

## **HALF MARATHON SCHEDULE 10 Week Training Programme**

**Devised by Jane Wake**

Congratulations on embarking on this 10 week training programme for a half marathon! Whether you have run many before, or this is your first time, the following schedules will enable you to complete your next run with great success. For this guide you do need to be already able to run 4 – 6 miles.

If you are not, check out our 10K guide and follow this first. Before you start it is essential that you read our Runners Guide. This will explain all the details on the schedules below plus give you some very important advice to ensure your training remains effective, safe and on track.

### **Which schedule to follow?**

**Beginners:** If you have never run a half marathon before our Beginners running guide is designed just for you. The program will start with short runs and longer walk/runs building up to being able to run a half marathon in just 10 weeks.

**Intermediate:** If you are a seasoned half marathon runner the intermediate programme is ideal for you if you are already running 10k easily but need guidance on what to do to ensure you are capable of comfortably completing a half marathon.

**Advanced:** Advanced running' (sub 2 hr) guide will really help you speed up your times and perhaps help you to achieve a new PB (personal best).

**Actual:** Use the 'Actual' schedule, to fill in what you do each week. This not only ensures you are doing the right amount of training, but also acts as a motivator to keep you going (carry your schedule in a convenient places or pin it up on your wall or fridge).

You can follow either one of the schedules or try training, somewhere in between but keep checking what you do against the three different programmes.

**N.B.** The following training schedules are designed for healthy adults who are already exercising regularly, at least 3 times a week. It is advisable for anyone embarking on this programme to check with their GP first. ActionAid works with Jane Wake to offer guidance to enhance your running be we cannot be held responsible for any injuries you may have as a result of following this advice.

The day's indicated are meant as a guide. Swap them around to fit into your schedule, making sure however that you have a rest day before your long run, and easy workouts or rests after more intense sessions. Assume all sessions are running sessions, unless indicated otherwise.

**WEEK 1: Week commencing \_\_\_\_\_**

	<b>Beginners - from walking to running , half marathon guide</b>	<b>Intermediates - Virgin half marathon runner's Fool Proof Guide</b>	<b>Advanced (sub 2) – Go faster, get stronger guide</b>	<b>ACTUAL – what I've done</b>
<b>MON</b>	Rest	Rest	Rest	
<b>TUE</b>	30 min mod (*3 /4)	25 min hard (*5/6) (3 miles)	30 mins hills or fartleks (6/7*)	
<b>WED</b>	Rest	Rest	35 mins easy or (3*) (3 – 4 miles)	
<b>THU</b>	25 min easy (*3)	35 mins mod (*4) (3 miles)	Rest	
<b>FRI</b>	Rest	20 mins easy (*3) (2 miles)	25 mins mod (4/5*) (2 – 3 miles)	
<b>SAT</b>	Rest	Rest	Rest	
<b>SUN</b>	50 min long run/walk or 4 – 5 miles (*2/3) walk briskly for 10 minutes then start into a gentle run. Run for 30 minutes and then finish with a fast walk for a further 10 minutes.	60 – 70 mins long run or 6 miles (*3-5)	7 miles in or around 60 mins (3 – 5*) Find your m/pace on this run through accurate pace measure or measuring 1 mile of your run and recording the time. Record your times and exact distance in the 'actual' column	

\*this is your intensity rating - see runners guide for explanation

**WEEK 2: Week commencing \_\_\_\_\_**

	<b>Beginners - from walking to running , half marathon guide</b>	<b>Intermediates - Virgin half marathon runner's Fool Proof Guide</b>	<b>Advanced (sub 2) – Go faster, get stronger guide</b>	<b>ACTUAL – what I've done</b>
<b>MON</b>	Rest	Rest	Rest or x –train	
<b>TUE</b>	35 min mod (*3 /4)	25 min hills (*6/7)	35 mins hills or fartleks (6/7*)	
<b>WED</b>	Rest	20 mins easy (3*)	35 - 40 mins easy (3*) (4 miles)	
<b>THU</b>	30 min easy (*3)	Rest	Rest	
<b>FRI</b>	Rest or x-train	45 mins mod (*4) (4 – 5 miles)	40 mins mod (4/5*) (4 - 5 miles)	
<b>SAT</b>	Rest	Rest	Rest	
<b>SUN</b>	60 min long run/walk or 5 - 6 miles (*2/3) walk briskly for 10 minutes then start into a gentle run. Run for 40 minutes and then finish with a fast walk for a further 10 minutes.	1 hr 10 mins or 7 miles (*3-5)	8 miles in under 1 hr 15 mins (3 – 5*) Record your times and exact distance in the 'actual' column	

