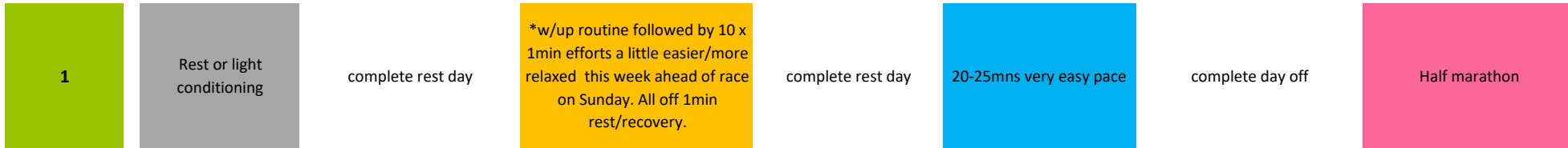


Beginners to Intermediate - Half Marathon (12 week) schedule

This schedule is based on someone currently already running 3 times per week with their current longest run in the region of 4-6miles but have either previously run a half marathon or at least have in the region of 6months regular running experienced. Whilst not exclusively so this schedule is aimed at someone likely to run in the region of 2hr 15 - 2hr 00 (equivalent to approx 10min30sec to 9min per mile pace). Faster or slower runners may use this schedule should they meet also meet the recommended guidelines.

Weeks to go	Mon	Tue	Wed	Thu	Fri	Sat	Sun
12	Conditioning	complete rest day	*w/up routine followed by 4 x 3mins efforts @ a little faster than your comfortable pace with 2min30secs easy jog between efforts.	Conditioning	30mins very easy pace	complete rest day	4 to 5miles (max of 45-50mins)
11	Conditioning	complete rest day	35mins with the middle 15mins at moderate effort (i.e. a little faster than long run pace)	Conditioning	30mins very easy pace	complete rest day	5 to 6miles (max of 55-60mins)
10	Conditioning	complete rest day	*w/up routine followed by 5 x 3min efforts @ a little faster than your comfortable pace with 2min30secs easy jog between efforts.	Conditioning	30mins very easy pace	complete rest day	6 to 7miles (max of 65mins - 70mins)
9	Conditioning	complete rest day	*w/up routine followed by 8 to 10 x 1min efforts a little faster recent 3min efforts off 1min walk/rest recovery	Conditioning	complete rest day	Parkrun (or 5km) as a moderate run *don't forget a w/up first though!	complete rest day
8	Conditioning	complete rest day	*w/up routine followed by 4 x 4min efforts @ a little faster than your comfortable pace with 2min30secs easy jog between efforts.	Conditioning	35mins very easy pace	complete rest day	7 to 8miles (max of 80mins)

7	Conditioning	complete rest day	*w/up routine followed by 5 to 6 x 2min efforts slightly faster than your 5km pace off 90sec walk/rest.	Conditioning	35mins very easy pace	complete rest day	8 to 9miles (max of 1hr30mins)
6	Conditioning	complete rest day	*w/up routine followed by 4 x 5min efforts @ a little faster than your comfortable pace with 2min30secs easy jog between efforts.	Conditioning	35mins very easy pace	complete rest day	8 to 9miles (max of 1hr30mins)
5	Conditioning	complete rest day	*w/up routine followed by 10 x 1min efforts a little faster than 5km (likely slightly faster than your 2min efforts 2 wks ago). off 1min walk/rest recovery	Conditioning	complete rest day	Parkrun (or 5km) as a moderate run *don't forget a w/up first though!	complete rest day
4	Conditioning	complete rest day	*w/up routine followed by 7min, 7min, 6min efforts @ a little faster than your comfortable pace with 2min30secs easy jog between efforts.	Conditioning	40mins very easy pace	complete rest day	9 to 10miles (max of 1hr45', which ever comes first)
3	Conditioning	complete rest day	*w/up routine followed by 6 to 7 x 2min efforts slightly faster than your 5km pace off 90sec walk/rest.	Conditioning	40mins very easy pace	complete rest day	11 to 12miles (max of 2hrs but which ever comes first)
2	Conditioning	complete rest day	*w/up routine followed by 9min effort (3mins rest) 2 x 4mins effort. All efforts @ a little faster than your comfortable pace with 2mins rest between efforts.	Conditioning	30mins very easy pace	complete rest day	4 miles very easy



Training zones:	approx % max hr	Info / details of what it is, what is for & how it should generally feel...
Very easy running	65% or below	Very easy effort which can aid recovery from harder training (for experienced runners) but will also build time on feet and hence help develop and maintain endurance. Less experience runners will likely still find this challenging however due to still developing their baseline fitness. Experienced runners should find this very comfortable... note better to ignore pace on these types of run and run to feel and keep very easy
Easy aerobic running	65 to 75%	Will help build aerobic endurance - sometimes referred to as conversational running pace as you should still be able to talk when running at this pace. Beginners will find this more challenging whilst they are developing the muscular endurance associated with longer runs.
Moderate running	76 to 82%	Slightly faster/more challenging than the easy aerobic zone but should not feel hard but equally will not feel easy per-se. Training usually comes as part of progressive or sustained period of running. For more experienced runners this intensity will likely be close to marathon pace (if known) but essentially a little slower than half marathon pace. For less experienced runners / those looking at 2hr plus for the half this zone/pace might actually be your half marathon pace.
Tempo running	83% to 87%	Will feel somewhat challenging in terms of effort & conversation somewhat difficult. Training usual comes in the form of a sustained running of around 15-20mins worth on this schedule (following a good warm up). Runners likely to run around 2hr15 - 2hr this will likely to be more closely related to a pace you can run in a 10km.
Aerobic power running	88 to 92%	Training at this intensity will be fairly hard and conversation difficult - at least once you have performed a few efforts/intervals (perhaps not so hard in the early stages) For experienced / faster runners this might be more like 10km race pace but for 2hr15-2hr half marathon runners perhaps closer to your 5km pace. Less experienced runners should look to finish these with plenty more left in the tank where possible!

These zones provide a rough guide to some of the types pf training & intensity/effort associated with our schedules, they should be used more as guide and worth noting that anything new should be built in gradually.

Conditioning (suggested on schedule) refers to exercise which build the strength in muscles & tendons in such area's like as feet, ankles, legs, hips, trunk muscles etc. Everyones needs within this area are different but as a newcomer to running things which improve how you move, improve your stability, your core strength & indeed how effecient your movement is will all help reduce the risk of injury & prepared your body for the rigors of running.

**Before each of these above listed Wednesday sessions perform a short warm up jog of approx 10mins (very easy) jog followed by the beginners mobility exercises & plus 3-4 x 50-60metre short efforts (aka pick up runs) with walk back recovery. A short 5min cool down afterwards is also recommended.*