

Name:	Race:	Date:
Sub 1.45	Half Marathon	

WC	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	30 - 45 mins strength and conditioning + stretch	10 mins warm-up, 4 x 4 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool-down + Stretch	30 minutes Recovery Run	30 mins Steady run + Stretch	REST	40 mins Steady undulating run + Stretch	60 mins Long run - Easy/Steady effort, off-road if possible + Stretch
Week 2	30 - 45 mins strength and conditioning + stretch	10 mins warm-up, 4 x 4 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool-down + Stretch	30 minutes Easy Cross Training	35 mins Steady run + Stretch	REST	45 mins Steady undulating run + Stretch	75 mins Long run - Easy/Steady effort, off road if possible + Stretch
Week 3	REST	10 mins warm-up, 4 x 5 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool-down + Stretch	30 - 45 mins strength and conditioning + stretch	40 minutes Easy Run	REST	45 minutes Steady Undulating Run - Push hills to Threhsold Effort	90 mins Long run - Easy/Steady effort, off-road if possible + Stretch
Week 4	30 - 45 mins strength and conditioning + stretch	10 mins warm-up, 5 x 5 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool-down + Stretch	30 - 45 mins strength and conditioning + stretch	45 minutes Easy Run	40 minutes Easy Run	10 mins warm-up, 2 x 8 mins Kenyan Hills with 2 mins jog recovery between efforts, 10 mins cool-down + Stretch	75 mins Long run - Easy/Steady effort, off road if possible + Stretch
Week 5	30 - 45 mins strength and conditioning + stretch	10 mins warm-up, 5 x 5 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool-down + Stretch	45 mins Easy run + Stretch	45 minutes Steady Undulating Run	REST	10 mins warm-up, 2 x 8 mins Kenyan Hills with 2 mins jog recovery between efforts, 10 mins cool-down + Stretch	60 mins Long run - Easy/Steady effort, off road if possible + Stretch
Week 6	REST	45 minutes Easy Run	10 mins warm-up, 4 x 4 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool-down + Stretch	REST	60 minutes Easy Cross Training - include 1,2,3,4,3,2,1 minutes at 90% with a 60 second recovery in the middle	REST	85 mins Long run - Easy/Steady effort + Stretch

Week 7	30 - 45 mins strength and conditioning + stretch	10 mins warm-up, 5 x 6 mins at Threshold effort with 75 secs jog recovery between efforts, 10 mins cool-down + Stretch	30 - 45 mins strength and conditioning + stretch	45 minutes Steady Run	REST	10 minutes Warm Up, 3 x 7 minutes Kenyan Hills with a 90 second recovery between sets, 10 minutes Cool Down	90 mins Long run - Easy/Steady effort, off road if possible + Stretch
Week 8	30 - 45 mins strength and conditioning + stretch	10 mins warm-up, 5 x 6 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool-down + Stretch	30 - 45 mins strength and conditioning + stretch	50 minutes Easy Run	REST	10 minutes Warm Up, 3 x 8 minutes Kenyan Hills with a 90 second recovery between sets, 10 minutes Cool Down	100 mins Long run - Easy / Steady effort + Stretch
Week 9	30 - 45 mins strength and conditioning + stretch	10 mins warm-up, 4 x 8 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool-down + Stretch	30 - 45 mins strength and conditioning + stretch	55 minutes Easy Run	REST	10 minutes Warm Up, 3 x 10 minutes Kenyan Hills with a 90 second recovery between sets, 10 minutes Cool Down	90 mins Long run - Easy / Steady effort + Stretch
Week 10	30 - 45 mins strength and conditioning + stretch	45 minutes Easy Cross Training	10 mins warm-up, 4 x 8 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool-down + Stretch	REST	10 minutes Warm Up, 8 x 3 minutes at 90% (10k) effort with a 90 second recovery, 10 minutes Cool Down	REST	90 mins Long run - Easy / Steady effort + Stretch
Week 11	30 - 45 mins strength and conditioning + stretch	60 minutes Easy Cross Training - include 1,2,3,4,3,2,1 minutes at 90% with a 60 second recovery in the middle	45 minutes Easy Run + Stretch	10 minutes Warm Up, 20 minutes at Threshold, 10 minutes Cool Down	REST	30 minutes Recovery Run	75 minutes Easy Long Run
Week 12	REST	30 - 45 mins strength and conditioning + stretch	10 mins warm-up, 4 x 10 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool-down + Stretch	30 - 45 mins strength and conditioning + stretch	REST	10 minutes Warm Up, 6 x 5 minutes at 90% (10k) effort with a 90 second recovery, 10 minutes Cool Down	75 minutes Easy Long Run
Week 13	30 - 45 mins strength and conditioning + stretch	35 minutes Easy Run	10 mins warm-up, 4 x 10 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool-down + Stretch	REST	10 minutes Warm Up, 6 x 5 minutes at 90% (10k) effort with a 90 second recovery, 10 minutes Cool Down	40 minutes Easy Run	100 minutes Long Run - Pick up last 20 minutes to Half Marathon Pace Effort

Week 14	REST	10 mins warm-up, 4 x 12 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool-down + Stretch	45 minutes Easy Run	30 - 45 mins strength and conditioning + stretch	10 minutes Warm Up, 3 x 3 x 1k at 10k pace with a 90 second recovery between reps and a 3 minute recovery between sets, 10 minutes Cool Down	REST	105 minutes Long Run - Pick up last 30 minutes to Half Marathon Pace Effort
Week 15	REST	10 mins warm-up, 4 x 12 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool-down + Stretch	30 - 45 mins strength and conditioning + stretch	40 minutes Easy Run	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	REST	120 mins Long run - Easy / Steady effort + Stretch
Week 16	REST	40 minutes Easy Run	10 mins warm-up, 4 x 5 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool-down + Stretch	30 - 45 mins strength and conditioning + stretch	REST	20 mins easy run + stretch	10k Race
Week 17	30 - 45 mins strength and conditioning + stretch	30 minutes Recovery Run	10 minutes Warm Up, 20 minutes at Threshold, 10 minutes Cool Down	REST	10 minutes Warm Up, 2 x 5 x 800m at 10k pace with a 75 second recovery between reps and a 2 minute recovery between sets, 10 minutes Cool Down	REST	120 minutes Long Run - Pick up last 30 minutes to Half Marathon Pace Effort
Week 18	REST	40 minutes Easy Run	10 mins warm-up, 3 x 15 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool-down + Stretch	30 - 45 mins strength and conditioning + stretch	10 minutes Warm Up, 3 x 3 x 1k at 10k pace with a 90 second recovery between reps and a 2 minute recovery between sets, 10 minutes Cool Down	REST	90 mins Long run with last 30 mins at Half Marathon pace + Stretch
Week 19	REST	10 mins warm-up, 3 x 15 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool-down + Stretch	REST	30 - 45 mins strength and conditioning + stretch	10 minutes Warm Up, 2 x 3 x 1k at 10k pace with a 90 second recovery between reps and a 3 minute recovery between sets, 10 minutes Cool Down	REST	60 mins Long run with last 25 mins at Half Marathon pace + Stretch
Week 20	REST	10 mins warm-up, 3 x 5 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool-down + Stretch	REST	30 mins easy run + stretch	REST	20 mins easy run + stretch	Half Marathon Race