

# HALF MARATHON

IMPROVER | 12 WEEK TRAINING PLAN

GREATRUN.ORG



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## WEEK 1

Running in the wrong trainers could cause lower limb and foot problems like shin splints. A podiatrist can provide gait analysis to help improve your running performance and give impartial advice on footwear.

**GAIT ANALYSIS**

MON	TUE	WED	THU	FRI	SAT	SUN
REST	20 minutes of easy running.	REST	20 minutes of easy running.	REST	20 minutes of easy running.	30 minutes of easy running.

## WEEK 2

MON	TUE	WED	THU	FRI	SAT	SUN
REST	20 minutes of easy running.	REST	After a gentle warm up jog, 5 minutes at half marathon pace followed by 3 minutes jog/walk to recover, repeated 4 times. Finish with a gentle jog.	REST	After a gentle warm up jog, 5 minutes at half marathon pace followed by 3 minutes jog/walk to recover, repeated 4 times. Finish with a gentle jog.	40 minutes of easy running.

## WEEK 3

MON	TUE	WED	THU	FRI	SAT	SUN
REST	25 minutes of easy running.	REST	After a gentle warm up jog, 3 minute efforts followed by 2 minutes jog/walk to recover, repeated 6 times. Alternate between your 10km and half marathon pace for each effort. Finish with a gentle jog.	REST	20 minutes of easy running.	30 minutes of easy running.



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To help you reach your peak performance, our Active Plan has you covered.

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## WEEK 4

MON	TUE	WED	THU	FRI	SAT	SUN
REST	30 minutes of easy running.	REST	25 minutes of steady running, plus 10 minutes warm up and 10 minutes warm down.	REST	30 minutes of easy running.	50 minutes of easy running.

## WEEK 5

MON	TUE	WED	THU	FRI	SAT	SUN
REST	30 minutes of easy running.	REST	After a gentle warm up, 3 minutes at your 5k pace followed by 2½ minutes jog/walk to recover, repeated 4 times.	REST	30 minutes of easy running.	60 minutes of easy running.

## WEEK 6

Physio and podiatry play an integral part in preventing and treating all foot and ankle complaints. Through proper assessment and the right treatment, usually specific exercises or orthoses, most conditions can be relieved and keep you running.

**PHYSIO / PODIATRY**

MON	TUE	WED	THU	FRI	SAT	SUN
REST	30 minutes of easy running.	REST	30 minutes of easy running.	REST	10 minutes of easy running.	40 minutes of easy running.



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## WEEK 7

MON	TUE	WED	THU	FRI	SAT	SUN
REST	30 minutes of easy running.	REST	After a gentle warm up, run for 20 minutes at your half marathon goal pace, then jog for 3 minutes, then run for a further 15 minutes at your half marathon goal pace. Finish with a gentle jog.	REST	25 minutes of easy running.	40 minutes of easy running.

## WEEK 8

MON	TUE	WED	THU	FRI	SAT	SUN
REST	30 minutes of easy running.	REST	25 minutes of running at your steady pace.	REST	30 minutes of easy running.	60 minutes of easy running.

## WEEK 9

Tension and toxins in your muscles can often cause pain. A professional sports massage can encourage blood and lymph flow throughout the body, preventing injury from muscle fatigue.

**MASSAGE**

MON	TUE	WED	THU	FRI	SAT	SUN
REST	30 minutes of easy running.	REST	After a gentle warm up, 10 minutes running at your half marathon goal pace followed by 5 minutes running at your 10k pace. Finish with a gentle jog.	REST	30 minutes of easy running.	80 minutes of easy running.



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## WEEK 10

MON	TUE	WED	THU	FRI	SAT	SUN
REST	40 minutes of easy running.	REST	30 minutes of steady running, then 5 minutes of hard running.	REST	30 minutes of easy running.	45 minutes of easy running.

## WEEK 11

MON	TUE	WED	THU	FRI	SAT	SUN
REST	30 minutes of easy running.	REST	After a gentle warm up, 6 minutes at your half marathon pace followed but 2 minutes jog/walk to recover, repeated 3 times. Finish with a gentle jog.	REST	30 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	20 minutes of easy running.	REST	10 minutes of easy running.	EVENT DAY. GOOD LUCK!



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