



HALF MARATHON TRAINING PLAN

DURATION: 16 WEEKS

COMMENCING: 4 NOVEMBER 2019



This is a 16 week schedule that will prepare you for [The Grand Brighton Half Marathon](#) on **23 February 2020**.

Whether it's your first half marathon or you have experience of the distance but want to follow a structured plan, the schedule won't limit the time you can achieve.

The plan starts on **Monday 4 November 2019**. Print it off, stick it to a wall and tick off the sessions - we'll see you on the start line!

THE EASY RUN

The Easy Run (ER) is a shorter run in the week which is designed as a recovery run. It allows you to put miles in the tank without tiring yourself out.

THE TEMPO RUN

The Tempo Run (TR) is your faster run each week. Run it at a pace which is faster than you could sustain for a half marathon. If you've done a 10k, think 85% - 90% of your 10k pace. Use the first few minutes to build up to your target pace. The tempo run is not meant to be comfortable - the 'talk test' is a useful way to see if you are working hard enough: You should be able to speak a few words, but not hold a conversation. Aim to maintain the same pace for the entire run - it may take a few sessions before you're able to adjust your pace and hit the right speed.

THE LONG STEADY RUN

The Long Steady Run (LSR) is all about time on your feet; it will prepare your cardiovascular system, muscles and joints for the 13.1 miles ahead on race day. The LSR in this schedule is adapted to match the pace you run at and/or your fitness level. In week 7, for example, you should run for either 7 miles or 105 mins - whichever you reach first. (Eg: If you reach 7 miles in 90mins your session is complete; if you run for 105 mins but run 6 miles, your session is also complete).

Don't worry if you feel you're running very slowly in the early weeks, LSR runs are progressive and you'll need the foundation weeks to build towards the longer distances later on. As you get fitter and stronger you can run a little faster and get closer to your half marathon pace.





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NOTES

- The 3 sessions each week can be run on a day of your choice to fit in with your lifestyle, but avoid running on consecutive days to give your body time to recover between sessions.
- If your typical week includes other types of training such as gym, swimming, cycling, etc - you may wish to consider dropping the easy or tempo run.
- Each run starts and finishes with 5 mins brisk walking. Whilst not compulsory it's good practice to allow your body to warm up and cool down gradually.
- The plan is broken down into 4 blocks of 4 weeks, the final week of each block is set as an easier week to allow the body to recover.
- The longest run is 11 miles - opinion differs on the optimum length of the longest run, but if you can run 11 miles 3 weeks prior to the race you will be well prepared.





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WEEK 01 COMMENCING 4 NOV

WARM UP 5mins brisk walk
SESSION ER - 15mins
WARM DOWN 5mins brisk walk
🕒 25mins

• WARM UP 5mins brisk walk
• **SESSION ER - 15mins**
• WARM DOWN 5mins brisk walk
• 🕒 25mins

• WARM UP 5mins brisk walk
• **SESSION LSR - 2 miles or 30mins (whichever you reach first)**
• WARM DOWN 5mins brisk walk
• 🕒 40mins

WEEK 02 COMMENCING 11 NOV

WARM UP 5mins brisk walk
SESSION ER - 20mins
WARM DOWN 5mins brisk walk
🕒 30mins

• WARM UP 5mins brisk walk
• **SESSION ER - 20mins**
• WARM DOWN 5mins brisk walk
• 🕒 30mins

• WARM UP 5mins brisk walk
• **SESSION LSR - 3 miles or 45mins (whichever you reach first)**
• WARM DOWN 5mins brisk walk
• 🕒 55mins

WEEK 03 COMMENCING 18 NOV

WARM UP 5mins brisk walk
SESSION ER - 25mins
WARM DOWN 5mins brisk walk
🕒 35mins

• WARM UP 5mins brisk walk
• **SESSION ER - 25mins**
• WARM DOWN 5mins brisk walk
• 🕒 35mins

• WARM UP 5mins brisk walk
• **SESSION LSR - 4 miles or 60mins (whichever you reach first)**
• WARM DOWN 5mins brisk walk
• 🕒 70mins

WEEK 04 COMMENCING 25 NOV

WARM UP 5mins brisk walk
SESSION ER - 15mins
WARM DOWN 5mins brisk walk
🕒 25mins

• WARM UP 5mins brisk walk
• **SESSION ER - 15mins**
• WARM DOWN 5mins brisk walk
• 🕒 25mins

• WARM UP 5mins brisk walk
• **SESSION LSR - 2 miles or 30mins (whichever you reach first)**
• WARM DOWN 5mins brisk walk
• 🕒 40mins



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WEEK 05

COMMENCING 2 DECEMBER

WARM UP 5mins brisk walk
SESSION ER - 20mins
WARM DOWN 5mins brisk walk
🕒 30mins

• WARM UP 5mins brisk walk
• **SESSION TR - 20mins**
• WARM DOWN 5mins brisk walk
• 🕒 30mins

• WARM UP 5mins brisk walk
• **SESSION LSR - 5 miles or 75mins (whichever you reach first)**
• WARM DOWN 5mins brisk walk
• 🕒 85mins

WEEK 06

COMMENCING 9 DECEMBER

WARM UP 5mins brisk walk
SESSION ER - 25mins
WARM DOWN 5mins brisk walk
🕒 35mins

• WARM UP 5mins brisk walk
• **SESSION TR - 25mins**
• WARM DOWN 5mins brisk walk
• 🕒 35mins

