

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 x1/2miles/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 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