**WEEK 3: Week commencing \_\_\_\_\_**

	<b>Beginners - from walking to running , half marathon guide</b>	<b>Intermediates - Virgin half marathon runner's Fool Proof Guide</b>	<b>Advanced (sub 2) – Go faster, get stronger guide</b>	<b>ACTUAL – what I've done</b>
<b>MON</b>	Rest	Rest or x- train	Rest or x –train	
<b>TUE</b>	30 min hard(*4/6)	25 min hills or fartleks (*6/7)	35 mins hills or fartleks increase pace (7/8*)	
<b>WED</b>	Rest	25 mins easy (3*) (3 miles)	35 - 40 mins easy (3*) (4 miles)	
<b>THU</b>	35 min easy (*3)	Rest	Rest	
<b>FRI</b>	Rest or x-train	50 mins mod (*4) ( 5 miles)	55 mins mod (4/5*) (6 - 7 miles)	
<b>SAT</b>	Rest	Rest	Rest	
<b>SUN</b>	80 min long run/walk or 6 - 7 miles (*2/3) walk briskly for 10 minutes then start into a gentle run. Run for 55 minutes and then finish with a fast walk for a further 10 minutes.	1 hr 20 mins or 8 miles (*3-5)	9 miles or 10 k race Record your times and exact distance in the 'actual' column (4 – 7*)	

**WEEK 4: Week commencing \_\_\_\_\_**

	<b>Beginners - from walking to running , half marathon guide</b>	<b>Intermediates - Virgin half marathon runner's Fool Proof Guide</b>	<b>Advanced (sub 2) – Go faster, get stronger guide</b>	<b>ACTUAL – what I've done</b>
<b>MON</b>	Rest	Rest or x- train	Rest or x –train	
<b>TUE</b>	30 min hard(*4/6)	25 min hills or fartleks (*6/7)	35 mins hills or fartleks (7/8*)	
<b>WED</b>	Rest	25 mins easy (3*) (3 miles)	35 - 40 mins easy (3*) (4 miles)	
<b>THU</b>	30 min moderate (*4/5)	Rest	Rest	
<b>FRI</b>	25 mins easy (3*)	55 – 60 mins mod (*4) ( 5 - 6 miles)	60 mins mod (4/5*) ( 6 – 7 miles)	
<b>SAT</b>	Rest	Rest	Rest	
<b>SUN</b>	1 hr 25 min long run/walk or 7- 8 miles (*3-4) walk briskly for 5 minutes then start into a gentle run. Run for 70 minutes and then finish with a fast walk for a further 10 minutes.	1 hr 30 mins or 9 miles (*3-5)	10 miles within 1 hr 35 mins. Record your times and exact distance in the 'actual' column (3 - 5*)	

**WEEK 5: Week commencing \_\_\_\_\_**

	<b>Beginners - from walking to running , half marathon guide</b>	<b>Intermediates - Virgin half marathon runner's Fool Proof Guide</b>	<b>Advanced (sub 2) – Go faster, get stronger guide</b>	<b>ACTUAL – what I've done</b>
MON	Rest	Rest or x- train	Rest or x –train	
TUE	30 min hard(*5/6)	25 min hills or fartleks (*6/7)	35 mins hills or fartleks (7/8*) increase speed	
WED	Rest	25 mins easy (3*) (3 miles)	35 - 40 mins easy (3*) (4 miles)	
THU	40 min moderate (*4/5)	Rest	Rest	
FRI	25 mins easy (3*)	1 hr 10 mins mod (*4) ( 6-7 miles)	1 hr 10 mod (4/5*) ( 7-8 miles)	
SAT	Rest	Rest	Rest	
SUN	1 hr 35 min long run/walk or 8 - 9 miles (*3-4) walk briskly for 5 minutes then start into a gentle run. Run for 82 minutes and then finish with a fast walk for a further 8 minutes.	1 hr 45 mins or 10 miles (*3-5)	11 miles within 1hr 45 mins Record your times and exact distance in the 'actual' column (3 - 5*)	

**WEEK 6: Week commencing \_\_\_\_\_**

	<b>Beginners - from walking to running , half marathon guide</b>	<b>Intermediates - Virgin half marathon runner's Fool Proof Guide</b>	<b>Advanced (sub 2) – Go faster, get stronger guide</b>	<b>ACTUAL – what I've done</b>
MON	Rest	Rest or x- train	Rest or x –train	
TUE	30 min hard (*5/6)	25 min hills or fartleks (*6/7) increase speed	40 mins hills or fartleks (7/8*)	
WED	Rest	25 mins easy (3*) (3 miles)	35 - 40 mins easy (3*) (4 miles)	
THU	45 min moderate (*4/5)	Rest	Rest	
FRI	25 mins easy (3*)	1 hr 10 mins mod (*4) ( 7 miles)	1 hr 25 mins mod (4/5*) ( 8 - 9 miles)	
SAT	Rest	Rest	Rest	
SUN	1 hr 40 min long run/walk or 10 miles (*3-4) walk briskly for 5 minutes then start into a gentle run. Run for 90 minutes and then finish with a fast walk for a further 5 minutes.	1 hr 50 mins or 11 miles (*3-5)	13 miles or 2 hrs. Record your times and exact distance in the 'actual' column (3 - 5*)	

