

Half Marathon Training Guide



As a first time runner, or beginner in long distance running, you might be looking for some tips and tricks to help you to run safely and at your best. This training pack has been designed to help to prepare you for your upcoming half marathon. It includes ideas for a 12 week training plan, weekly training schedule, and advice about how to deal with challenges and injuries that might come up during your preparation for the big event.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	30 mins easy cross training + stretch	30 mins power walk or 20 mins easy run + stretch	40 mins cross training or 30 min conditioning work +stretch	30 mins power walk or easy/steady effort run + stretch	Rest	30 mins conditioning work + stretch	60 min easy long run, split: 3 min running, 2 min walking
2	30 mins cross training + stretch or Pilates/yoga	30 min power walk or easy/steady effort run + 15 min core/ body exercises + stretch	rest or 40 min cross training + stretch	10 mins power walk +20 mins easy effort run + 10 mins power walk +stretch	Rest	Pilates/ yoga or 35 min easy cross training	15 min power walk + 45 min easy effort run +15 min power walk +stretch
3	30 min easy cross run + stretch	35 mins power wak or easy/ steady run + 15 mins core/body exercises+stretch	rest or 40 min cross training + stretch	10 mins warm up, 5x2 mins at threshold effort with 60 secs jog recovery between efforts	Rest or 30min swim	40 min corss training +stretch	15 min power walk + 30 min easy effort run + 5 min power walk +30 min easy effort run + 15 min power walk +stretch

4	Rest	40 minute easy/steady effort run + stretch	10 mins warm up, 6x2 mins at threshold effort with 60 secs jog recovery between efforts, 10 mins cool down + stretch	Rest	45 mins cross training (focus on core and body exercises) + stretch	Pilates or yoga or 40 mins cross training + stretch	15 mins power walk + 40 mins easy effort run + 5 mins brisk walk + 40 mins easy effort run + 15 mins power walk + stretch
5	40 mins cross training (focus on core/body exercises) + stretch	45 mins easy/steady effort run + stretch	10 mins warm up, 4x3 at threshold effort with 90 secs jog recovery between efforts, 10 mins cool down + stretch	Rest	45 mins easy effort cross training + stretch	Pilates or yoga + stretch	15 mins power walk + 50 mins easy effort + 5 mins power walk + 50 mins easy effort run + 15 mins power walk + stretch
6	45 mins easy/steady effort run + stretch	Rest	10 mins warm up, 4x3 mins at threshold effort with 90 secs jog recovery	Rest	45 mins easy effort cross training + stretch	Pilates or yoga or stretch	15 mins power walk + 90 min easy effort run + 15 mins power walk + stretch

7	45 mins easy/steady effort run via a smooth route + stretch	10 mins warm up, 5x4 mins at threshold effort with 90 secs jog recovery between efforts, 10 mins cool down+stretch	Rest	45 mins easy effort cross training + stretch	Rest	Pilates or yoga + stretch	15 mins power walk + 60 mins easy effort run + 10 mins power walk + 60 mins easy effort run + 15 mins power walk + stretch
8	Rest	45 mins easy/steady effort run over an undulating route + stretch	Yoga or sports massage	10 mins warm up, 4x6 mins at threshold level, 10 mins cool down + stretch	45 mins easy effort cross training + stretch	Rest or swim	15 mins power walk + 75 mins easy/steady effort run + 15 mins power walk + stretch
9	40 mins easy/steady effort run over an undulating route + stretch	Rest or Pilates/Yoga	30 mins easy effort run + 30 mins cross training + stretch	40 mins easy/steady effort run + stretch	30 mins effort run +stretch or pilates or yoga	Rest	90 mins easy/steady effort long run+ stretch

10	45 mins easy cross training + stretch	Pilates or Yoga or swim + stretch	Rest	3x7 mins at threshold effort with 90 secs jog recovery between efforts, 10 mins cool down + stretch	Rest	Pilates/ yoga or stretch	15 mins power walk + 15 mins easy/steady effort run + 15 mins power walk + stretch
11	35 mins cross training + stretch	Rest	45 mins steady effort run + stretch	10 mins warm up, 4x5 mins at threshold effort with 90 secs jog recovery between efforts, 10 mins cool down + stretch	Rest	Pilates or swim	60 mins steady effort long run + stretch
12	30 mins easy effort run + stretch	Rest	25 mins easy effort run + stretch	Rest	15 mins easy run + stretch	Rest	HALF MARATHON DAY!

It's important to develop a training routine that works best for you, especially if this is your first half marathon. If this plan doesn't feel quite right, doesn't fit with your daily routine and lifestyle, or feels too far from your original training regime, you might prefer one of the other plans, listed below:

<https://www.backcountry.com/wp-content/uploads/2014/02/12-Week-Trail-Half-Marathon-Training-Plan-V2.pdf>

[http://www.endurancetraining.com.au/Articles/Half % 20Marathon % 20Training % 20Program.pdf](http://www.endurancetraining.com.au/Articles/Half%20Marathon%20Training%20Program.pdf)

http://running.competitor.com/files/2013/03/30_nat.pdf

<http://www.runnersworld.co.za/training/12-week-half-marathon-plan-beginners/>



As well as being a fantastic way to keep fit and healthy, running is a great way to relieve stress and take care of your mental health, too. It does however increase the pressure on your body, which can sometimes lead to injuries. Here's a list of some of the injuries that you would need to watch out for:

- Achilles Tendinitis
- Runners Knee
- Shin Splints
- Hamstring
- Chafing

If you have an injury the best thing to do is to see your doctor, NHS Direct also gives some helpful advice on what to do to overcome common running injuries. Just click on the link to find out more information:

<https://www.nhs.uk/Livewell/c25k/Pages/running-injuries.aspx>

Hopefully this training pack has helped you feel more prepared for your run. All the best of luck from everyone at CLAPA for your Half Marathon!

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The general information provided here is not intended to replace advice from a healthcare professional, and CLAPA cannot accept any responsibility for injury or illness suffered as a result of participating in a fundraising challenge. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately and consult a doctor.