

10-WEEK HALF MARATHON TRAINING SCHEDULE

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|----------|--|-----------|---|----------|--|--|
| Week 1 | Rest day | 4M slow | Rest day | 3m slow | Rest day | 4m | 3m timed |
| Week 2 | Rest day | 3m easy | Rest day | 3m, with a few 50 meter bursts | Rest day | 3m easy | 5–6m slow |
| Week 3 | Rest day | 4m easy | Rest day | 4m, with a few 100 meter bursts | Rest day | 3m, timed, plus 1m jog | 7–8m slow (or 1 hour) |
| Week 4 | Rest day | 4m easy | Rest day | 4m, inc several 30sec bursts | Rest day | 4m | 8m slow (or 1 hour) |
| Week 5 | Rest day | 4m or 35min easy, off-road if possible | Rest day | 4–5m of fast-and-slow, with bursts up the hills (but not down them) | Rest day | 4m or 35min easy, off-road if possible | 9–10m steady, or 10km race |
| Week 6 | Rest day | 3–4m easy on soft ground | Rest day | 1m jog, then 2 x 5min fast, with 5min slow jog recovery | Rest day | 4m easy on grass | 9–10m slow |
| Week 7 | Rest day | 3–4m easy, off-road if possible | Rest day | 3m, inc a few short bursts | Rest day | 3m on grass | Warm up, then 10km race, then 10min walking or jogging |
| Week 8 | Rest day | 4–5m easy, off-road | Rest day | 1m jog, then 2 x 7–8min fast, with 5min jog recovery | Rest day | 4m on grass, inc several short bursts | 11–12m, as slow as you like |
| Week 9 | Rest day | 3–4m easy, on soft ground | Rest day | 1m jog, then 1m at race speed, then 1m jog | Rest day | 2m jog | Rest day |
| Week 10 | Rest day | 3m easy, off-road | Rest day | 1m jog, then 1m at race speed, then 1m jog | Rest day | 2m jog | RACE DAY |

Understanding the terms

M miles

Easy a slow jog

Steady your half marathon pace (you should be able to talk comfortably)

Fast faster than your half marathon pace (pushing yourself)

Timed a timed run over a particular course familiar to you. This will enable you to measure how your training is progressing.

Short Bursts sprinting as fast as you can. These should be preceded by at least 10 minutes of easy running and followed by a 5–10 minute cooling down period. After each minute of fast running we recommend two minutes of slow jogging. This can be decreased as you get fitter.

Hills Choose a quiet road with a slope of 5–10%. Sprint uphill for 30–40 seconds then gently jog down before repeating the exercise as prescribed.