**Half Marathon Training Schedule**

**Target time: 1hr 50 mins to 2hrs**

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** | **Total miles for week** |
| **Week One** | Rest | 3M (approx 29 mins) steady | Rest | 1M jog, then 8 x 400m (or 2 mins) fast, with 200m (90-sec) recoveries, then 1M jog | Rest | 3M (approx 29 mins) steady | 6M (approx 66 mins) easy |  |
| **Week Two** | Rest | 3M (approx 29 mins) steady | Rest | 1M jog, then 8 x 400m (or 2 mins) fast, with 200m (90-sec) recoveries, then 1M jog | Rest | 3M (approx 29 mins) steady | 6M (approx 57 mins) steady |  |
| **Week Three** | Rest | 5M (approx 55 mins) easy | Rest | 1M jog, then 10 x 2 mins up hill, jog back. Then 1M jog at end of session | Rest | 5M (approx 55 mins) easy | 8M (approx 88 mins) easy |  |
| **Week Four** | Rest | 5M (approx 48 mins) steady | Rest | 1M jog, then 10 x 2 mins up hill, jog back. Then 1M jog at end of session | Rest | 5M (approx 55 mins) easy | 10M (approx 1hr 50) easy |  |
| **Week Five** | Rest | 6M (approx 66 mins) easy | Rest | 1M jog, then 10 x 2 mins up hill, jog back. Then 1M jog at end of session | Rest | 1M jog, then 5M fartlek, then 1M jog | 10M (approx 1hr 50) easy |  |
| **Week Six** | Rest | 6M (approx 66 mins) easy | Rest | 1M jog, then 15 x 200m (or 1 min) fast, with 100m (45-sec) jog recoveries, then 1M jog | Rest | 1M jog, then 6M fartlek, then 1M jog | 10M (approx 95 mins) steady |  |
| **Week Seven** | Rest | 6M (approx 57 mins) steady | Rest | 1M jog, then 6 x 800m (or 4 mins) fast, with 100m (45-sec) jog recoveries, then 1M jog | Rest | 1M jog, then 6M fartlek, then 1M jog | 10M (approx 95 mins) steady |  |
| **Week Eight** | Rest | 3M (approx 29 mins) steady | Rest | 1M jog, then 10 x 200m (or 1 min) fast, with 100m (45-sec) jog recoveries, then 1M jog | 3M (approx 33 mins) easy | Rest | 5M (approx 48 mins) steady |  |
| **Week Nine** | Rest | 6M (approx 57 mins) steady | Rest | 1M jog, then 200m (or 1 min) fast, 400m (or 2 min) fast, 600m (or 3:30) fast, 800m (or 5 mins) fast, 600m fast, 400m fast, 200m fast, all with 200m (90-sec) jog recoveries, then extra 200m jog. Then 1M jog to warm-down | Rest | 4M (approx 38 mins) steady | 5K or 10K Race |  |
| **Week Ten** | Rest | 5M (approx 55 mins) easy | 5M (approx 48 mins) steady | Rest | 3M (approx 33 mins) easy | Rest | 14M (approx 2hr 35 mins) easy |  |
| **Week Eleven** | Rest | 1M jog, then 10 x 200m (or 1 min) fast, with 100m (45-sec) jog recoveries, then 1M jog | 6M (approx 57 mins) steady | Rest | 3M (approx 29 mins) steady | Rest | 9M (approx 85 mins) steady |  |
| **Week Twelve** | Rest | 1M jog, then 8 x 200m (or 45 secs) fast, with 100m (30-sec) jog recoveries, then 1M | Rest | 3M (approx 33 mins) easy | 3M (approx 29 mins) steady | Rest | Race Day! |  |