

Name:	Race:	Date:
Sub 1.30	Half Marathon	

WC	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	30 mins recovery run, 30 mins strength and conditioning + stretch	10 mins easy effort warm-up, 4 x 5 mins at Threshold effort with 60 seconds easy effort jog recovery between intervals, 10 mins easy effort cool-down + stretch	45 mins easy effort run + stretch	30 - 45 mins strength and conditioning + stretch	REST	45 mins steady effort run over undulating terrain + stretch	75 mins easy / steady effort long run over off road undulating terrain if possible + stretch
Week 2	30 - 45 mins strength and conditioning + stretch	10 mins easy effort warm-up, 4 x 5 mins at Threshold effort with 60 seconds easy effort jog recovery between intervals, 10 mins easy effort cool-down + stretch	45 mins easy effort run + stretch	45 mins steady effort run over undulating terrain + stretch	REST	10 mins easy effort warm up, 3 x 6 mins at Threshold effort over undulating terrain with 90 seconds easy effort jog recovery between intervals, 10 mins easy effort cool down + stretch	75 mins easy / steady effort long run over off road undulating terrain if possible + stretch
Week 3	30 - 45 mins strength and conditioning + stretch	10 mins easy effort warm-up, 5 x 5 mins at Threshold effort with 90 seconds easy effort jog recovery between intervals, 10 mins easy effort cool-down + stretch	45 mins easy effort run + stretch	40 mins Steady undulating run + Stretch	REST	10 mins easy effort warm up, 4 x 7 mins at Threshold effort over undulating terrain with 90 seconds easy effort jog recovery between intervals, 10 mins easy effort cool down + stretch	60 mins easy / steady effort long run over off road undulating terrain if possible + stretch
Week 4	30 - 45 mins strength and conditioning + stretch	10 mins easy effort warm-up, 6 x 5 mins at Threshold effort with 90 seconds easy effort jog recovery between intervals, 10 mins easy effort cool-down + stretch	45 mins recovery run + stretch	30 mins easy effort run, 30 mins strength and conditioning + stretch	REST	45 mins steady effort run over undulating terrain, include in the middle of the 1, 2, 3, 2, 1 min at 90 pct effort off 60 seconds easy effort recovery + stretch	90 mins easy effort long run over off road undulating terrain if possible + stretch
Week 5	30 - 45 mins strength and conditioning + stretch	10 mins easy effort warm-up, 5 x 6 mins at Threshold effort with 90 seconds easy effort jog recovery between intervals, 10 mins easy effort cool-down + stretch	45 mins recovery run + stretch	30 mins easy effort run, 30 mins strength and conditioning + stretch	REST	10 mins easy effort warm up, 3 x 8 mins Kenyan Hills at threshold effort with 90 seconds easy effort jog recovery between intervals, 10 mins easy effort cool down + stretch	90 mins easy / steady effort long run over off road undulating terrain if possible + stretch

Week 6	30 - 45 mins strength and conditioning + stretch	10 mins easy effort warm-up, 5 x 5 mins at Threshold effort with 90 seconds easy effort jog recovery between intervals, 10 mins easy effort cool-down + stretch	45 mins easy effort run + stretch	30 mins easy effort cross training (cv gym equipment or swim), 30 mins strength and conditioning + stretch	REST	10 mins easy effort warm up, 3 x 8 mins Kenyan Hills at threshold effort with 90 seconds easy effort jog recovery between intervals, 10 mins easy effort cool down + stretch	80 mins easy / steady effort long run over off road undulating terrain if possible + stretch
Week 7	REST	10 mins easy effort warm-up, 4 x 8 mins at Threshold effort with 90 seconds easy effort jog recovery between intervals, 10 mins easy effort cool-down + stretch	45 mins easy effort run + stretch	30 - 45 mins strength and conditioning + stretch	REST	10 mins easy effort warm up, 3 x 10 mins Kenyan Hills at threshold effort with 90 seconds easy effort jog recovery between intervals, 10 mins easy effort cool down + stretch	90 mins easy run over off road undulating terrain if possible + stretch
Week 8	REST	10 mins easy effort warm-up, 4 x 8 mins at Threshold effort with 75 seconds easy effort jog recovery between intervals, 10 mins easy effort cool-down + stretch	REST	40 mins easy effort run including 5 x 1 min at 90 pct effort off 60 seconds easy effort jog recovery + stretch	20 mins easy effort run including some strides + stretch	parkrun	60 mins easy / steady effort long run over off road undulating terrain if possible + stretch
Week 9	REST	10 minutes Warm Up, 3 x 10 minutes at Threshold effort with a 90 second recovery, 10 minutes Cool Down	40 minutes Easy Run	30 - 45 mins strength and conditioning + stretch	45 minutes Steady Undulating Run, include 1,2,3,2,1 minutes at 90% with a 60 second jog recovery in the middle	REST	105 mins easy run over off road undulating terrain if possible + stretch
Week 10	30 - 45 mins strength and conditioning + stretch	10 mins warm-up, 3 x 12 mins at Threshold effort with 90 seconds jog recovery between efforts, 10 mins cool-down + Stretch	50 minutes Easy Run	REST	10 minutes Warm Up, 6 x 4 minutes at 90% (10k) effort with a 90 second recovery, 10 minutes Cool Down	REST + Stretch	75 minutes Easy Run - Include 10 x (1 minute at 90%, 1 minute Easy) in the middle
Week 11	30 - 45 mins strength and conditioning + stretch	45 minutes Easy Run + Stretch	10 minutes Warm Up, 4 x 10 minutes at Threshold effort with a 90 second recovery, 10 minutes Cool Down	REST	10 minutes Warm Up, 6 x 5 minutes at 90% (10k) effort with a 90 second recovery, 10 minutes Cool Down	45 minutes Easy Run	105 mins Long run with last 20 mins at Half Marathon pace + Stretch
Week 12	30 - 45 mins strength and conditioning + stretch	10 minutes Warm Up, 4 x 10 minutes at Threshold effort with a 90 second recovery, 10 minutes Cool Down	30 minutes Easy Run + 30 minutes Conditioning Work	45 minutes Easy Run	10 minutes Warm Up, 3 x 3 x 1k at 10k pace with a 75 second recovery between reps and a 3 minute recovery between sets, 10 minutes Cool Down	REST	120 minutes Easy Long Run

