

## **Mansfield Half Marathon Training Schedule**

This training schedule has been prepared by former international distance runner Steve Davies from Mansfield Harriers. Steve is a very experienced runner who has been running for over 25 years and has a personal best for the marathon of 2 hours 21 minutes. This year, as an M45 vet, he completed the London marathon in 2 hours 45 minutes.

For everyone who is going to be running this year's race you need to start thinking about your training now. From beginner doing it for charity, to the more experienced club runner, this 12 week training plan will help you to achieve your target.

The hardest part of your training will be the long run which should be relaxed and preferably with company (possibly someone on a bike helping you with your drinks). This is all about time on your feet as opposed to covering set miles.

Training with someone of a similar standard will provide runners with a lot of support and motivation. Anyone looking for training partners is welcome to come along to Berry Hill Park on a Tuesday and Thursday at 6:15 pm to train with Mansfield Harriers & A.C.

On the three Sundays before the race when the training schedule calls for longer runs Mansfield Harriers will be hosting training runs. These runs will start at 8-30 am from Berry Hill park and runners will be split into different groups to match the different levels of fitness and be accompanied by club runners.

From a background of basic fitness the first timer/beginner will need to build up to running a minimum of four days a week possibly five towards the end of the training.

A gradual increase in the amount of time and miles will be the basis for the training but another element is cross training which can be circuit training/cycling/swimming. These can all play a part in helping you but they cannot be a replacement for going out and running.

For the first timer/beginner it will be a case of a steady start and not rushing. If you need to walk and jog then do so. Do not try too hard in the first month, it will take time for you to adjust to the training especially on

the long runs (where if you can try and get some company) which can be hard at first.

During your training you will be introduced to different types of work to get you used to running at a pace you will be able to sustain in the race. An example of these is 'Fartlek' which is a type of speed play run where you intersperse your run with varying paces of run/walk/jog for set distances. A typical 'Fartlek' session might include using lampposts on your run by running between two lampposts then jog or walk one, run three/jog two or use markers in a park for about twenty minutes.

Another type of training session will 'interval' runs where during a training run you will run hard for a minute and then jog or walk for a minute which is repeated several times.

The training schedules have been set out for complete novice beginners and for those of you who are either club runners or who have already reached a standard to be able run and compete in open 10k road races. They are a guideline for you to use, but make sure that you stretch well before and after each session.

The training is a guide for you to use within the confines of your own commitments, it includes easy/steady runs, rest days, sessions to help you get quicker and also the odd race for you to decide if you wish to run. The races identified in the schedule are only suggestions and you may do others but make sure you have easy/rest days either side.

Remember Rome wasn't built in a day and if you have any set backs do not attempt to put in extra training continue from the point you had reached not where you should be.

During your training you will also need to pay attention to your diet and your intake of fluid replacement. This is essential is when doing your longer runs and you must make sure you start them well hydrated and take a drink with you or make sure you drink well after finishing.

Finally make sure you warm up and warm down with plenty of stretching and easy running to avoid any injuries.

## **Beginners / First Timers Programme**

Monday Brisk walk 30 minutes  
Tuesday Steady jog of 10 /15 minutes  
Wednesday Cross Training or Rest  
Thursday Steady jog of 15 minutes  
Friday Complete rest day  
Saturday 20 minute run / jog  
Sunday 20 minute run / jog

### Week 2

Monday As previous week  
Tuesday Steady jog of 25 minutes  
Wednesday Cross Training or rest  
Thursday Steady jog of 25 minutes  
Friday Complete rest day  
Saturday 30 minute run/ jog  
Sunday 30 minute run / jog

### Week 3

Monday As previous week's  
Tuesday Start with 10/15 mins of jogging then 6 x 30 seconds of faster running with 30 seconds easy walk recovery between each effort, then 10mins warm down  
Wednesday Cross Training or rest  
Thursday Steady run of 30 minutes  
Friday Complete rest day  
Saturday Cross Training or 25 minute run  
Sunday Run of 45- 50 minutes run

### Week 4

Monday As Previous weeks  
Tuesday Steady 20 mins jog then 15 minutes of 'Fartlek' type Running followed by 15 minutes warm down  
Wednesday Cross training or 25 mins steady run  
Thursday Steady run of 45minutes  
Friday Complete rest day  
Saturday Cross Training & 20 minutes steady run  
Sunday Long run of 50- 60 minutes

