

12 Week Half Marathon Training Plan - Improvers

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	3M easy	5-6 x 3 mins, 2 mins rest	Rest	1M easy, 3M race pace, 1M easy	Rest/cross-train	Long run 8M easy
Rest	3M easy	3-4 x 1M at 10k pace, 3 min jog	Rest	4M easy + 6 x 30s hills	Cross-train/easy 60 min	Long run 9M easy
Rest	4M easy	5-6 x 3 mins, 2 mins rest	Rest	Progression run: 30s slower than race pace	Rest/cross-train	60 min run
3M easy	Rest	2 x 1.5M at 10K pace	4M easy	5M easy + 6 x 45s hills	Rest/cross-train	Long run 10M, negative split
Rest	4M easy	1M easy, 5x6 mins threshold intervals	Rest	1M easy, 4M race pace, 1M easy	Rest	10k race
Rest	4M easy	3x2M at race speed, 3 mins recovery jog	Rest	5M easy + 6x1 min hills	Rest/cross-train	Long run 12M easy
Rest	4M easy	2x18 min tempo	Rest	5M steady + 4x60m strides	Cross-train or 3m EP	Long run 12M, 7-11 at goal race speed
Rest	4M easy	10x90s, with 1 min rest at 5k speed	Rest	1M EP, 2x3M RP, recovery jog between, 1M EP	5M steady, inc 8x1 min hills	Rest/cross-train
4M easy	Rest	Progression run: 1m easy, 3m race speed, 2m tempo	Rest	1M easy, 6x6 min threshold intervals with 1 min recovery	Rest/cross-train	Long run, 14M easy
4M easy	Rest	5m race speed	Rest	45 mins easy + 4x60m strides	Cross-train/3 miles easy	Long run 14M, last 4M at race speed
Rest	4M easy	1m easy, 4x8 min intervals with 90s recovery	Rest	4M race pace	5 x 400m at 5K pace, with 1-min rest	?
Rest	1M easy, 2M RP, 1M 10K pace	Rest	45 mins easy	Rest	20 mins easy	Race Day

Always make sure you warm up and stretch before and after all of your training runs.

GHMP = Goal Half Marathon Pace . Cross Training = low impact exercise aimed to rest joints & maintain cardiovascular fitness. Easy Running = 1-2 mins per mile slower than your goal race pace.

BRITISH AIRWAYS 

 **RUNGATWICK**