**Half Marathon Plan – 3 runs per week**

|  |  |  |  |
| --- | --- | --- | --- |
| **Week** | **Run 1** | **Run 2** | **Run 3** |
| **Week 1** | 30 mins easy | 3 mile steady | 60 mins long run |
| **Week 2** | 30 mins easy | 4 mile steady | 70 mins long run |
| **Week 3** | 15 mins warm up, 5\*2 min threshold with 60 secs recovery, 15 mins cool down | 4 mile easy | 80 mins long run |
| **Week 4** | 35 mins easy | 4 mile steady (undulating) | 60 mins long run |
| **Week 5** | 15 mins warm up, 6\*2 min threshold with 60secs recovery, 15 mins cool down | 40 mins easy | 90 mins long run |
| **Week 6** | 40 mins easy | 4 mile steady (undulating) | 90 mins long run |
| **Week 7** | 15 mins warm up, 4\*3 min threshold with 90secs recovery, 15 mins cool down | 45 mins easy | 105 mins long run |
| **Week 8** | 15 mins warm up, 4\*2 min threshold with 60secs recovery, 15 mins cool down | 50 mins easy | 10k race / run |
| **Week 9** | 15 mins warm up, 4\*4 min threshold with 90secs recovery, 15 mins cool down | 45 mins steady | 105 mins long run |
| **Week 10** | 15 mins warm up, 5\*4 min threshold with 90secs recovery, 15 mins cool down | 45 mins steady (undulating) | 60 mins long run, 10 mins walk, 60 mins long run |
| **Week 11** | 15 mins warm up, 4\*6 min threshold with 2mins recovery, 15 mins cool down | 45 mins easy | 120 mins long run |
| **Week 12** | 40 mins easy | 50 mins steady (undulating) | 60 mins long run |
| **Week 13** | 15 mins warm up, 3\*7 min threshold with 90secs recovery, 15 mins cool down | 50 mins easy | 10k race / run |
| **Week 14** | 15 mins warm up, 3\*7 min threshold with 90secs recovery, 15 mins cool down | 45 mins steady (undulating) | 80 mins long run |
| **Week 15** | 15 mins warm up, 4\*5 min threshold with 90secs recovery, 15 mins cool down | 45 mins steady | 60 mins long run |
| **Week 16** | 30 mins easy | 25 mins easy | Race |

|  |
| --- |
| Threshold = 4/5 words only (80-90% effort) |
| Steady run = Short sentences (70-80% effort) |
| Long run = easy effort / conversational (60-70% effort) |
| Easy run = recovery run (60-65% effort) |