

Half Marathon

Training Plan



In partnership with



COACHING &
CONSULTANCY
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MACMILLAN
CANCER SUPPORT

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Core	Run 30 mins easy effort	Rest	Run 30 mins easy effort	Rest	Rest or 30 mins easy effort cross training	Long run 40 mins easy effort with walk breaks every 10–15 mins if needed
2	Core	Run 30 mins easy effort	Rest	Threshold run 35 mins to include 5×3 mins (3 min jog recovery)	Rest	Rest or 30 mins easy effort cross training	Long run 50 mins easy effort with walk breaks every 10–15 mins if needed
3	Core	Run 30–40 mins easy effort	Rest	Threshold run 40 mins to include 4×4 mins (2–3 min jog recovery)	Rest	Rest or 30 mins easy effort cross training	Long run 60 mins easy effort with walk breaks every 10–15 mins if needed
4	Core	Run 40 mins easy effort	Rest	Threshold run 40s min to include 3×5 mins (2 min jog recovery)	Rest	Rest or 30 mins easy effort cross training	Long run 75 mins easy effort with walk breaks every 20 mins if needed
5	Core	Progression run 10 mins easy effort, 10 mins steady effort, 10 mins threshold effort	Rest	Rest or 30 mins easy effort cross training	Rest	Rest	Race Ideal pace for a 10km race or 45–50 mins time trial
6	Core	Progression run 10 mins easy effort, 10 mins steady effort, 10 mins threshold effort	Rest	Threshold run 45 mins to include 4×6 mins (2 min jog recovery)	Rest	Rest or 30–40 mins easy effort cross training	Long run 90 mins easy effort with walk breaks every 20–30 mins if needed

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7	Core	Run 30 mins easy effort	Rest	Run 30 mins easy effort	Rest	Rest or 30 mins easy effort cross training	Long run 40 mins easy effort with walk breaks every 10–15 mins if needed
8	Core	Run 30 mins easy effort	Rest	Threshold run 35 mins to include 5×3 mins (3 min jog recovery)	Rest	Rest or 30 mins easy effort cross training	Long run 50 mins easy effort with walk breaks every 10–15 mins if needed
9	Core	Run 30–40 mins easy effort	Rest	Threshold run 40 mins to include 4×4 mins (2–3 min jog recovery)	Rest	Rest or 30 mins easy effort cross training	Long run 60 mins easy effort with walk breaks every 10–15 mins if needed
10	Core	Run 40 mins easy effort	Rest	Threshold run 40 mins to include 3×5 mins (2 min jog recovery)	Rest	Rest or 30 mins easy effort cross training	Long run 75 mins easy effort with walk breaks every 20 mins if needed
11	Core	Progression run 10 mins easy effort, 10 mins steady effort, 10 mins threshold effort	Rest	Rest or 30 mins easy effort cross training	Rest	Rest	Race Ideal pace for a 10km race or 45–50 mins time trial
12	Core	Progression run 10 mins easy effort, 10 mins steady effort, 10 mins threshold effort	Rest	Threshold run 45 mins to include 4×6 mins (2 min jog recovery)	Rest	Rest or 30–40 mins easy effort cross training	Long run 90 mins easy effort with walk breaks every 20–30 mins if needed