



Half Marathon

12 week training schedule

	Tuesday/Thursday	Miles Beg.	Miles Int.
Week 1 12-14 July	Warm up – run out 8 x 1 min sprints, 1 on 1 off (16 mins) Cool down, run back to club	6	8
Week 2 19-21 July	6 x hill sprints	7	10
Week 3 26-28 July	Fartlek session, whistle as & when...!	8	11
Week 4 2-4 Aug	2 x 2/2.5/3/2.5/2 min pyramid intervals (1 minute recovery)	9	12
Week 5 9-11 Aug	10 x 1 min sprints, 1 on 1 off	10	13
Week 6 16-18 Aug	8 x hill sprints	8	11
Week 7 23-25 Aug	Fartlek session, whistle as & when...!	11	13
Week 8 30 Aug - 1 Sept	2 x 2/3/4 min sprints (1 min recovery)	13	15
Week 9 6-8 Sept	10 x hill sprints	10	12
Week 10 13-15 Sep	3 x 2/2.5 min sprints (1 min recovery)	9 or for Cardiff 10m	10 or for Cardiff 12m
Week 11 20-22 Sep	Fartlek session, whistle as & when...!	Bristol Half Or 9m	Bristol Half Or 10m
Week 12 27-29 Sep	6 x 1 min sprints, 1 on, 1 off	Cardiff Half	Cardiff Half

Miles Beg. – Beginner

Miles Int. – Intermediate

Homework miles – you should be running a minute to a minute and a half slower than your race pace.