

HALF MARATHON - 1 of 2

Workout Goal	This workout plan is perfect for an individual wishing to complete a half marathon. Think carefully about the support required from friends, family and training partners						
Workout Description	Training for a marathon is a huge commitment, you should have some running experience - base mileage of 3-5 miles per week before starting this workout planner						
Safety Brief	Usual treadmill brief, take extra care with fatigue and ensure you stretch at the end of every session						
Equipment	Treadmill						
Duration	Dependent on run speed!						
Mobilisers	Thoracic spine rotation	Wall ankle / Achilles mobilisation			Lunge walk with overhead reach		
The Workout	Session Design				Methodology		
	Follow the plan below as best you can, but you can switch days to accommodate your schedule and training partners. Just make sure you don't do two really intense or long workouts two days in a row				Mondays are generally set as rest days as it's likely you'll have more time for longer runs at the weekend. Don't ignore the rest days, they are critical to ensure your body recovers		
Weeks	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	2 mile run	Cross training / class for general strength, try to stop away from high impact leg exercises	3 mile run	Rest	4 mile long run at conversational pace	2 mile easy recovery run
Week 2	Rest	3 mile run	Rest	3 mile run quicker than long run pace	Cross training / class for general strength, try to stop away from high impact leg exercises or rest	4 mile long run at conversational pace	3 mile easy recovery run
Week 3	Rest	3 mile run quicker than long run pace	Cross training / class for general strength, try to stop away from high impact leg exercises	4 mile run quicker than long run pace	Cross training / class for general strength, try to stop away from high impact leg exercises or rest	5 mile long run at conversational pace	2 mile easy recovery run
Week 4	Rest	3 mile run quicker than long run pace	Rest	4 mile run quicker than long run pace	Cross training / class for general strength, try to stop away from high impact leg exercises or rest	4 mile long run at conversational pace	3 mile easy recovery run
Week 5	Rest	4 mile run quicker than long run pace	Cross training / class for general strength, try to stop away from high impact leg exercises	4 mile run quicker than long run pace	Cross training / class for general strength, try to stop away from high impact leg exercises or rest	6 mile long run at conversational pace	3 mile easy recovery run
Week 6	Rest	4 mile run quicker than long run pace	Cross training / class for general strength, try to stop away from high impact leg exercises	4 mile run quicker than long run pace	Cross training / class for general strength, try to stop away from high impact leg exercises or rest	7 mile long run at conversational pace	3 mile easy recovery run
Week 7	Rest	4 mile run quicker than long run pace	Cross Training / class for general strength, try to stop away from high impact leg exercises	4 mile run quicker than long run pace	Cross Training / class for general strength, try to stop away from high impact leg exercises or rest	10 mile long run at conversational pace	2 mile easy recovery run
Week 8	Rest	4 mile run quicker than long run pace	Cross Training / class for general strength, try to stop away from high impact leg exercises	4 mile run quicker than long run pace	Cross Training / class for general strength, try to stop away from high impact leg exercises or rest	8 mile long run at conversational pace	3 mile easy recovery run

HALF MARATHON - 2 of 2

Weeks	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 9	Rest	4 mile run quicker than long run pace	Cross training / class for general strength, try to stop away from high impact leg exercises	4 mile run quicker than long run pace	Cross training / class for general strength, try to stop away from high impact leg exercises or rest	12 mile long run at conversational pace	Rest
Week 10	Rest	4 mile run quicker than long run pace	Rest	4 mile run quicker than long run pace	Cross training / class for general strength, try to stop away from high impact leg exercises or rest	10 mile long run at conversational pace	4 mile easy recovery run
Week 11	Rest	4 mile run quicker than long run pace	Cross training / class for general strength, try to stop away from high impact leg exercises	4 mile run quicker than long run pace	Cross training / class for general strength, try to stop away from high impact leg exercises or rest	13 mile long run at conversational pace	4 mile easy recovery run
Week 12	Rest	5 mile run quicker than long run pace	Cross training / class for general strength, try to stop away from high impact leg exercises	5 mile run quicker than long run pace	Cross training / class for general strength, try to stop away from high impact leg exercises or rest	10 mile long run at conversational pace	4 mile easy recovery run
Cool Down	Slow to walking pace for 5 minutes and then stop. Straight legs and reach to floor (move in and out of range, don't hold a stretch), change where you reach each time (forward, back, left, right, twist left, twist right)						
Stretch	Quads, hamstrings, calf, glutes, lower back						
Signposting	Enquire with reception to see if any of the PTs at your club have any run specific experience. Also ensure you have the correct footwear as you could require specific support for your foot strike. DW Sports retail stores will be able to give you a full gait analysis						