

Name: _____ Race: _____ Date: _____

Get me around _____ Half Marathon _____

WC	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	45 mins cross training, strength and conditioning or fitness class + stretch	30 minutes Brisk Walk	REST	45 mins cross training, strength and conditioning or fitness class + stretch	REST	45 mins cross training, strength and conditioning or fitness class + stretch	60 minutes Brisk Walk
Week 2	45 mins cross training, strength and conditioning or fitness class + stretch	5 minutes Brisk Walk Warm-up, 5 x 2 minutes Easy Run, 2 minutes Brisk Walk, 5 minutes Brisk Walk Cool-down	REST	45 mins cross training, strength and conditioning or fitness class + stretch	REST	45 mins cross training, strength and conditioning or fitness class + stretch	80 minutes Brisk Walk
Week 3	45 mins cross training, strength and conditioning or fitness class + stretch	5 minutes Brisk Walk, Warm-up, 7 x 2 minutes Easy Run, 2 minutes Brisk Walk, 5 minutes Brisk Walk Cool-down	REST	45 mins cross training, strength and conditioning or fitness class + stretch	REST	45 mins cross training, strength and conditioning or fitness class + stretch	60 minutes Easy Long Run: Split - 3 minutes running, 3 minute walking
Week 4	45 mins cross training, strength and conditioning or fitness class + stretch	REST	5 minutes Brisk Walk, Warm-up, 7 x 2 minutes Easy Run, 2 minutes Brisk Walk, 5 minutes Brisk Walk Cool-down	45 mins cross training, strength and conditioning or fitness class + stretch	REST	40 minutes Brisk Walk	60 minutes Easy Long Run: Split - 3 minutes running, 3 minute walking
Week 5	REST	45 mins cross training, strength and conditioning or fitness class + stretch	5 minutes Brisk Walk, Warm-up, 9 x 2 minutes Easy Run, 1 minutes Brisk Walk, 5 minutes Brisk Walk Cool-down	REST	45 mins cross training, strength and conditioning or fitness class + stretch	REST	60 minutes Easy Long Run: Split - 3 minutes running, 2 minute walking
Week 6	REST	5 minutes Brisk Walk, Warm-up, 10 x 2 minutes Easy Run, 1 minutes Brisk Walk, 5 minutes Brisk Walk Cool-down	45 mins cross training, strength and conditioning or fitness class + stretch	30 minute Easy Run, Split - 3 x 6 minutes Easy Run, 4 minutes Brisk Walk	REST	45 mins cross training, strength and conditioning or fitness class + stretch	75 minutes Easy Long Run: Split - 3 minutes running, 2 minute walking
Week 7	45 mins cross training, strength and conditioning or fitness class + stretch	42 minute Easy Run, Split - 14 x 2 minutes Easy Run, 1 minutes Brisk Walk	REST	5 minutes Brisk Walk, 5 minutes Easy Run, 3 x 2 minutes at Threshold Effort with a 90 second Brisk Walk between sets, 5 minutes Easy Run, 5 Minutes Brisk Walk Cool Down	REST	45 mins cross training, strength and conditioning or fitness class + stretch	75 minutes Easy Long Run: Split - 3 minutes running, 2 minute walking

Week 8	REST	45 minute Easy Run, Split - 15 x 2 minutes Easy Run, 1 minutes Brisk Walk	REST	5 minutes Brisk Walk, 5 minutes Easy Run, 4 x 2 minutes at Threshold Effort with a 60 second Brisk Walk between sets, 5 minutes Easy Run, 5 Minutes Brisk Walk Cool Down	REST	45 mins cross training, strength and conditioning or fitness class + stretch	60 minutes Easy Long Run: Split - 3 minutes running, 1 minute walking
Week 9	45 mins cross training, strength and conditioning or fitness class + stretch	32 minute Easy Run, Split - 8 x 3 minutes Easy Run, 1 minute Brisk Walk	REST	5 minutes Brisk Walk, 5 minutes Easy Run, 5 x 2 minutes at Threshold Effort with a 60 second Brisk Walk between sets, 5 minutes Easy Run, 5 Minutes Brisk Walk Cool Down	REST	45 mins cross training, strength and conditioning or fitness class + stretch	90 minutes Easy Long Run: Split - 3 minutes running, 1 minute walking
Week 10	45 mins cross training, strength and conditioning or fitness class + stretch	30 minute Easy Run, Split - 5 x 5 minutes Easy Run, 1 minute Brisk Walk	REST	5 minutes Brisk Walk, 5 minutes Easy Run, 5 x 2 minutes at Threshold Effort with a 60 second Brisk Walk between sets, 5 minutes Easy Run, 5 Minutes Brisk Walk Cool Down	REST	45 mins cross training, strength and conditioning or fitness class + stretch	60 minutes Easy Long Run: Split - 3 minutes running, 1 minute walking
Week 11	REST	45 minute Easy Run, Split - 15 x 2 minutes Easy Run, 1 minute Brisk Walk	REST	45 mins cross training, strength and conditioning or fitness class + stretch	REST	ParkRun	REST
Week 12	45 mins cross training, strength and conditioning or fitness class + stretch	5 minutes Brisk Walk, 5 minutes Easy Run, 5 x 3 minutes at Threshold Effort with a 90 second Brisk Walk between sets, 5 minutes Easy Run, 5 Minutes Brisk Walk Cool Down	REST	30 minute Easy Run, Split - 3 x 8 minutes Easy Run, 2 minute Brisk Walk	REST	45 mins cross training, strength and conditioning or fitness class + stretch	90 minutes Easy Long Run: Split - 3 minutes running, 1 minute walking

