

Improvers' Half Marathon Training Plan

| Day/Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|----------------|---|-------------|--|--------|-----------------------------|------------------------------------|
| Week 1 | Cross training | 30 mins easy | REST | 30 mins easy | REST | REST | 45 mins easy |
| Week 2 | Cross training | 15 mins easy (6 x 3 min @ 10k pace, 2 mins easy) 15 mins easy | Yoga or S&C | 40 mins easy | REST | 20 mins easy or Cross-train | 60 mins easy |
| Week 3 | Cross training | 15 mins easy (4 x 5 min @ just quicker than your target half marathon pace, 2-3 mins easy) 15 mins easy | Yoga or S&C | 40 mins easy | REST | 20 mins easy or Cross-train | 75 mins easy |
| Week 4 | Cross training | 15 mins easy (3 x 8 min @ at your target half marathon pace, 2-3 mins easy) 15 mins easy | Yoga or S&C | 40 mins easy | REST | 20 mins easy or Cross-train | 90 mins easy |
| Week 5 | Cross training | 45 mins easy | Yoga or S&C | 30 mins easy | REST | 20 mins easy or Cross-train | 60 mins easy |
| Week 6 | Cross training | 15 mins easy (6 x 3 min @ 10k pace, 2 mins easy) 15 mins easy | Yoga or S&C | 40 mins (10 mins easy, 20 mins @ half marathon pace, 10 mins easy) | REST | 20 mins easy or Cross-train | 75 mins easy |
| Week 7 | Cross training | 15 mins easy (4 x 5 min @ just quicker than your target half marathon pace, 2-3 mins easy) 15 mins easy | Yoga or S&C | 40 mins (10 mins easy, 20 mins @ half marathon pace, 10 mins easy) | REST | 20 mins easy or Cross-train | 60 mins easy, 30 mins a bit faster |
| Week 8 | Cross training | 15 mins easy (3 x 8 min @ at your target half marathon pace, 2-3 mins easy) 15 mins easy | Yoga or S&C | 50 mins (10 mins easy, 30 mins @ half marathon pace, 10 mins easy) | REST | 20 mins easy or Cross-train | 75 mins easy, 30 mins a bit faster |
| Week 9 | Cross training | 45 mins easy | Yoga or S&C | 45 mins easy | REST | 20 mins easy or Cross-train | 90 mins easy |

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|---------|----------------|--|-------------|--|------|-----------------------------|---|
| Week 10 | Cross training | 15 mins easy (8 x 2 min @ 5k pace, 2 mins easy) 15 mins easy | Yoga or S&C | 50 mins (10 mins easy, 30 mins @ half marathon pace, 10 mins easy) | REST | 20 mins easy or Cross-train | 75-90 mins easy, 30 mins a bit faster |
| Week 11 | Cross training | 15 mins easy (8 x 2 min @ 5k pace, 2 mins easy) 15 mins easy | Yoga or S&C | 60 mins (10 mins easy, 40 mins @ half marathon pace, 10 mins easy) | REST | REST | 75 mins (60 mins easy, 15 mins at half marathon pace) |
| Week 12 | REST | 40 mins run (middle 20 mins @ half marathon pace) | REST | 30 mins easy | REST | REST | RACE |

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