



Just one world

### Beginners Half Marathon Training Shedule

Before beginning to train for a half marathon one should have completed the 10 week 10km training programme or have recently completed a 10km race in a satisfactory time. The 3 programmes assume that participants wish to run non-stop (apart from taking on drinks). Those who just wish to get round a half marathon by walking & jogging should follow the elements of the beginners' programme but walk / jog the training sessions as they feel able.

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	6miles Long Run		3 miles Hard Run		3 miles Quality Run		3 miles Easy Run
2	6miles Long Run		3 miles Hard Run		3 miles Quality Run		3 miles Easy Run
3	7 miles Long Run		3 miles Hard Run		3 miles Quality Run		3 miles Easy Run
4	7miles Long run		3 miles Easy Run		4 miles Quality Run		3 miles Easy Run
5	8miles Long Run		3 miles Hard Run		4 miles Quality Run		3 miles Easy Run
6	8miles Long Run		3 miles Hard run		4 miles Quality Run		4 miles Easy Run
7	9miles Long Run		3 miles Hard Run		4 miles Quality Run		4 miles Easy Run
8	9miles Long Run		3 miles Easy Run		5 miles Quality Run		4 miles Easy Run
9	10miles Long Run		4 miles Hard Run		5 miles Quality Run		4 miles Easy Run
10	10miles Long Run		4 miles Hard Run		5 miles Quality Run		4 miles Easy Run
11	10miles Long Run		4 miles Hard Run		5 miles Quality Run		5 miles Easy Run

12	11miles Long Run	5 miles Easy Run	6miles Quality Run	5 miles Easy Run
13	11miles Long Run	5 miles Hard Run	5 miles Quality Run	5 miles Easy Run
14	11miles Long Run	4 miles Hard Run	5 miles Quality Run	5 miles Easy Run
15	9miles Long Run	4 miles Hard Run	4 miles Quality Run	4 miles Easy Run
16	2 miles Hard Run	3 miles Quality Run		HALF MARATHON

**Key:**

- **The Long Run** is done at a steady pace after which one should be tired but not exhausted. Depending on the runner's experience, and objectives, the distance can be progressively increased until an optimum distance is reached. This run can be on / off road.
- **The Hard Run** is run much harder on a hilly route or, much quicker on a gentle undulating route. The distance should be about half the Long Run distance. This run can be done on / off road. One should feel more tired after this run.
- **The Quality Run** is concerned with real speed and can be done on level roads or paths. Alternatively it could incorporate a track session at a local athletic arena.
- **The Easy Run** is primarily a recovery run but still putting miles in the legs. Use it to concentrate on running style and technique.



## Intermediate Half Marathon Training Shedule

You have already completed a half marathon and now want to run quicker. The programme is a harder in terms of effort & distance

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	7 miles Long Run		3 miles Hard Run		4 miles Quality Run		3 miles Easy Run
2	7 miles Long Run		5 miles Hard Run		4 miles Quality Run		4 miles Easy Run
3	8 miles Long Run		4 miles Hard Run	5 miles Easy Run	3 miles Quality Run		3 miles Quality Run
4	8 miles Long Run		4 miles Hard Run		4 miles Quality Run		3 miles Easy Run
5	9 miles Long Run		3 miles Hard Run	5 miles Easy Run	5 miles Quality Run		3 miles Hard Run
6	9 miles Long Run		5 miles Hard Run		5 miles Quality Run		5 miles Easy Run
7	10 miles Long Run		5 miles Hard Run	5 miles Easy Run	3 miles Quality Run		3 miles Quality Run
8	10 miles Long Run		4 miles Hard Run		5 miles Quality Run		3 miles Easy Run
9	11 miles Long Run		3 miles Hard Run	5 miles Easy Run	6 miles Quality Run		3 miles Hard Run
10	11 miles Long Run		6 miles Hard Run		6 miles Quality Run		5 miles Easy Run
11	11 miles Long Run		7 miles Hard Run	5 miles Easy Run	4 miles Quality Run		4 miles Quality Run
12	12 miles Long Run		7 miles Hard Run		7 miles Quality Run		3 miles Easy Run
13	12 miles Long Run		4 miles Hard Run	5 miles Easy Run	7 miles Quality Run		4 miles Hard Run
14	12 miles Long Run		7 miles Hard Run	5 miles Easy Run	4 miles Quality Run		4 miles Quality Run

15	11 miles Long Run	4 miles Easy Run	4 miles Easy Run	6 miles Quality Run
16	3 miles Easy Run		3 miles Easy Run	HALF MARATHON

**Key:**

- **The Long Run** is done at a steady pace after which one should be tired but not exhausted. Depending on the runner's experience, and objectives, the distance can be progressively increased until an optimum distance is reached. This run can be on / off road.
- **The Hard Run** is run much harder on a hilly route or, much quicker on a gentle undulating route. The distance should be about half the Long Run distance. This run can be done on / off road. One should feel more tired after this run.
- **The Quality Run** is concerned with real speed and can be done on level roads or paths. Alternatively it could incorporate a track session at a local athletic arena.
- **The Easy Run** is primarily a recovery run but still putting miles in the legs. Use it to concentrate on running style and technique.



## Advanced Half Marathon Training Shedule

This programme assumes that you are an experienced distance runner who has raced regularly distances of 10 – 15 miles on and off road. It assumes that you have an understanding of hill & speed reps (see the Advanced 5km training programme). Don't forget a warm up / warm down jog of about 1.5 miles before and after the hills & speed reps.

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	10 miles Long Run		6 x 200m Hills	5 miles Easy Run	6 x 400m reps		4 miles Hard Run
2	10 miles Long Run		6 x 300m Hills	5 miles Easy Run	5 x 500m reps		4 miles Hard Run
3	11 miles Long Run		4 miles Hard Run	6 miles Easy Run	7 miles Quality Run		4 miles Hard Run
4	11 miles Long Run		7 miles Hard Run		7 miles Quality Run		3 miles Easy Run
5	12 miles Long Run		8 x 200m Hills	6 miles Easy Run	8 x 400m reps		5 miles Hard Run
6	12 miles Long Run		8 x 300m Hills	6 miles Easy Run	7 x 500m reps		5 miles Hard Run
7	13 miles Long Run		5 miles Hard Run	7 miles Easy Run	8 miles Quality Run		5 miles Hard Run
8	13 miles Long Run		7 miles Hard Run		8 miles Quality Run		3 miles Easy Run
9	14 miles Long Run		10 x 200m Hills	7 miles Easy Run	10 x 400m reps		6 miles Hard Run
10	14 miles Long Run		10 x 300m Hills	7 miles Easy Run	8 x 500m reps		6 miles Hard Run
11	14 miles Long Run		5 miles Hard Run	7 miles Easy Run	9 miles Quality Run		5 miles Hard Run
12	15 miles Long Run		7 miles Hard Run		9 miles Quality Run		3 miles Easy Run

13	15 miles Long Run	12 x 200m Hills	8 miles Easy Run	12 x 400 reps	6 miles Hard Run
14	14 miles Long Run	12 x 300m Hills	8 miles Easy Run	10 x 500 reps	6 miles Hard Run
15	11 miles Long Run	7 miles Hard Run	4 miles Easy Run	7 miles Quality Run	4 miles Hard Run
16	3 miles Quality Run	3 miles Quality Run		3 miles Easy Run	HALF MARATHON

**Key:**

- **The Long Run** is done at a steady pace after which one should be tired but not exhausted. Depending on the runner's experience, and objectives, the distance can be progressively increased until an optimum distance is reached. This run can be on / off road.
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