



How to use this programme

This is a 12-week programme for runners aiming to complete Half Marathon in 2 Hours and 30 Minutes. Run Leaders may like to facilitate the key sessions for their group on regular training nights (which should have at least one day in between) and prescribe the short runs to be carried out individually on two other days. The group may also meet for the long run or it could be done individually.

Key Pacing Information

Half Marathon Race Pace (HMP): 11.26 min per mile
 Slow/Easy run: 12.10-12.30 min per mile (6 Rate Perceived Exertion [RPE])
 Interval Sessions – 8/9 RPE

Structure of Interval Session

RAMP Warm Up
 1 Mile Jog
 Session
 1 Mile Jog
 Static Stretching

Hill Session Info

Hill reps should last at least 1min but no more the 90 seconds. Recover by jogging back down the hill.

Recovery Info

Recovery can be active e.g. Swimming, Flexibility, Pilates etc or can be complete rest – individual choice.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Recovery	3 Mile Easy	Recovery	2 Mile @ Quicker than HMP	Recovery	Recovery	5 Mile Easy
Week 2	Recovery	3 Mile Easy	Recovery	3 x 5min (2min off)	Recovery	Recovery	6 Mile Easy
Week 3	Recovery	4 Mile Easy	Recovery	4 Mile @ Quicker than HMP	Recovery	Recovery	7 Mile Easy

Week 4	Recovery	4 Mile Easy	Recovery	25min Hill reps	Recovery	4 Mile Easy	7 Mile Easy
Week 5	Recovery	5 Mile Easy	Recovery	4 Mile @ Quicker than HMP	Recovery	Recovery	8 Mile Easy
Week 6	Recovery	5 Mile Easy	Recovery	3 x 7mins (2min off)	Recovery	Recovery	9 Mile Easy
Week 7	Recovery	4 Mile Easy	Recovery	3 Mile @ Quicker than HMP	Recovery	5 Mile Easy	10 Mile Easy
Week 8	Recovery	5 Mile Easy	Recovery	3 x 10min on (3min off)	Recovery	Recovery	10 Mile Easy
Week 9	Recovery	5 Mile Easy	Recovery	25mins Hill reps	Recovery	Recovery	11 Mile Easy
Week 10	Recovery	5 Mile Easy	Recovery	6 Mile @ Quicker than HMP	Recovery	5 Mile Easy	11 Mile Easy
Week 11	Recovery	4 Mile Easy	Recovery	8 x 2mins (90 sec off)	Recovery	Recovery	7 Mile Easy
Week 12	Recovery	3 Mile Easy	Recovery	5 x 60sec on (90 sec off)	Recovery	Recovery	RACE

Key:

Interval (8/9 RPE)

Hills (8/9 RPE)

FASTER THAN MARATHON PACE