

# HALF MARATHON TRAINING PLAN

DURATION: 16 WEEKS  
COMMENCING 7 NOVEMBER 2016



This is a 16 week training schedule that will prepare you for the Vitality Brighton Half Marathon on **26 FEBRUARY 2017**. Whether it's your first half marathon or you have experience of the distance but want a structured plan to follow, the schedule won't limit the time you can achieve - elite runners could still run under 80mins following this plan. The plan starts on the **7 NOVEMBER**. Print it off, stick it to a wall or fridge and tick off the sessions - we'll see you on the start line!

## THE EASY RUN

The Easy Run (ER) is a shorter run in the week which is designed as a recovery run. It allows you to put miles in the tank without tiring yourself out.

## THE TEMPO RUN

The Tempo Run (TR) is your faster run each week. Run it at a pace which is faster than you could sustain for a half marathon. If you've done a 10k, think 85% - 90% of your 10k pace. Use the first few minutes to build up to your target pace. The tempo run is not meant to be comfortable - the 'talk test' is a useful way to see if you are working hard enough: You should be able to speak a few words, but not hold a conversation. Aim to maintain the same pace for the entire run - it may take a few sessions before you're able to adjust your pace and hit the right speed.

## THE LONG STEADY RUN

The Long Steady Run (LSR) is all about time on your feet; it will prepare your cardiovascular system, muscles and joints for the 13.1 miles ahead on race day. The LSR in this schedule is adapted to match the pace you run at and/or your fitness level. In week 7, for example, you should run for either 7 miles or 105 mins - whichever you reach first. (Eg: If you reach 7 miles in 90mins your session is complete; if you run for 105 mins but run 6 miles, your session is also complete).

Don't worry if you feel you're running very slowly in the early weeks, LSR runs are progressive and you'll need the foundation weeks to build towards the longer distances later on. As you get fitter and stronger you can run a little faster and get closer to your half marathon pace.





## NOTES

- The 3 sessions each week can be run on a day of your choice to fit in with your lifestyle, but avoid running on consecutive days to give your body time to recover between sessions.
- If your typical week includes other types of training such as gym, swimming, cycling, etc - you may wish to consider dropping the easy or tempo run.
- Each run starts and finishes with 5 mins brisk walking. Whilst not compulsory it's good practice to allow your body to warm up and cool down gradually.
- The plan is broken down into 4 blocks of 4 weeks, the final week of each block is set as an easier week to allow the body to recover.
- The longest run is 11 miles - opinion differs on the optimum length of the longest run, but if you can run 11 miles 3 weeks prior to the race you will be well prepared.



## TOP TEN TRAINING TIPS

- 01** **The LSR is the most important run.** Avoid dropping this run as it's the most important session to prepare your body for the half marathon distance.
- 02** **Don't leave it too late to start your training.** A half marathon is a long way; if you really want to be on the start line in February and hit that personal best, commit now.
- 03** **Remember to rest.** You'll be placing a lot of demands on your body, particularly after the long steady run, so it's important to allow your body to rest and recover in between runs. In the BHM training schedule, week 8 is a recovery week and coincides with Christmas.
- 04** **Find a training partner.** It's so much easier to get out of bed early or out of the door on a cold evening if you've made a commitment to run with a friend or in a running group.
- 05** **Listen to your body.** You're not a machine - if you feel tired or have a niggle, be sensible and adapt or reduce your session, seeking professional advice if you're injured.
- 06** **Think about fuelling over 60 mins.** If you're running for more than 60 mins, consider carrying water or a sports drink to hydrate and replenish energy stores.



## TOP TEN TRAINING TIPS

- 07** **Reward yourself every now and again.** You'll be burning hundreds if not thousands of calories each week, so reward your hard earned efforts with a glass of wine or bar of chocolate (in moderation of course).
- 08** **Keep a training diary.** Logging your runs and making notes on how you felt, what you ate beforehand and any other useful bits of information is really useful to track your progression, stay motivated and help you identify when you've pushed a little too hard or started to feel that niggle. There are a lots of apps on the market to help you record your runs.
- 09** **Eat well and often.** There are no hidden secrets to half marathon training; eating a well-balanced diet packed with carbohydrates, protein and vitamins will give your body all the nutrients it needs to run. Think of carbohydrate - that's potatoes, pasta, and wholegrains - as the nutrient for energy, so you'll need it particularly before the LSR and to replenish your energy reserves afterwards. After a long run, think protein - that's lean meats, fish, dairy and nuts to repair and rebuild muscles. Finally, pack in the fruit and veg - the more colourful your fridge the better to give you all the vitamins and minerals you'll need to ward off winter colds that can scupper training.
- 10** **Remember the taper.** The taper is when you bring your mileage down in the final few weeks to allow your body to rest and recover ahead of the race. The longest run in the BHM training schedule occurs in week 13 - three weeks before the race.

