



Harewood Half Marathon

12-week Training Plan for Improvers

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
week 1	30 mins Recovery run + 30 mins Cross-Training - focus on body weight exercises + Stretch	15 mins warm-up, 5 x 5 mins at Threshold effort with 60 secs jog recovery between efforts, 15 mins cool-down + Stretch	45 mins Cross Training + Srtretch	40 mins Steady undulating run + Stretch	REST	15 mins warm-up, 3 x 8 mins Kenyan Hills with 2 mins jog recovery between efforts, 15 mins cool-down + Stretch	70 mins Long run - Easy effort, off-road if possible + Stretch
week 2	Rest, Yoga or Pilates + Stretch	15 mins warm-up, 3 x 8 mins at Threshold effort with 60 secs jog recovery between efforts, 15 mins cool-down + Stretch	45 mins Cross Training + Srtretch	45 mins Steady undulating run + Stretch	REST	15 mins warm-up, 3 x 8 mins Kenyan Hills with 2 mins jog recovery between efforts, 15 mins cool-down + Stretch	80 mins Long run - Easy/Steady effort, off-road if possible + Stretch
week 3	30 mins Recovery run + 30 mins Cross-Training - focus on body weight exercises + Stretch	60 mins at Steady effort run + Stretch	45 mins Cross Training + Srtretch	30 mins Recovery run + Stretch	REST	5k Park Run	60 mins Long run - Steady effort, off road if possible + Stretch
week 4	30 mins Cross-Training - focus on body weight exercises + Stretch	15 mins warm-up, 10 mins at Threshold effort, 6 x 2 mins at 10k with 60 secs recovery between each effort, 10 mins at Threshold effort, 15 mins cool-down + Stretch	45 mins Cross Training + Srtretch	15 mins warm-up, 20 mins at Threshold effort, 15 mins cool-down + Stretch	REST	15 mins warm-up, 2 x (10 mins at Threshold effort + 10 mins Kenyan Hills) with 2 mins jog recovery between efforts, 15 mins cool-down + Stretch	90 mins Long run - Easy/Steady effort, off-road if possible + Stretch

week 5	Rest, Yoga or Pilates + Stretch	15 mins warm-up, 10 mins at Threshold effort, 5 x 3 mins at 10k with 90 secs recovery between each effort, 10 mins at Threshold effort, 15 mins cool-down + Stretch	45 mins Cross Training + Srtretch	45 mins Steady undulating run - push 4-5 hills to 90% effort + Stretch	REST	15 mins warm-up, 5 x 1km at 10k effort with 90 secs jog recovery between efforts, 15 mins cool-down + Stretch	90 mins Long run - Easy/Steady effort, undulating off-road if possible + Stretch
week 6	30 mins Cross-Training - focus on body weight exercises + Stretch	15 mins warm-up, 3 x 10 mins at Threshold effort with 90 secs jog recovery between each effort, 15 mins cool-down + Stretch	REST	45 mins Steady undulating run - push 4-5 hills to 90% effort + Stretch	45 mins Cross Training + Srtretch	15 mins warm-up, 5 x 1km at 10k effort with 90 secs jog recovery between efforts, 15 mins cool-down + Stretch	90 mins Easy Long Run + Stretch
week 7	30 mins Cross-Training - focus on body weight exercises + Stretch	15 mins warm-up, 5 x 3 mins at 10k effort with 60 secs jog recovery between efforts, 15 mins cool-down + Stretch	REST	15 mins warm-up, 15 mins at Threshold effort, 15 mins cool-down + Stretch	REST	30 mins Recovery run + Stretch	10k Race OR 5-mile Time Trial
week 8	Rest, Yoga or Pilates + Stretch	45 mins Recovery run + Stretch	60 mins at Steady effort run + Stretch	45 mins Cross Training + Srtretch	15 mins warm-up, 6 x 1km at 10k effort with 90 secs jog recovery between efforts, 15 mins cool-down + Stretch	REST	90 mins Long run - Easy/Steady effort, undulating off-road if possible + Stretch
week 9	30 mins Cross-Training - focus on body weight exercises + Stretch	45 mins Recovery run + Stretch	15 mins warm-up, 3 x 10 mins at Threshold effort with 60 secs jog recovery between each effort, 15 mins cool-down + Stretch	REST	15 mins warm-up, 6 x 1km at 10k effort with 90 secs jog recovery between efforts, 15 mins cool-down + Stretch	REST	90 mins Steady Long Run + Stretch

week 10	Rest, Yoga or Pilates + Stretch	15 mins warm-up, 3 x (6 x 400m at 10k effort) with 30secs jog recovery between efforts and 3 mins between sets, 15 mins cool-down + Stretch	45 mins Cross Training + Srtretch	30 mins Recovery run + Stretch	REST	5k Park Run	90 mins Long run - Easy/Steady effort, undulating off-road if possible + Stretch
week 11	Rest, Yoga or Pilates + Stretch	REST	15 mins warm-up, 25 mins at Threshold effort, 15 mins cool-down + Stretch	45 mins Cross Training + Srtretch	15 mins warm-up, 2 x (6 x 400m at 10k effort) with 30secs jog recovery between efforts and 3 mins between sets, 15 mins cool-down + Stretch	REST	70 mins Long run + Stretch
week 12	REST	15 mins warm-up, 4 x 3 mins at 10k effort with 60 secs jog recovery between efforts, 15 mins cool-down + Stretch	30 mins Recovery run + Stretch	10 mins Easy, 10 mins at Threshold Effort, 10 mins Easy	REST	30 mins Recovery run including 6 x 20 secs strides + Stretch	Harewood Half Marathon