**10 Week Half Marathon Training Plan**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| No. |  | Monday |  | Tuesday |  | Wednesday |  | Thursday |  | Friday |  | Saturday |  | Sunday |
| Week 1 | 30mins Steady | Rest | 45 mins Easy | Rest | 30 mins Steady | Rest | 1 hr Steady |
| Week 2 | Rest | 45 mins Steady | Rest | 45 mins Steady | Rest | Park Run | 1:15 Steady |
| Week 3 | Rest | 1hr Steady | 45 mins Steady | Rest | 5 miles in 48 mins | 30mins Easy | 1:30 Steady |
| Week 4 | 5 Miles in 48 Mins | Rest | 1 hr Steady | 3 miles Steady | Rest | Park Run | 1:30 Steady |
| Week 5 | Rest | 30mins Steady | Rest | Rest | 30 mins Steady | Rest | 1:45 Steady |
| Week 6 | 3 miles in 28 Mins | 1 hr Steady | 45 mins Easy | Rest | 30 mins Steady | Park Run | 2 hrs Steady |
| Week 7 | Rest | 3 miles in under 30 mins | 1 hr Steady | Rest | 3 miles in 30 mins | Rest | 9 Miles in 1:30 |
| Week 8 | 30 mins Steady | 5 miles in under 50 mins | Rest | 1:15 Steady | Rest | Park Run | 2:20 Easy |
| Week 9 | 4 miles in 38 mins | 1:15 Steady | Rest | 1:15 Steady | Rest | 30 mins Easy | 10 Miles in 1:38 |
| Week 10 | Rest | 20 Mins Easy | Rest | 15 Mins Easy | Rest | 10 mins Jog | **Race Day (Enjoy)** |

**SUB 2:15 NOTES AND TIPS:** This a 10-week plan is for someone who has got some experience of running, and can complete 10k in around an hour. “Easy” sessions will be at a very comfortable pace thinking that you could go further. “Steady is at something approaching just below your Race Pace (10-minute miles); working but still able to hold a conversation.

On Saturdays try doing one of the local Park Runs. If there’s non nearby just go and run a nice steady 5k and time yourself and see how you go each week aiming to get slightly quicker over the 10 weeks.

Don’t Get to concerned about aiming towards your target time during week 8 on the Sunday run. You should aim to go slower than the pace your after during the event it should prove you can spend that much time on your feet and come out smiling at the other end! The longer runs should also help to give an idea of pace-management. Enjoy it – and be sure to throw your hands in the air when you cross the line!