# HALF MARATHON TRAINING PLAN



## MON/TUE/WED

## THU/FRI

## SAT/SUN

**WEEK**  
**01**  
COMMENCING 7 NOV

WARM UP 5mins brisk walk  
**SESSION** **ER - 15mins**  
WARM DOWN 5mins brisk walk  
🕒 25mins

WARM UP 5mins brisk walk  
**SESSION** **ER - 15mins**  
WARM DOWN 5mins brisk walk  
🕒 25mins

WARM UP 5mins brisk walk  
**SESSION** **LSR - 2 miles or 30mins**  
(whichever you reach first)  
WARM DOWN 5mins brisk walk  
🕒 40mins

**WEEK**  
**02**  
COMMENCING 14 NOV

WARM UP 5mins brisk walk  
**SESSION** **ER - 20mins**  
WARM DOWN 5mins brisk walk  
🕒 30mins

WARM UP 5mins brisk walk  
**SESSION** **ER - 20mins**  
WARM DOWN 5mins brisk walk  
🕒 30mins

WARM UP 5mins brisk walk  
**SESSION** **LSR - 3 miles or 45mins**  
(whichever you reach first)  
WARM DOWN 5mins brisk walk  
🕒 55mins

**WEEK**  
**03**  
COMMENCING 21 NOV

WARM UP 5mins brisk walk  
**SESSION** **ER - 25mins**  
WARM DOWN 5mins brisk walk  
🕒 35mins

WARM UP 5mins brisk walk  
**SESSION** **ER - 25mins**  
WARM DOWN 5mins brisk walk  
🕒 35mins

WARM UP 5mins brisk walk  
**SESSION** **LSR - 4 miles or 60mins**  
(whichever you reach first)  
WARM DOWN 5mins brisk walk  
🕒 70mins

**WEEK**  
**04**  
COMMENCING 28 NOV

WARM UP 5mins brisk walk  
**SESSION** **ER - 15mins**  
WARM DOWN 5mins brisk walk  
🕒 25mins

WARM UP 5mins brisk walk  
**SESSION** **ER - 15mins**  
WARM DOWN 5mins brisk walk  
🕒 25mins

WARM UP 5mins brisk walk  
**SESSION** **LSR - 2 miles or 30mins**  
(whichever you reach first)  
WARM DOWN 5mins brisk walk  
🕒 40mins

# HALF MARATHON TRAINING PLAN



MON/TUE/WED

THU/FRI

SAT/SUN

WEEK  
**05**  
COMMENCING 5 DEC

WARM UP 5mins brisk walk  
SESSION **ER - 20mins**  
WARM DOWN 5mins brisk walk  
🕒 30mins

WARM UP 5mins brisk walk  
SESSION **TR - 20mins**  
WARM DOWN 5mins brisk walk  
🕒 30mins

WARM UP 5mins brisk walk  
SESSION **LSR - 5 miles or 75mins (whichever you reach first)**  
WARM DOWN 5mins brisk walk  
🕒 85mins

WEEK  
**06**  
COMMENCING 12 DEC

WARM UP 5mins brisk walk  
SESSION **ER - 25mins**  
WARM DOWN 5mins brisk walk  
🕒 35mins

WARM UP 5mins brisk walk  
SESSION **TR - 25mins**  
WARM DOWN 5mins brisk walk  
🕒 35mins

WARM UP 5mins brisk walk  
SESSION **LSR - 6 miles or 90mins (whichever you reach first)**  
WARM DOWN 5mins brisk walk  
🕒 100mins

WEEK  
**07**  
COMMENCING 19 DEC

WARM UP 5mins brisk walk  
SESSION **ER - 15mins**  
WARM DOWN 5mins brisk walk  
🕒 25mins

WARM UP 5mins brisk walk  
SESSION **ER - 15mins**  
WARM DOWN 5mins brisk walk  
🕒 25mins

WARM UP 5mins brisk walk  
SESSION **LSR - 3 miles or 45mins (whichever you reach first)**  
WARM DOWN 5mins brisk walk  
🕒 55mins

WEEK  
**08**  
COMMENCING 26 DEC

WARM UP 5mins brisk walk  
SESSION **ER - 30mins**  
WARM DOWN 5mins brisk walk  
🕒 40mins

WARM UP 5mins brisk walk  
SESSION **TR - 30mins**  
WARM DOWN 5mins brisk walk  
🕒 40mins

