12 WEEK HALF MARATHON TRAINING PLAN EXPERIENCED

This schedule is aimed at someone who has either already run under 2hrs for the half marathon or has recently run 10km under 52mins or a 5km under 25mins. As a starting point you should regularly running 3-4 timers per week and you should be comfortable running for 6miles or longer (currently) as your long run, as well as experience of interval & tempo running. Whilst not exclusively so this schedule would suit someone targeting somewhere between 1hr 55 to 1hr 40.

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Monday Conditioning	**Monday** Conditioning	**Monday** Conditioning	**Monday** Conditioning	**Monday** Conditioning	**Monday** Conditioning
Tuesday 30mins very easy pace or cross train	**Tuesday** 30mins very easy pace or cross train	**Tuesday** 30mins very easy pace or cross train	**Tuesday** 30mins very easy pace or cross train	**Tuesday** 30mins very easy pace or cross train	**Tuesday** 30mins very easy pace or cross train
Wednesday *w/up routine 2 x 7 x 1min intervals @ approx 5k pace off 60s walk or easy jog with 3min between the 2 sets Cool down 8-10min jog	**Wednesday** *w/up routine If racing Friday: 3 x 5min efforts @ slightly slower than 5km pace followed by 5 x 1min efforts slightly faster off 30secs walk If not racing Friday: 2 x 5min @ slightly slower than 5km pace plus 5 x 1mins off 30sec walk/jog	**Wednesday** *w/up routine 6 x 4min slightly slower than 5km pace off 1min recovery Cool down 8-10min jog	**Wednesday** *w/up routine 9min moderate @ HM Pace, then 6 x 2min @ 5k pace off 1min rest Cool down 8-10min jog	**Wednesday** *w/up routine 8 to 10 x 1min @ or a little faste than 5km pace off 1min walk Cool down 8-10min jog	**Wednesday** *w/up routine fartlek 3min effort @ 10k pace, 2min easy run pace , 2min effort @ 5km pace, 2min easy run pace, 1min effort slightly faster than 5km pace, 2min easy run pace repeat if full 3 times Cool down 8-10min jog
Thursday Conditioning	**Thursday** Conditioning	**Thursday** Conditioning	**Thursday** Conditioning	**Thursday** Conditioning	**Thursday** Conditioning
Friday 30-40mins easy	**Friday** **Skipton Night of the 5000s** or 40mins with the middle 15-20mins at tempo pace	**Friday** 40-45mins easy	**Friday** 45mins easy but with middle the 2miles @ target half marathon pace	**Friday** Rest day	**Friday** 50mins easy but with middle the 3miles @ target half marathon pace
Saturday Rest day	**Saturday** Rest day	**Saturday** Rest day	**Saturday** Rest day	**Saturday** **5K Park Run**	**Saturday** Rest day
Sunday 6miles (approx 10km)	**Sunday** 6miles (approx 10km)	**Sunday** 7miles (approx 11km)	**Sunday** 8miles (approx 13km)	**Sunday** Very easy 45-50min	**Sunday** 9miles (approx 15km)