Week 13	REST	30 - 45 mins strength and conditioning + stretch	10 minutes Warm Up, 3 x 15 minutes at Threshold effort with a 90 second recovery, 10 minutes Cool Down	30 minutes Recovery Run	10 minutes Warm Up, 3 x 3 x 1k at 10k pace with a 75 second recovery between reps and a 3 minute recovery between sets, 10 minutes Cool Down	REST	120 minutes Long Run - Pick up last 20 minutes to Half Marathon Pace Effort
Week 14	REST	30 - 45 mins strength and conditioning + stretch	10 minutes Warm Up, 2 x 4 x 1k at 10k pace with a 90 second recovery between reps and a 3 minute recovery between sets, 10 minutes Cool Down	45 minutes Easy Run	REST	50 minutes Easy Run	90 minutes Long Run - Pick up last 20 minutes to Half Marathon Pace Effort
Week 15	30 - 45 mins strength and conditioning + stretch	15 minutes Easy, 15 minutes Threshold, 15 minutes Easy	REST	10 mins warm-up, 5 x 2 mins at 10k effort with 60 secs jog recovery between efforts, 10 mins cool-down + Stretch	REST	20 minutes easy run + stretch	10k Race
Week 16	REST	30 minutes Easy Run + Stretch	10 minutes Warm Up, 2 x 4 x 1k at 10k pace with a 90 second recovery between reps and a 3 minute recovery between sets, 10 minutes Cool Down	30 minutes Recovery Run + 30 minutes Conditioning Work	REST	10 minutes Warm Up, 30 minutes at Threshold, 10 minutes Cool Down	105 minutes Easy Long Run
Week 17	REST	10 minutes Warm Up, 3 x 15 minutes at Threshold effort with a 90 second recovery, 10 minutes Cool Down	45 minutes Easy Run	30 - 45 mins strength and conditioning + stretch	10 minutes Warm Up, 10 x 3 minutes at 90% (10k) effort with a 90 second recovery, 10 minutes Cool Down	REST	90 minutes Long Run - Pick up last 35 minutes to Half Marathon Pace Effort
Week 18	REST	10 minutes Warm Up, 3 x 18 minutes at Threshold effort with a 90 second recovery, 10 minutes Cool Down	45 minutes Easy Run	30 - 45 mins strength and conditioning + stretch	10 minutes Warm Up, 2 x 5 x 1k at 10k pace with a 90 second recovery between reps and a 3 minute recovery between sets, 10 minutes Cool Down	REST	90 mins Long run with last 30 mins at Half Marathon pace + Stretch
Week 19	30 - 45 mins strength and conditioning + stretch	40 minutes Easy Run	10 minutes Warm Up, 3 x 18 minutes at Threshold effort with a 90 second recovery, 10 minutes Cool Down	REST	10 mins warm-up, 6 x 5 mins at 10k effort with 90 secs jog recovery between efforts, 10 mins cool-down + Stretch	REST	75 mins Long run with last 20 mins at Half Marathon pace + Stretch
Week 20	REST	15 minutes Easy, 15 minutes Threshold, 15 minutes Easy	REST	35 minutes Easy Run - include 5 x 1 minutes at 90% with a 60 second jog recovery in the middle	REST	20 minutes easy run + stretch	Half Marathon Race