SAT  | SUNDAY                                                                                               | Completed |
| REST   | 25 min brisk walk                                                                | REST | REST  | 6 x (3 min run, 2 min walk)                                                        | REST | 5 miles (alt. 2 min run, 1 min walk)                                                                 |           |
|        | 25 minutes of brisk walking.                                                     |      |       | 3 minutes of easy running followed by 2 minutes of easy walking, repeated 6 times. |      | 2 minutes of easy running followed by 1 minute of easy walking, for a total distance of 5 miles.     |           |
| WEEK 7 |                                                                                  |      |       |                                                                                    |      |                                                                                                      | Completed |
| MON    | TUESDAY                                                                          | WED  | THURS | FRIDAY                                                                             | SAT  | SUNDAY                                                                                               | Completed |
| REST   | 30 min brisk walk                                                                | REST | REST  | 9 x (2 min easy, 2 min walk)                                                       | REST | 6 miles (alt. 3 min run, 1 min walk)                                                                 |           |
|        | 30 minutes of brisk walking.                                                     |      |       | 2 minutes of easy running followed by 2 minutes of easy walking, repeated 9 times. |      | 3 minutes of easy running followed by 1 minute of easy walking, for a total distance of 6 miles.     |           |
| WEEK 8 |                                                                                  |      |       |                                                                                    |      |                                                                                                      | Completed |
| MON    | TUESDAY                                                                          | WED  | THURS | FRIDAY                                                                             | SAT  | SUNDAY                                                                                               | Completed |
| REST   | 30 min brisk walk                                                                | REST | REST  | 6 x (4 min run, 1 min walk)                                                        | REST | 7 miles (alt. 3 min run, 1 min walk)                                                                 |           |
|        | 30 minutes of brisk walking.                                                     |      |       | 4 minutes of easy running followed by 1 minutes of easy walking, repeated 6 times. |      | 3 minutes of easy running followed by 1 minute of easy walking, for a total distance of 7 miles.     |           |

# Run, Walk Half Marathon 12 Week Training Plan



Event day: **Sunday 15 October 2017**

Website: **greatrun.org/birmingham**

| WEEK 9  |                              |      |       |                                                                                                                    |      |                                                                                                   |
|---------|------------------------------|------|-------|--------------------------------------------------------------------------------------------------------------------|------|---------------------------------------------------------------------------------------------------|
| MON     | TUESDAY                      | WED  | THURS | FRIDAY                                                                                                             | SAT  | SUNDAY                                                                                            |
| REST    | 30 min brisk walk            | REST | REST  | 7 x (4 min run, 1 min walk)                                                                                        | REST | 8 miles (alt. 3 min run, 1 min walk)                                                              |
|         | 30 minutes of brisk walking. |      |       | 4 minutes of easy running followed by 1 minutes of easy walking, repeated 7 times.                                 |      | 3 minutes of easy running followed by 1 minute of easy walking, for a total distance of 8 miles.  |
| WEEK 10 |                              |      |       |                                                                                                                    |      |                                                                                                   |
| MON     | TUESDAY                      | WED  | THURS | FRIDAY                                                                                                             | SAT  | SUNDAY                                                                                            |
| REST    | 30 min brisk walk            | REST | REST  | 7 x (4 min run; 1 min walk)                                                                                        | REST | 10 miles (alt. 3 min run, 1 min walk)                                                             |
|         | 30 minutes of brisk walking. |      |       | 4 minutes of easy running followed by 1 minutes of easy walking, repeated 7 times.                                 |      | 3 minutes of easy running followed by 1 minute of easy walking, for a total distance of 10 miles. |
| WEEK 11 |                              |      |       |                                                                                                                    |      |                                                                                                   |
| MON     | TUESDAY                      | WED  | THURS | FRIDAY                                                                                                             | SAT  | SUNDAY                                                                                            |
| REST    | 30 min brisk walk            | REST | REST  | 5 x (4 min run; 1 min walk)                                                                                        | REST | 5 miles (alt. 3 min run, 1 min walk)                                                              |
|         | 30 minutes of brisk walking. |      |       | 4 minutes of easy running followed by 1 minutes of easy walking, repeated 5 times.                                 |      | 3 minutes of easy running followed by 1 minute of easy walking, for a total distance of 5 miles.  |
| WEEK 12 |                              |      |       |                                                                                                                    |      |                                                                                                   |
| MON     | TUESDAY                      | WED  | THURS | FRIDAY                                                                                                             | SAT  | SUNDAY                                                                                            |
| REST    | 30 min easy walk             | REST | REST  | 10 min walk, 4 x (3 min run, 1 min walk)                                                                           | REST | Event day                                                                                         |
|         | 30 minutes of easy walking.  |      |       | 10 minutes of easy walking. Then 3 minutes of easy running followed by 1 minute of easy walking, repeated 4 times. |      | GOOD LUCK!                                                                                        |