RUN SOUTH LONDON

HALF MARATHON IMPROVER

12 WEEK TRAINING PLAN

Already capable of running non-stop for 30-40 minutes at an easy pace? Perhaps even completed a half marathon (or two)? With this training plan you'll be hot-footing it towards a PB in no time.

Official Training Partner

Runna

HALF MARATHON IMPROVER

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WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 minutes of easy running.	REST	20 minutes of easy running.	REST	20 minutes of easy running.	30 minutes of easy running.

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 minutes of easy running.	REST	4 x (5 min at half marathon pace followed by 3 min jog/walk to recover)	REST	4 x (5 min at half marathon pace followed by 3 min jog/walk to	40 minutes of easy running.

WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	25 minutes of easy running.	REST	6 x (3 min efforts followed by 2 min jog/walk to recover)	REST	20 minutes of easy running.	30 minutes of easy running.

WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes of easy running.	REST	25 min of steady running, plus 10 min warm up and 10 min warm down.	REST	30 minutes of easy running.	50 minutes of easy running.

WEEK 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes of easy running.	REST	4 x (3 min at your 5k pace followed by 2.5 min jog/ walk to recover)	REST	30 minutes of easy running.	60 minutes of easy running.

WEEK 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes of easy running.	REST	30 minutes of easy running.	REST	10 minutes of easy running.	40 minutes of easy running.

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WEEK 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 minutes of easy running.	**REST**	20 min at your half marathon pace, then jog for 3 min, then 15 min at your half marathon pace.	**REST**	25 minutes of easy running.	40 minutes of easy running.

WEEK 8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes of easy running.	**REST**	25 minutes of steady running.	**REST**	30 minutes of easy running.	60 minutes of easy running.

WEEK 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes of easy running.	**REST**	10 min run at your half marathon pace followed by 5 min run at your 10k pace.	**REST**	30 minutes of easy running.	80 minutes of easy running.

WEEK 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	40 minutes of easy running.	**REST**	30 min of stready running, then 5 min of hard running.	**REST**	30 minutes of easy running.	45 minutes of easy running.

WEEK 11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes of easy running.	**REST**	3 x (6 min at your half marathon pace followed 2 min jog/ walk to recover)	**REST**	30 minutes of easy running.	45 minutes of easy running.

WEEK 12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 minutes of easy running.	**REST**	20 minutes of easy running.	**REST**	10 minutes of easy running.	**EVENT DAY** GOOD LUCK!