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Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Monday Conditioning	**Monday** Conditioning	**Monday** Conditioning	**Monday** Conditioning	**Monday** Conditioning	**Monday** Rest day
Tuesday 30mins very easy pace or cross train	**Tuesday** 30mins very easy pace or cross train	**Tuesday** 30mins very easy pace or cross train	**Tuesday** 30mins very easy pace or cross train	**Tuesday** 30mins very easy pace or cross train	**Tuesday** 20mins very easy pace or cross train
Wednesday *w/up routine 9min moderate @ HM Pace, then 8 x 1min @ 5k pace off 1min rest (easy jog for exp'd runners) or rest today if planning to do the Vazon mile tomorrow	**Wednesday** *w/up routine 5 x 5min slightly slower than 5km pace off 2min rest (very easy jog for exp'd runners) Cool down 8-10mins jog	**Wednesday** *w/up routine 8-10 x 2' @ or slightly faster than 5km pace off off 1min rest (very easy jog for exp'd runners) Cool down 8-10min jog	**Wednesday** *w/up routine Fartlek of 3min effort @ 10k pace, 2min easy jog , 2min effort @ 5km pace, 2min jog, 1min effort slightly faster than 5km pace, 2min jog Repeat 3 times Cool down 8-10min jog	**Wednesday** *w/up routine 3 x 4min effort (slighty slower than 5k pace) off 90secs rest followed by 4 x 1min slightly faster off 60secs rest Cool down 8-10min jog	**Wednesday** *w/up routine 9min (or 1mile) @ half marathon pace, 3min rest then 4 x 90secs slightly faster than HM pace. All off 1min rest/recovery Cool down 8-10min jog
Thursday **Guernsey Athletics Club Vazon Mile**	**Thursday** Conditioning	**Thursday** Conditioning	**Thursday** Conditioning	**Thursday** Conditioning	**Thursday** Rest day
Friday 50' easy (if you did the Vazon mile) or 50mins progressive run at 15mins super easy, 15mins regular easy/long run pace, then 15mins @ HM Pace, 5mins easy	**Friday** Rest day	**Friday** 55mins easy with middle 4miles at target half marathon pace	**Friday** 55mins progressive run at 15mins super easy, 15mins regualr easy/long run pace, then 20mins @ or closer to HM Pace, 5min easy	**Friday** 30mins very easy pace	**Friday** 30mins very easy pace and 3-4 strides
Saturday Rest day	**Saturday** **5K Park Run**	**Saturday** Rest day	**Saturday** Rest day	**Saturday** Rest day	**Saturday** Rest day
Sunday 10miles (approx 16km)	**Sunday** Very easy 50mins	**Sunday** 11miles (approx 18km)	**Sunday** 12miles (approx 20km)	**Sunday** **Mind 10km** (for more experienced runners as a training run) or 50-60mins easy	**Sunday** **Butterfield Half Marathon!**

Warm up routine

Before intervals, tempo runs or races do a thorough warm routine. This should consist of 6-8min very easy running, following by dynamic exercises, and finished with strides (3-4 x short gradually progressing effort runs of approx 50-60metres with walk back recovery.

Conditioning

Conditioning refers to exercise which builds the strength of the muscles and tendons. As a runner, conditioning your body to improve your strength, how you move and your general stability will all help reduce the risk of injury and prepared your body for running.

Training Zones	% Max Heart Rate	What is it for and how it should feel?
Very easy running (cardio)	65% or below	This intensity can aid recovery from harder training but will also still build time on feet to develop endurance. Less experience runners might find it difficult to keep your heart rate down, so don't be afraid to slow these runs down. There are benefits to using cross training to off-load from running to reduce the risk of overuse injuries at this intensity via other exercise such as swimming, cycling or even a brisk walk.
Easy Aerobic Running	65% to 80%	Sometimes referred to as 'chatting pace' as you should still be able to talk when running at this speed. Beginners will find this more challenging whilst they are developing the muscular endurance aerobic fitness associated with longer endurance running.
Tempo Running	80% to 87%	This intensity will be used will be used during some of your Friday listed runs such as the half marathon paced tempo runs, the latter part of the progressive runs and also at the start of some of the Wednesday sessions. It will feel moderately challenging in terms of effort, and chatting a will feel more difficult compared with the easy running but it shouldn't feel as difficult as your 5km race pace.
Interval Running	88% - 92%	Training at this intensity will be challenging and conversation difficult once you are a few efforts into these training sessions. This may not be immediate however, but more cumulative so pacing is important. Most of the sessions at this intensity are listed on Wednesdays with efforts ranging from 10k to 5km pace. Most importantly runners of all levels should look to finish these types of training sessions with something left and not push themselves to their limit to avoid over-reaching.