



Harewood Half Marathon

12-Week Training Plan for Improvers

WC	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
week 1	Rest, Yoga or Pilates + Stretch	30 mins Steady run + Stretch	45 mins Cross-Training + Stretch	45 mins Steady undulating run + Stretch	REST	40 mins Steady undulating run - push the effort on the hills + Stretch	60 mins Long run - Easy/Steady effort + off-road if possible + Stretch
week 2	Rest, Yoga or Pilates + Stretch	40 mins Easy run + Stretch	10 mins warm-up, 3 x 8 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool-down + Stretch	45 mins Cross-Training + Stretch	REST	15 mins warm-up, 5 x 3 mins at 90% (10K) effort with 60 secs jog recovery between efforts, 15 mins cool-down + Stretch	60 mins Long run - Easy/Steady effort + off-road if possible + Stretch
week 3	Rest, Yoga or Pilates + Stretch	10 mins warm-up, 3 x 8 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool-down + Stretch	45 mins Cross-Training + Stretch	30 mins Easy run + Stretch	REST	5km Race OR 5K Pak Run	45 mins Long run - Easy/Steady effort + off-road if possible + Stretch
week 4	Rest, Yoga or Pilates + Stretch	45 mins Cross-Training + Stretch	10 mins warm-up, 3 x 8 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool-down + Stretch	40 mins Easy run + Stretch	REST	15 mins warm-up, 5 x 3 mins at 90% (10K) effort with 60 secs jog recovery between efforts, 15 mins cool-down + Stretch	75 mins Long run - Easy/Steady effort + off-road if possible + Stretch
week 5	Rest, Yoga or Pilates + Stretch	10 mins warm-up, 6 x 5 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool-down + Stretch	45 mins Cross-Training + Stretch	45 mins Steady undulating run + Stretch	REST	40 mins Easy run + Stretch	45 mins Long run - Easy effort + Stretch

week 6	Rest, Yoga or Pilates + Stretch	10 mins warm-up, 6 x 5 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool-down + Stretch	45 mins Cross-Training + Stretch	30 mins Steady run + Stretch	REST	15 mins warm-up, 6 x 3 mins at 90% (10K) effort with 60 secs jog recovery between efforts, 15 mins cool-down + Stretch	75 mins Long run - Easy/Steady effort + off-road if possible + Stretch
week 7	Rest, Yoga or Pilates + Stretch	10 mins warm-up, 6 x 5 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool-down + Stretch	45 mins Cross-Training + Stretch	30 mins Steady run + Stretch	REST	5K PARK RUN - aim to run this at 90% effort	45 mins Long run - Easy effort + Stretch
week 8	Rest, Yoga or Pilates + Stretch	45 mins run including middle 15 mins at Threshold effort + Stretch	60 mins Cross-Training + Stretch	15 mins warm-up, 6 x 3 mins at 190% effort with 90 secs jog recovery between efforts, 15 mins cool-down + Stretch	REST	30 mins Easy run + Stretch	75 mins Long run - Steady effort (push hills to 85-90%) + off-road if possible + Stretch
week 9	Rest, Yoga or Pilates + Stretch	10 mins warm-up, 4 x 8 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool-down + Stretch	60 mins Cross-Training + Stretch	45 mins Steady run + Stretch	REST	15 mins warm-up, 6 x 3 mins at 90% (10K) effort with 75 secs jog recovery between efforts, 15 mins cool-down + Stretch	90 mins Long run - Easy/Steady effort + off-road if possible + Stretch
week 10	Rest, Yoga or Pilates + Stretch	10 mins warm-up, 4 x 8 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool-down + Stretch	30 mins Easy run + Stretch	45 mins Cross-Training + Stretch	15 mins warm-up, 6 x 3 mins at 90% (10K) effort with 60 secs jog recovery between efforts, 15 mins cool-down + Stretch	REST	90 mins Long run - Easy/Steady effort + off-road if possible + Stretch
week 11	Rest, Yoga or Pilates + Stretch	10 mins warm-up, 4 x 8 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool-down + Stretch	30 mins Easy run + Stretch	45 mins Cross-Training + Stretch	REST	15 mins warm-up, 6 x 3 mins at 90% (10K)) effort with 75 secs jog recovery between efforts, 15 mins cool-down + Stretch	60 mins Long run - Easy/Steady effort + off-road if possible + Stretch

week 12	REST	10 mins warm-up, 4 x 5 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool-down + Stretch	REST	30 mins Steady run + Stretch	REST	20 mins Easy run + Stretch	Harewood 10K
----------------	------	--	------	------------------------------	------	----------------------------	---------------------