## Week 5

Monday	Rest Day or Cross Training
Tuesday	Steady 15 mins jog then run a loop of 3miles at a quick pace Even pace effort, then warm down 10mins.
Wednesday	Rest Day or Cross Training
Thursday	Steady run of 45 minutes
Friday	Complete rest day
Saturday	Cross Training & 20 minutes run
Sunday	Look for a race of 5k or 10k Otherwise 50-60 min run

## Week 6

Monday	Rest Day or Cross Training
Tuesday	Steady 15 mins jog then 8 x 1min quicker pace with 1min Walk/jog then 10 minutes warm down. If you have raced previous Sunday them just a 35 min run
Wednesday	Cross Training or 20/25 minutes easy run
Thursday	Steady run of 45/50 minutes
Friday	Complete rest day
Saturday	Cross Training or 25 minutes run
Sunday	First long run over 60minutes –go for 70minutes

## Week 7

Monday	Rest Day or Cross Training
Tuesday	Steady 15/20mins jog then 20 minutes of 'Fartlek' type running. Then 10 mins of warm down
Wednesday	Cross Training or 25 minutes steady run
Thursday	Steady run of 45-60 minutes
Friday	Complete Rest Day
Saturday	Optional easy day with an easy run
Sunday	Long run of 70 to 75 minutes

## Week 8

Monday	Rest Day or Cross Training
Tuesday	Steady 20 mins jog then 3 mile loop/ 15 mins warm down
Wednesday	Rest Day or 25 minute run
Thursday	If Racing on Friday rest or 45-60minute run
Friday	Notts 10Mile Road Race at Holmepierpoint 7:15pm Or Rest Day
Saturday	If raced Cross Train only or Cross Train & 20min run

Sunday Long run of 90 minutes minimum

#### Week 9

Monday Rest Day

Tuesday Steady 20 mins jog then 10 x 1minute with same jog or walk recovery , 10minutes warm down

Wednesday Cross Training & 30 minute run

Thursday 1 hours steady run

Friday Rest Day

Saturday Easy run 25/30 mins or Cross Train

Sunday Long Steady Run of 1&1/2 hours minimum  
(Group run from Berry Hill Park @8-30 am)

#### Week 10

Monday Rest Day

Tuesday Steady 20 mins warm up then 20 mins of 'Fartlek', 10mins Warm down

Wednesday Cross training & 20-30 mins run

Thursday Steady run of 1hour

Friday Rest Day

Saturday Cross Train & 20 mins easy run

Sunday Long run (go steady and aim for over 2 hours  
(Group run from Berry Hill Park @8-30 am)

#### Week 11

Monday Rest Day

Tuesday Steady 20 mins warm up then 5miles at race pace (your target time) 10 mins warm down

Wednesday Cross Train

Thursday Steady run of 1&1/2 hours

Friday Rest Day

Saturday Easy Day Cross Train or Steady Run 25 minutes

Sunday Last long run of a minimum of 2 hours  
(Group run from Berry Hill Park @8-30 am)

#### Week 12

Monday Rest Day

Tuesday Steady run of 45 mins maximum

Wednesday Easy Cross Training Session

Thursday	Steady run of 25 mins
Friday	Rest
Saturday	Easy 2/3 miles and some stretching
Sunday	Half Marathon Race (GO FOR IT!!)

### **The Runner's Programme**

The training outlined in this programme is based on the club runner already running 40/50 miles per week and who is looking to improve their time in the half marathon. Following a 12 week plan like the first timer it will give you time to get in the balance of racing and training.

#### Week 1

Monday	Easy run (you decide)
Tuesday	Warm up 2/3miles, 6-8 x 1/2miles/2mins jog recovery/ 2miles warm down
Wednesday	Run of 45-60minutes
Thursday	Warm up 2/3miles, 10x 1min efforts/1min jog, 2mile warm down run
Friday	Rest day
Saturday	Steady run 4miles, 10x 200 strides/100 jog/1 mile easy
Sunday	60-75 minute run

#### Week 2

Monday	Easy run (again you decide time/distance)
Tuesday	Warm up 2/3miles, 12 x 400mtrs/60secs, 2miles warm down
Wednesday	Run of 45-60 minutes
Thursday	Warm up 2/3 miles, 20 minutes of good fartlek, 2miles easy
Friday	Rest Day
Saturday	Steady run of 4miles
Sunday	60-75 minute run (finish with last mile hard)

