

Relay Team 12 Week Beginners

Half Marathon Training Programme



WATERSIDE
**HALF
MARATHON**
2019

01.09.19

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------|--------|--|-----------|---|-------------|----------|---------------------------------------|
| Wk.1 | Rest | Run 15 mins | Rest | Run 15 mins | Rest | Rest | Run 15 mins |
| Wk.2 | Rest | Run 20 mins | Rest | Run 20 mins | Rest | Rest | Run 20 mins |
| Wk.3 | Rest | Run 25 mins | Rest | Run 25 mins | Run 20 mins | Rest | Run 25 mins |
| Wk.4 | Rest | Run 25 mins | Rest | Run 25 mins | Run 30 mins | Rest | Run 30 mins |
| Wk.5 | Rest | Run 25 mins | Rest | Run 30 mins (10 at faster pace) | Run 30 mins | Rest | Run 35 mins |
| Wk.6 | Rest | Run 30 mins | Rest | Run 30 mins (10 at faster pace) | Run 30 mins | Rest | Run 40 mins |
| Wk.7 | Rest | Run 30 mins (15 mins fast- er pace) | Rest | Run 35 mins | | Rest | Run 45 mins |
| Wk.8 | Rest | Run 30 mins: 10 easy, 10 quick, 10 easy | Rest | Run 35 mins | Rest | Rest | Run 45 mins |
| Wk.9 | Rest | Run 35 mins: 10 easy, 5 quick, 10 easy, 5 quick, 5 easy | Rest | Run 30 mins | Rest | Rest | Run 45 mins |
| Wk.10 | Rest | As week 9 | Rest | Run 30 mins: 10 easy, 5 quick, 5 easy, 5 quick, 5 easy | Rest | Rest | Run 40 mins |
| Wk.11 | Rest | As week 10 | Rest | As week 10 | Rest | Rest | Run 35 mins |
| Wk.12 | Rest | Run 30 mins: 10 easy, 5 quick, 15 easy | Rest | Run 25 mins easy | Rest | Rest | Half Marathon 1st Sept |