



# Harewood Half Marathon

## 12-Week Training Plan for Improvers

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
week 1	Rest, Yoga or Pilates + Stretch	15 mins warm-up, 5 x 3 mins at Threshold effort with 90 secs jog recovery between efforts, 15 mins cool-down + Stretch	45 mins Cross Training + Srtretch	40 mins at Steady effort run + Stretch	REST	40 mins Steady undulating run + Stretch	60 mins Long run - Easy/Steady effort off-road if possible + Stretch
week 2	Rest, Yoga or Pilates + Stretch	15 mins warm-up, 5 x 4 mins at Threshold effort with 90 secs jog recovery between efforts, 15 mins cool-down + Stretch	45 mins Cross Training + Srtretch	40 mins at Steady effort run + Stretch	REST	15 mins warm-up, 3 x 4 mins Kenyan Hills with 2 mins jog recovery between efforts, 15 mins cool-down + Stretch	75 mins Long run - Easy/Steady effort off-road if possible + Stretch
week 3	Rest, Yoga or Pilates + Stretch	15 mins warm-up, 4 x 5 mins at Threshold effort with 90 secs jog recovery between efforts, 15 mins cool-down + Stretch	45 mins Cross Training + Srtretch	25 mins Steady run + stretch	REST	15 mins warm-up, 3 x 6 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 4	Rest, Yoga or Pilates + Stretch	15 mins warm-up, 5 x 5 mins at Threshold effort with 75 secs jog recovery between efforts, 15 mins cool-down + Stretch	45 mins Cross Training + Srtretch	45 mins Steady undulating run - push 4-5 hills up to 90% + Stretch	REST	5k Park Run	45 minutes Easy Long Run

<b>week 5</b>	Rest, Yoga or Pilates + Stretch	15 mins warm-up, 6 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	90 mins Long run - Easy/Steady effort off-road if possible + Stretch
<b>week 6</b>	Rest, Yoga or Pilates + Stretch	15 mins warm-up, 6 x 5 mins at Threshold effort with 60 secs jog recovery between efforts, 15 mins cool-down + Stretch	45 mins Cross Training + Srtretch	30 mins Easy run + Stretch	15 mins warm-up, 5 x 3 mins at 10k effort with 90 secs jog recovery between efforts, 15 mins cool-down + Stretch	REST	105 mins Long run - Easy/Steady effort off-road if possible + Stretch
<b>week 7</b>	Rest, Yoga or Pilates + Stretch	30 mins Recovery run + 30 mins Cross-Training - focus on body weight exercises + Stretch	15 mins warm-up, 4 x 6 mins at Threshold effort with 90 secs jog recovery between efforts, 15 mins cool-down + Stretch	REST	15 mins warm-up, 5 x 2 mins at 10k effort with 90 secs jog recovery between efforts, 15 mins cool-down + Stretch	REST	<b>10k Race OR 5-mile Time Trial</b>
<b>week 8</b>	Rest, Yoga or Pilates + Stretch	30 mins Recovery run + 30 mins Cross-Training - focus on body weight exercises + Stretch	15 mins warm-up, 4 x 8 mins at Threshold effort with 90 secs jog recovery between efforts, 15 mins cool-down + Stretch	30 mins Easy run + Stretch	15 mins warm-up, 5 x 3 mins at 10k effort with 90 secs jog recovery between efforts, 15 mins cool-down + Stretch	REST	120 mins Long run - Easy/Steady effort off-road if possible + Stretch
<b>week 9</b>	Rest, Yoga or Pilates + Stretch	15 mins warm-up, 5 x 5 mins at Threshold effort with 60 secs jog recovery between efforts, 15 mins cool-down + Stretch	30 mins Recovery run + 30 mins Cross-Training - focus on body weight exercises + Stretch	15 mins warm-up, 4 x 3 mins at Threshold effort with 60 secs jog recovery between efforts, 15 mins cool-down + Stretch	REST	<b>5k Park Run OR Time Trial</b>	45 minutes Easy Long Run
<b>week 10</b>	Rest, Yoga or Pilates + Stretch	15 mins warm-up, 4 x 5 mins at Threshold effort with 60 secs jog recovery between efforts, 15 mins cool-down + Stretch	30 mins Recovery run + 30 mins Cross-Training - focus on body weight exercises + Stretch	30 mins Easy run + 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	105 mins Long run - Easy/Steady effort off-road if possible + Stretch

week 11	Rest, Yoga or Pilates + Stretch	15 mins warm-up, 4 x 5 mins at Threshold effort with 60 secs jog recovery between efforts, 15 mins cool-down + Stretch	REST	30 mins Easy run + 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	60 mins Long run - Easy/Steady effort off-road if possible + Stretch
	REST	10 mins Easy, 10 mins at Threshold Effort, 10 mins Easy	30 mins Recovery run + Stretch	REST	20 mins Recovery run + Stretch	REST	<b>Harewood Half Marathon</b>
week 12							