RUN NORTHERN IRELAND

How to use this programme

This is a 12-week programme for runners aiming to complete a Half Marathon in 2 hours. The plan has been set out as a weekly plan from Monday- Sunday, but this can be adapted to suit your groups' needs. Days can be switched around and Run Leaders may like to facilitate the key sessions for their group on their regular training nights and so change them from Tuesday/Thursday to Monday/Wednesday, for example and prescribe the short run to be carried out individually on another day. The group may also meet for the long run or it could be done individually.

Key Pacing Information

Half Marathon Race Pace (HMP): 9.09 min per mile
Slow/Easy run: 9.50-10.10 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	4 Mile Easy	Recovery	3 Mile @ Quicker than HMP	Recovery	3 Mile Easy	5 Mile Easy
Week 2	Recovery	4 Mile Easy	Recovery	5 x 4mins on (2min off)	Recovery	4 Mile Easy	6 Mile Easy
Week 3	Recovery	5 Mile Easy	Recovery	3 x 8mins on (3min off)	Recovery	4 Mile Easy	7 Mile Easy

Week 4	Recovery	5 Mile Easy	Recovery	4 Mile @ Quicker than HMP	Recovery	4 Mile Easy	8 Mile Easy
Week 5	Recovery	5 Mile Easy	Recovery	25min Hill reps	Recovery	5 Mile Easy	8 Mile Easy
Week 6	Recovery	4 Mile Easy	Recovery	6 x 5mins (2min off)	Recovery	5 Mile Easy	9 Mile Easy
Week 7	Recovery	4 Mile Easy	Recovery	5 Mile @ Quicker than HMP	Recovery	5 Mie Easy	10 Mile Easy
Week 8	Recovery	5 Mile Easy	Recovery	3 x 10min on (3min off)	Recovery	4 Mile Easy	10 Mile Easy
Week 9	Recovery	5 Mile Easy	Recovery	30mins Hill reps	Recovery	5 Mile Easy	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	5 Mile Easy	Recovery	8 x 3mins (90 sec off)	Recovery	4 Mile Easy	9 Mile Easy
Week 12	Recovery	3 Mile Easy	Recovery	5 x 90 sec on (90 sec off)	Recovery	2 Mile Easy	**RACE**

Key:

Interval (8/9 RPE) ▮   Hills (8/9 RPE) ▮   FASTER THAN MARATHON PACE ▮   EASY RUN (6 RPE)

ATHLETICS
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