



How to use this programme

This is a 16-week programme split into 2 blocks for runners aiming to complete a Half Marathon in 4 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

Marathon Race Pace (MP): 9min per mile
Slow/Easy run: 9.40-10min 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.

BLOCK 1 = Build an Aerobic base and introducing body to structured Threshold training

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	3 Mile Easy		4 Mile Easy	2 Mile @ MP	Recovery	3 Mile Easy	7 Mile Easy
2	Recovery	3 x 9min on (3min off)	5 Mile Easy	2 Mile @ MP	Recovery	3 Mile Easy	8 Mile Easy
3	Recovery	2 x 15min on (3min off)	5 Mile Easy	3 Mile @ MP	Recovery	3 Mile Easy	9 Mile Easy
4	Recovery	5 x 6min on (2min off)	5 Mile Easy	4 Mile @ MP	Recovery	3 Mile Easy	10 Mile Easy
5	Recovery	6 x 5min on (2min off)	6 Mile Easy	5 Mile @ MP	Recovery	4 Mile Easy	11 Mile Easy
6	Recovery	3 x 12min on (3min off)	6 Mile Easy	5 Mile @ MP	Recovery	4 Mile Easy	12 Mile Easy
7	Recovery	30min Hill reps	6 Mile Easy	6 Mile @ MP	Recovery	4 Mile Easy	13 Mile Easy
8	Recovery	10 x 3min on (90secs off)	7 Mile Easy	4 Mile Quicker MP	Recovery	5 Mile Easy	15 Mile Easy

Key:

Interval (8/9 RPE) MARATHON PACE EFFORTS FASTER THAN MARATHON PACE

Hills (8/9 RPE) EASY RUN (6 RPE) **RACE**

Block 2 = Overloading Aerobic & Threshold training whilst tapering for Marathon.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 9	Recovery	8 x 4min on (90secs off)	7 Mile Easy	7 Mile @ MP	Recovery	5 Mile Easy	16 Mile Easy
10	Recovery	10 x 2min on (90 secs off)	7 Mile Easy	8 Mile @ MP	Recovery	3 Mile Easy	Half Marathon Race
11	Recovery	12 x 90 sec on (90 Sec off)	8 Mile Easy	5 Mile Quicker than MP	Recovery	4 Mile Easy	18 Mile Easy with last 3 mile @ MP
12	Recovery	35min Hill reps	8 Mile Easy	9 Mile @ MP	Recovery	4 Mile Easy	20 Mile Easy with last 3 mile @ MP
13	Recovery	8 x 4min on (90 sec off)	8 Mile Easy	5 Mile Quicker than MP	Recovery	4 Mile Easy	22 Mile Easy
14	Recovery	4 x 9min on (2min off)	6 Mile Easy	7 Mile @ MP	Recovery	4 Mile Easy	18 Mile Easy with last 4 mile @ MP
15	Recovery	10 x 1min on (90 secs off)	5 Mile Easy	3 Mile Quicker than MP	Recovery	3 Mile Easy	12 Mile Easy
16	Recovery	8 x 45sec on (90secs off)	3 Mile Easy	Recovery	2 Mile Easy	Rest	Marathon

Key:

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