• WARM UP 5mins brisk walk
• **SESSION LSR - 6 miles or 90mins (whichever you reach first)**
• WARM DOWN 5mins brisk walk
• 🕒 100mins

WEEK 07

COMMENCING 16 DECEMBER

WARM UP 5mins brisk walk
SESSION ER - 15mins
WARM DOWN 5mins brisk walk
🕒 25mins

• WARM UP 5mins brisk walk
• **SESSION ER - 15mins**
• WARM DOWN 5mins brisk walk
• 🕒 25mins

• WARM UP 5mins brisk walk
• **SESSION LSR - 3 miles or 45mins (whichever you reach first)**
• WARM DOWN 5mins brisk walk
• 🕒 55mins

WEEK 08

COMMENCING 23 DECEMBER

WARM UP 5mins brisk walk
SESSION ER - 30mins
WARM DOWN 5mins brisk walk
🕒 40mins

• WARM UP 5mins brisk walk
• **SESSION TR - 30mins**
• WARM DOWN 5mins brisk walk
• 🕒 40mins

• WARM UP 5mins brisk walk
• **SESSION LSR - 7 miles or 105mins (whichever you reach first)**
• WARM DOWN 5mins brisk walk
• 🕒 115mins



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WEEK 09

COMMENCING 30 DECEMBER

WARM UP 5mins brisk walk
SESSION ER - 25mins
WARM DOWN 5mins brisk walk
🕒 35mins

• WARM UP 5mins brisk walk
• **SESSION TR - 25mins**
• WARM DOWN 5mins brisk walk
• 🕒 35mins

• WARM UP 5mins brisk walk
• **SESSION LSR - 8 miles or 120mins (whichever you reach first)**
• WARM DOWN 5mins brisk walk
• 🕒 130mins

WEEK 10

COMMENCING 6 JANUARY

WARM UP 5mins brisk walk
SESSION ER - 30mins
WARM DOWN 5mins brisk walk
🕒 40mins

• WARM UP 5mins brisk walk
• **SESSION TR - 30mins**
• WARM DOWN 5mins brisk walk
• 🕒 40mins

• WARM UP 5mins brisk walk
• **SESSION LSR - 9 miles or 135mins (whichever you reach first)**
• WARM DOWN 5mins brisk walk
• 🕒 145mins

WEEK 11

COMMENCING 13 JANUARY

WARM UP 5mins brisk walk
SESSION ER - 35mins
WARM DOWN 5mins brisk walk
🕒 45mins

• WARM UP 5mins brisk walk
• **SESSION TR - 35mins**
• WARM DOWN 5mins brisk walk
• 🕒 45mins

• WARM UP 5mins brisk walk
• **SESSION LSR - 10 miles or 150mins (whichever you reach first)**
• WARM DOWN 5mins brisk walk
• 🕒 160mins

WEEK 12

COMMENCING 20 JANUARY

WARM UP 5mins brisk walk
SESSION ER - 15mins
WARM DOWN 5mins brisk walk
🕒 25mins

• WARM UP 5mins brisk walk
• **SESSION ER - 15mins**
• WARM DOWN 5mins brisk walk
• 🕒 25mins

• WARM UP 5mins brisk walk
• **SESSION LSR - 4 miles or 60mins (whichever you reach first)**
• WARM DOWN 5mins brisk walk
• 🕒 70mins



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WEEK 13

COMMENCING 27 JANUARY

WARM UP 5mins brisk walk
SESSION ER - 30mins
WARM DOWN 5mins brisk walk
🕒 40mins

• WARM UP 5mins brisk walk
• **SESSION TR - 30mins**
• WARM DOWN 5mins brisk walk
• 🕒 40mins

• WARM UP 5mins brisk walk
• **SESSION LSR - 11 miles or 165mins (whichever you reach first)**
• WARM DOWN 5mins brisk walk
• 🕒 175mins

WEEK 14

COMMENCING 3 FEBRUARY

WARM UP 5mins brisk walk
SESSION ER - 35mins
WARM DOWN 5mins brisk walk
🕒 45mins

• WARM UP 5mins brisk walk
• **SESSION TR - 35mins**
• WARM DOWN 5mins brisk walk
• 🕒 45mins

• WARM UP 5mins brisk walk
• **SESSION LSR - 8 miles or 120mins (whichever you reach first)**
• WARM DOWN 5mins brisk walk
• 🕒 130mins

WEEK 15

COMMENCING 10 FEBRUARY

WARM UP 5mins brisk walk
SESSION ER - 25mins
WARM DOWN 5mins brisk walk
🕒 35mins

• WARM UP 5mins brisk walk
• **SESSION TR - 25mins**
• WARM DOWN 5mins brisk walk
• 🕒 35mins

• WARM UP 5mins brisk walk
• **SESSION LSR - 5 miles or 75mins (whichever you reach first)**
• WARM DOWN 5mins brisk walk
• 🕒 85mins

WEEK 16

COMMENCING 17 FEBRUARY

WARM UP 5mins brisk walk
SESSION ER - 15mins
WARM DOWN 5mins brisk walk
🕒 25mins

• WARM UP 5mins brisk walk
• **SESSION ER - 15mins**
• WARM DOWN 5mins brisk walk
• 🕒 25mins

RACE DAY

GOOD LUCK!