#### Week 3

Monday	Easy run (You Decide)
Tuesday	Warm up 2/3miles, 4x 1mile efforts/2mins recovery, 2 mile warm down run
Wednesday	Look to go for 1 hour relaxed running
Thursday	Warm up 3miles, 20 x 30 seconds fast/30seconds jog, 2mile

Friday warm down run  
Friday Rest Day  
Saturday Easy run of 4/5miles  
Sunday Long run of 75-80minutes

#### Week 4

Monday Optional rest day or easy run  
Tuesday Warm up 2/3miles, pyramid session of 2 sets of 400/600/800/1000 with 200 jog recovery between efforts sets, 2miles warm down run  
Wednesday 1 hour minimum last 10mins good pace  
Thursday Warm up 2/3miles, 10 x 200mtr hill sprints with jog back recovery and 2 mile warm down run  
Friday Rest Day  
Saturday Easy 4/5 mile run  
Sunday Long run as last week

#### Week 5

Monday Easy Run  
Tuesday 2/3miles warm up, 8 x 1/2mile/2 mins jog recovery, 2 mile easy  
Wednesday 1hour minimum run  
Thursday 3 miles warm up, 25 minutes of good fartlek, 2 mile easy  
Friday Rest Day  
Saturday If Racing tomorrow, 3-4 miles very easy or 5miles & some Fast relaxed 100 metre strides  
Sunday Look for a 10K Road Race include 2-3 miles warm up & Warm down or 90 min hour run

#### Week 6

Monday Easy Run  
Tuesday 3miles warm up, 6-8 x 3minutes/1min jog, 2mile easy  
Wednesday 60-75 minute run (including hills)  
Thursday 3 miles easy, 10 –12 x 400mtr/100jog, 2mile easy  
Friday Rest Day  
Saturday Easy run of 5 miles  
Sunday Long run of between 1 and 1 and a half hours

## Week 7

Monday	Easy run
Tuesday	3 miles warm up, 5 x 1mile/2mins jog, 2 miles easy
Wednesday	Run of 60-75 minutes
Thursday	3 miles warm up, 20 x 30seconds/30seconds, 3 mile easy
Friday	Rest Day
Saturday	5 mile easy run
Sunday	Long run of between 1 and 1 and a half hours (last 10 minutes good tempo)

## Week 8

Monday	Easy Run
Tuesday	3 miles warm up, 25 minutes of good fartlek, 2 miles easy
Wednesday	If Racing on Friday 45minute run or 60-75 mins run
Thursday	If Racing on Friday 4 miles easy with some strides Or 3 mile warm up, 12 x 400mtrs/ 100mtr jog, 2 miles
Friday	Notts 10Mile Road Race or Rest Day
Saturday	If Raced Rest Day or 5 miles easy
Sunday	Long Run 1& half hours minimum

## Week 9

Monday	Easy run
Tuesday	3 miles easy, 8 x 1/2mile/60seconds, 2 miles easy
Wednesday	75 minutes run (include 20mins good tempo)
Thursday	3 miles easy, 12 x 1minute/ 1 minute, 2 miles easy
Friday	Rest Day
Saturday	Easy run of 5 miles
Sunday	Long run of between 90 mins and 2 hours (include plenty of hills) - (Group run from Berry Hill Park @8-30 am)

## Week 10

Monday	Easy Run
Tuesday	3 miles easy, 2 x 2miles/5mins, & 6 x 200/100,2 mile easy
Wednesday	75 minute run
Thursday	3 Miles easy, 10 x 500mtrs/1min jog, 2 miles easy
Friday	Rest Day
Saturday	Easy run of 5 miles
Sunday	Long Run of 90 minutes hours (Group run from Berry Hill Park @8-30 am)

## Week 11

Monday Easy Run  
Tuesday 3 miles easy, 12 x 400m with 1 min recovery 2 mile easy  
Wednesday Run of 75 minutes  
Thursday 3 miles easy, 20 x 30 seconds/30seconds, 2 miles easy  
Friday Rest Day  
Saturday Easy run of 5 miles  
Sunday Last long run of 2 hours  
(Group run from Berry Hill Park @8-30 am)

## Week 12

Monday Easy Day  
Tuesday 2 Miles easy, 10 x 300m with 100m jog /2mins, 2 miles easy  
Wednesday Run of 45 mins steady  
Thursday Easy run of 4/5 miles & 6 x 100mtr strides  
Friday Rest Day  
Saturday Easy run of 2/3 miles  
Sunday Race Day