Week 13	45 mins cross training, strength and conditioning or fitness class + stretch	5 minutes Brisk Walk, 5 minutes Easy Run, 5 x 3 minutes at Threshold Effort with a 90 second Brisk Walk between sets, 5 minutes Easy Run, 5 Minutes Brisk Walk Cool Down	REST	40 minute Easy Run, Split - 4 x 8 minutes Easy Run, 2 minute Brisk Walk	45 mins cross training, strength and conditioning or fitness class + stretch	REST	90 minutes Easy Long Run: Split - 3 minutes running, 1 minute walking
Week 14	45 mins cross training, strength and conditioning or fitness class + stretch	5 minutes Brisk Walk, 5 minutes Easy Run, 6 x 3 minutes at Threshold Effort with a 90 second Brisk Walk between sets, 5 minutes Easy Run, 5 Minutes Brisk Walk Cool Down	REST	30 minute Easy Run, Split - 5 x 5 minutes Easy Run, 1 minute Brisk Walk	45 mins cross training, strength and conditioning or fitness class + stretch	REST	105 minutes Easy Long Run: Split - 3 minutes running, 1 minute walking
Week 15	45 mins cross training, strength and conditioning or fitness class + stretch	5 minutes Brisk Walk, 5 minutes Easy Run, 6 x 3 minutes at Threshold Effort with a 90 second Brisk Walk between sets, 5 minutes Easy Run, 5 Minutes Brisk Walk Cool Down	REST	40 minute Easy Run, Split - 4 x 8 minutes Easy Run, 2 minute Brisk Walk	45 mins cross training, strength and conditioning or fitness class + stretch	REST	120 minutes Easy Long Run: Split - 3 minutes running, 1 minute walking
Week 16	REST	10 minutes Warm Up, 8 x 3 minutes at Threshold effort with a 90 second recovery, 10 minutes Cool Down	REST	20 minutes Easy Run + Stretch	45 mins cross training, strength and conditioning or fitness class + stretch	REST	60 minutes Easy Long Run: Split - 3 minutes running, 1 minute walking
Week 17	45 mins cross training, strength and conditioning or fitness class + stretch	10 minutes Warm Up, 8 x 3 minutes at Threshold effort with a 90 second recovery, 10 minutes Cool Down	REST	10 minutes Warm Up, 2 x 7 minutes at Threshold effort with a 120 second recovery, 10 minutes Cool Down	45 mins cross training, strength and conditioning or fitness class + stretch	REST	120 minutes Easy Long Run: Split - 3 minutes running, 1 minute walking
Week 18	REST	10 minutes Warm Up, 4 x 5 minutes at Threshold effort with a 90 second recovery, 10 minutes Cool Down	REST	10 minutes Warm Up, 2 x 7 minutes at Threshold effort with a 120 second recovery, 10 minutes Cool Down	45 mins cross training, strength and conditioning or fitness class + stretch	REST	135 minutes Easy Long Run: Split - 3 minutes running, 1 minute walking
Week 19	REST	10 minutes Warm Up, 4 x 5 minutes at Threshold effort with a 90 second recovery, 10 minutes Cool Down	REST	10 minutes Warm Up, 5 x 2 minutes at Threshold effort with a 60 second recovery, 10 minutes Cool Down	45 mins cross training, strength and conditioning or fitness class + stretch	REST	60 minutes Easy/Steady Long Run (can be done with walk breaks if you want to)
Week 20	REST	8 minutes Warm Up, 4 x 2 minutes at Threshold effort with a 60 second recovery, 8 minutes Cool Down	REST	15 minutes Easy Run + Stretch	REST	15 mins easy run + stretch	Half Marathon Race