

IMPROVER'S HALF MARATHON PLAN

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Run 30-mins	Rest	Hill training 30-mins	Rest	Strength training & Stretching	Rest	Run 45-mins
WEEK 2	Rest	Run 30-mins Fast run for 5-mins Run 15-mins	Rest	Run 30-mins Strength training & Stretching	Cross training / circuit class / swim / or bike 45-mins	Rest	Run 50-mins incl. 5-mins easy; 5-mins faster x 5
WEEK 3	Run 30-mins	Rest	Run 30-mins Strength training & Stretching	Rest	Hill training 40-mins	Rest	Run 60-mins
WEEK 4	Cross training / circuit class / swim / or bike 45-mins	Rest	Sprint training 5-min warm up 200m sprint with 2-mins recovery between Repeat x 6	Rest	Run 30-mins Strength training & Stretching	Rest	Run 60-mins incl. 5-mins easy; 5-mins faster x 6
WEEK 5	Rest	Run 30-mins Strength training & Stretching	Rest	Hill training 45-mins	Rest	Rest	Run 60-mins incl. 5-mins easy; 10- mins faster x 4
WEEK 6	Rest	Run 30-mins Strength training & Stretching	Rest	Sprint training 5-min warm up 400m sprint with 4-mins recovery between Repeat x 4	Cross training / circuit class / swim / or bike 45-mins	Rest	Run 75-mins
WEEK 7	Rest	Run 45-mins	Rest	Run 30-mins Strength training & Stretching	Rest	Rest	Run 75-mins incl. 5-mins easy; 10- mins faster x 5
WEEK 8	Rest	Run 30-mins Strength training & Stretching	Rest	Hill training 45-mins	Cross training / circuit class / swim / or bike 45-mins	Rest	Run 90-mins
WEEK 9	Rest	Run 30-mins Strength training & Stretching	Rest	Sprint training 5-min warm up 800m sprint with 5-mins recovery between Repeat x 3	Rest	Rest	Run 90-mins incl. 5-mins easy; 5-mins faster x 9
WEEK 10	Rest	Run 30-mins Strength training & Stretching	Rest	Hill training 45-mins	Cross training / circuit class / swim / or bike 45-mins	Rest	Run 100-mins
WEEK 11	Rest	Sprint training 5-min warm up 400m sprint with 4-mins recovery between Repeat x 4	Rest	Hill training 45-mins	Rest	Rest	Run 110-mins
WEEK 12	Rest	Run 30-mins Strength training & Stretching	Rest	Easy 30-min run	Swim	Rest	Run half marathon