WARM UP 5mins brisk walk  
SESSION **LSR - 7 miles or 105mins (whichever you reach first)**  
WARM DOWN 5mins brisk walk  
🕒 115mins



# HALF MARATHON TRAINING PLAN



MON/TUE/WED

THU/FRI

SAT/SUN

WEEK  
**09**  
COMMENCING 2 JAN

WARM UP 5mins brisk walk  
SESSION **ER - 25mins**  
WARM DOWN 5mins brisk walk  
🕒 35mins

WARM UP 5mins brisk walk  
SESSION **TR - 25mins**  
WARM DOWN 5mins brisk walk  
🕒 35mins

WARM UP 5mins brisk walk  
SESSION **LSR - 8 miles or 120mins (whichever you reach first)**  
WARM DOWN 5mins brisk walk  
🕒 130mins

WEEK  
**10**  
COMMENCING 9 JAN

WARM UP 5mins brisk walk  
SESSION **ER - 30mins**  
WARM DOWN 5mins brisk walk  
🕒 40mins

WARM UP 5mins brisk walk  
SESSION **TR - 30mins**  
WARM DOWN 5mins brisk walk  
🕒 40mins

WARM UP 5mins brisk walk  
SESSION **LSR - 9 miles or 135mins (whichever you reach first)**  
WARM DOWN 5mins brisk walk  
🕒 145mins

WEEK  
**11**  
COMMENCING 16 JAN

WARM UP 5mins brisk walk  
SESSION **ER - 35mins**  
WARM DOWN 5mins brisk walk  
🕒 45mins

WARM UP 5mins brisk walk  
SESSION **TR - 35mins**  
WARM DOWN 5mins brisk walk  
🕒 45mins

WARM UP 5mins brisk walk  
SESSION **LSR - 10 miles or 150mins (whichever you reach first)**  
WARM DOWN 5mins brisk walk  
🕒 160mins

WEEK  
**12**  
COMMENCING 23 JAN

WARM UP 5mins brisk walk  
SESSION **ER - 15mins**  
WARM DOWN 5mins brisk walk  
🕒 25mins

WARM UP 5mins brisk walk  
SESSION **ER - 15mins**  
WARM DOWN 5mins brisk walk  
🕒 25mins

WARM UP 5mins brisk walk  
SESSION **LSR - 4 miles or 60mins (whichever you reach first)**  
WARM DOWN 5mins brisk walk  
🕒 70mins



# HALF MARATHON TRAINING PLAN



## MON/TUE/WED

## THU/FRI

## SAT/SUN

WEEK  
**13**  
COMMENCING 30 JAN

WARM UP 5mins brisk walk  
SESSION **ER - 30mins**  
WARM DOWN 5mins brisk walk  
🕒 40mins

WARM UP 5mins brisk walk  
SESSION **TR - 30mins**  
WARM DOWN 5mins brisk walk  
🕒 40mins

WARM UP 5mins brisk walk  
SESSION **LSR - 11 miles or 165mins (whichever you reach first)**  
WARM DOWN 5mins brisk walk  
🕒 175mins

WEEK  
**14**  
COMMENCING 6 FEB

WARM UP 5mins brisk walk  
SESSION **ER - 35mins**  
WARM DOWN 5mins brisk walk  
🕒 45mins

WARM UP 5mins brisk walk  
SESSION **TR - 35mins**  
WARM DOWN 5mins brisk walk  
🕒 45mins

WARM UP 5mins brisk walk  
SESSION **LSR - 8 miles or 120mins (whichever you reach first)**  
WARM DOWN 5mins brisk walk  
🕒 130mins

WEEK  
**15**  
COMMENCING 13 FEB

WARM UP 5mins brisk walk  
SESSION **ER - 25mins**  
WARM DOWN 5mins brisk walk  
🕒 35mins

WARM UP 5mins brisk walk  
SESSION **TR - 25mins**  
WARM DOWN 5mins brisk walk  
🕒 35mins

WARM UP 5mins brisk walk  
SESSION **LSR - 5 miles or 75mins (whichever you reach first)**  
WARM DOWN 5mins brisk walk  
🕒 85mins

WEEK  
**16**  
COMMENCING 20 FEB

WARM UP 5mins brisk walk  
SESSION **ER - 15mins**  
WARM DOWN 5mins brisk walk  
🕒 25mins

WARM UP 5mins brisk walk  
SESSION **ER - 15mins**  
WARM DOWN 5mins brisk walk  
🕒 25mins

**RACE DAY  
GOOD LUCK**