**WEEK 7: Week commencing \_\_\_\_\_**

	<b>Beginners - from walking to running , half marathon guide</b>	<b>Intermediates - Virgin half marathon runner's Fool Proof Guide</b>	<b>Advanced (sub 2) – Go faster, get stronger guide</b>	<b>ACTUAL – what I've done</b>
<b>MON</b>	Rest	Rest or x- train	Rest or x –train	
<b>TUE</b>	30 min hills (*5/6)	25 min hills or fartleks (*6/7)	40 mins hills or fartleks (7/8*) increase speed	
<b>WED</b>	Rest	30 mins easy (3*) (3 miles)	40 mins easy (3*) (4 miles)	
<b>THU</b>	55 min moderate (*4/5)	Rest	Rest	
<b>FRI</b>	25 mins easy (3*)	1 hr 20 mins mod (*4) ( 8 miles)	1 hr 45 mins mod (4/5*) ( 10 miles)	
<b>SAT</b>	Rest	Rest	Rest	
<b>SUN</b>	1 hr 55 min long run/walk or 10 - 11 miles (*3-4) walk briskly for 5 minutes then start into a gentle run. Run for 1 hr 45 minutes and then finish with a fast walk for a further 5 minutes.	12.1 miles - try to measure your pace here. (*3-5)	12.1 miles. If carrying GPS/pace setter, check pace on each mile, or record on any measured mile. (4 - 6*)	

**WEEK 8: Week commencing \_\_\_\_\_**

	<b>Beginners - from walking to running , half marathon guide</b>	<b>Intermediates - Virgin half marathon runner's Fool Proof Guide</b>	<b>Advanced (sub 2) – Go faster, get stronger guide</b>	<b>ACTUAL – what I've done</b>
<b>MON</b>	Rest	Rest or x- train	Rest or x –train	
<b>TUE</b>	30 min hills (*5/6)	30 min hills or fartleks (*6/7)	40 mins hills or fartleks (7/8*)	
<b>WED</b>	Rest	30 mins easy (3*) (3 miles)	40 mins easy (3*) (4 miles)	
<b>THU</b>	60 min moderate (*4/5)	Rest	Rest	
<b>FRI</b>	25 mins easy (3*)	1 hr 30 mins mod (*4) ( 8 - 9 miles)	1 hr 30 mins mod (4/5*) ( 9 - 10 miles)	
<b>SAT</b>	Rest	Rest	Rest	
<b>SUN</b>	2 hrs 15 min run or 11 miles (*3-4) walk briskly for 5 minutes then start into a gentle run. Aim to run for the rest of the way or at least 2 hrs	2hrs 15 mins or 13 miles - (*3-4)	14 miles. Record measurable miles. (3 - 5*)	

**WEEK 9: Week commencing \_\_\_\_\_**

	<b>Beginners - from walking to running , half marathon guide</b>	<b>Intermediates - Virgin half marathon runner's Fool Proof Guide</b>	<b>Advanced (sub 2) – Go faster, get stronger guide</b>	<b>ACTUAL – what I've done L</b>
<b>MON</b>	Rest	Rest or x- train	Rest or x –train	
<b>TUE</b>	30 min hills (*5/6)	30 min hills or fartleks (*6/7)	30 mins hills or fartleks (7/8*)	
<b>WED</b>	Rest	30 mins easy (3*) (3 miles)	40 mins easy (3*) (4 miles)	
<b>THU</b>	1 hr 10 min moderate (*4/5)	Rest	Rest	
<b>FRI</b>	25 mins easy (3*)	1 hr 15 mins mod (*4) ( 7 miles)	1 hr 15 mod (4/5*) ( 8 miles)	
<b>SAT</b>	Rest	Rest	Rest	
<b>SUN</b>	2 hrs running all the way.	2hrs or 10 miles - (*3-4)	10 miles race pace (3 - 5*)	

**WEEK 10: Week commencing \_\_\_\_\_**

	<b>Beginners - from walking to running , half marathon guide</b>	<b>Intermediates - Virgin half marathon runner's Fool Proof Guide</b>	<b>Advanced (sub 2) – Go faster, get stronger guide</b>	<b>ACTUAL – what I've done</b>
<b>MON</b>	Rest	Rest or x- train	Rest or x –train	
<b>TUE</b>	30 min moderate (*4)	30 min moderate (*4)	30 mins moderate (4/5*)	
<b>WED</b>	Rest	Rest	40 mins easy (3*) and stretch	
<b>THU</b>	30 min easy (*2/3)	30 mins easy and stretch (2/3*)	Rest	
<b>FRI</b>	REST (3*)	Rest	20 mins easy warm up and stretch (2*)	
<b>SAT</b>	Rest	Rest	Rest and plan your race. Make sure you've checked out the course, start positions and planned your spilt times.	
<b>SUN</b>	<b>YOUR HALF MARATHON!!</b> Go steady at the start - stick to your measured race pace!	<b>YOUR HALF MARATHON!!</b> Go steady at the start - stick to your measured race pace!	<b>YOUR HALF MARATHON!!</b> Go steady at the start - stick to your measured race pace!	