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

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| Week | Date | Run 1 | Run 2 | Run 3 |
| Week 1 | **29/12/2014** | 30 mins easy | 4 miles steady | 60 mins long run |
| Week 2 | **05/01/2015** | 40 mins easy | 4 mile steady  | 70 mins long run |
| Week 3 | **12/01/2015** | 15 mins warm up, 5-10 hills climbs with jog recoveries, 15 mins cool down | 45 mins easy | 80 mins long run |
| Week 4 | **19/01/2015** | 45 mins easy | 5 mile steady (undulating) | 80 - 90 mins long run (8 miles) |
| Week 5 | **26/01/2015** | 15 mins warm up, 4\*4 min threshold with 90secs recovery, 15 mins cool down | 45 mins easy | 90 - 100 mins long run (9 miles) or 5 mile / 10k race |
| Week 6 | **02/02/2015** | 50 mins easy | 60 mins steady | 60 mins long run, 10 mins walk, 60 mins long run |
| Week 7 | **09/02/2015** | 15 mins warm up, 5-10 hills climbs with jog recoveries, 15 mins cool down | 45 mins easy | 110 - 120 mins long run (11 miles) |
| Week 8 | **16/02/2015** | 40 mins easy | 5 mile steady (undulating) | 60 mins long run or 10k race |
| Week 9 | **23/02/2015** | 15 mins warm up, 3\*7 min threshold with 90secs recovery, 15 mins cool down | 50 mins easy | 120 - 130 mins long run (12 miles) |
| Week 10 | **02/03/2015** | 50 mins easy | 4 miles steady | 100 - 110 mins long run (10 miles) |
| Week 11 | **09/03/2015** | 15 mins warm up, 5-10 hills climbs with jog recoveries, 15 mins cool down | 45 mins easy | 60 - 70 mins long run (6 miles) |
| Week 12 | **16/03/2015** | 30 mins easy | 25 mins easy | Race Day – 22 / 03 /2015 |

* Include parkrun on Saturday mornings to increase to 4 runs per week – try for a PB effort every 4 weeks (e.g. week 1, week 5, week 9)
* Include a session of stretching or yoga on one of your non-running days

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| Threshold = 4/5 words only (80-90% effort) | After warm up, run for the suggested time period at faster pace than your normal running speed (and faster than your half marathon target pace). Walk / jog for the recovery period. |
| Steady run = Short sentences (70-80% effort) | Harder effort runs especially on undulating routes.  |
| Long run = easy effort / conversational (60-70% effort) | Long slow runs. Don’t worry too much about pace for most of the run but try running one or two miles in each run at your target half marathon pace.  |
| Easy run = recovery run (60-65% effort) | Use these to recover from threshold sessions or after the longer runs. |