

# INTERMEDIATE HALF MARATHON

Training plan



## Thank you so much for signing up to run a Half Marathon for CLIC Sargent

We'll support you every step of the way.

This plan has been designed and written for a runner who has some running and training experience. Before starting the plan, you should be able to run or run/walk for 45 minutes. (An example of a run/walk ratio would be running for 4 minutes and walking for 1 minute.) Walk any hills early on in training if you need to. We have included a two week lead-in plan to get you ready for the 12 weeks of progressive training.

When training for an event, the most important thing is to be honest with your starting point. This is far more important than putting pressure on a time-based result. Your training needs to fit in with your availability to train each week. Think carefully about your work, family and social commitments. It's not the amount of time you spend doing something, it's what you do with the time you have doing something. We're not professional athletes, and we have busy lives, so we have to do the best with what time we have. The process needs to be enjoyed, maybe a little tough, but not a chore. The goal is to:

**“Structure your training into a busy lifestyle, maximizing its benefits while reducing your chances of injury”**

**CLICSARGENT.ORG.UK**

Find us on:   

CLIC Sargent Cancer Care for Children. Company number 5273638  
Registered charity in England & Wales (1107328) and Scotland (SC039857)  
Registered office: 77-85 Fulham Palace Road, London W6 8JA

## Two week lead in plan

R = Run, RT = Rest, G = Gym

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Week 1/2</b>							
<b>Session type</b>	R	RT	R	RT	R	RT	R
<b>Training</b>	15 mins		15 mins		20 mins		20 mins
<b>Week 2/2</b>							
<b>Session type</b>	R	RT	R	RT	R	RT	R
<b>Training</b>	20 mins		20 mins		20 mins		30 mins

## 12 week progression plan

R = Run, RT = Rest, G = Gym

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Week 1/12</b>							
<b>Session type</b>	RT	R	RT	R	RT	R/RT	R
<b>Training</b>		3 miles tempo		3 miles tempo		20 mins easy	4 miles
<b>Week 2/12</b>							
<b>Session type</b>	RT	R	RT	R	RT	R/RT	R
<b>Training</b>		3 miles tempo		3 miles tempo		20 mins easy	5 miles
<b>Week 3/12</b>							
<b>Session type</b>	RT	R	G/RT	R	RT	R/RT	R
<b>Training</b>		3 miles	Core, legs, glutes/ Cross training	Interval - 4x400m (with 60 second recovery between intervals) / or 30 min Fartlek		20 mins easy	5 miles

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Week 4/12</b>							
<b>Session type</b>	<b>RT</b>	<b>R</b>	<b>G/RT</b>	<b>R</b>	<b>RT</b>	<b>R/RT</b>	<b>R</b>
<b>Training</b>		3 miles tempo	Core, legs, glutes/ Cross training	Interval - 6x600m (with 60 second recovery between intervals) / or 30 min Fartlek		20 mins easy	6 miles
<b>Week 5/12</b>							
<b>Session type</b>	<b>RT</b>	<b>R</b>	<b>G/RT</b>	<b>R</b>	<b>RT</b>	<b>R/RT</b>	<b>R</b>
<b>Training</b>		4 miles tempo	Core, legs, glutes/ Cross training	Interval - 6x600m (with 60 second recovery between intervals) / or 30 min Fartlek		20 mins easy	7 miles
<b>Week 6/12</b>							
<b>Session type</b>	<b>RT</b>	<b>R</b>	<b>G/RT</b>	<b>R</b>	<b>RT</b>	<b>R/RT</b>	<b>R</b>
<b>Training</b>		4 miles tempo	Core, legs, glutes/ Cross training	Interval - 8x400m (with 60 second recovery between intervals) / or 40 min Fartlek		20 mins	8 miles

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Week 7/12</b>							
<b>Session type</b>	<b>RT</b>	<b>R</b>	<b>G/RT</b>	<b>R</b>	<b>RT</b>	<b>R/RT</b>	<b>R</b>
<b>Training</b>		4 miles tempo	Core, legs, glutes/ Cross training	Interval - 6x600m (with 60 second recovery between intervals) / or 40 min Fartlek		20 mins easy	9 miles
<b>Week 8/12</b>							
<b>Session type</b>	<b>RT</b>	<b>R</b>	<b>G/RT</b>	<b>R</b>	<b>RT</b>	<b>R/RT</b>	<b>R</b>
<b>Training</b>		4 miles tempo	Core, legs, glutes/ Cross training	Interval - 8x600m (with 60 second recovery between intervals) / or 40 min Fartlek		20 mins easy	10 miles
<b>Week 9/12</b>							
<b>Session type</b>	<b>RT</b>	<b>R</b>	<b>G/RT</b>	<b>R</b>	<b>RT</b>	<b>R/RT</b>	<b>R</b>
<b>Training</b>		4 miles tempo	Core, legs, glutes/ Cross training	Interval - 6x600m (with 60 second recovery between intervals) / or 30 min Fartlek		20 mins easy	11 miles

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Week 10/12</b>							
<b>Session type</b>	<b>RT</b>	<b>R</b>	<b>G/RT</b>	<b>R</b>	<b>RT</b>	<b>RT</b>	<b>R</b>
<b>Training</b>		4 miles tempo	Core, legs, glutes/ Cross training	Interval - 8x600m (with 60 second recovery between intervals) / or 40 min Fartlek			12 miles
<b>Week 11/12</b>							
<b>Session type</b>	<b>RT</b>	<b>R</b>	<b>G/RT</b>	<b>R</b>	<b>RT</b>	<b>RT</b>	<b>R</b>
<b>Training</b>		4 miles tempo	Core, legs, glutes/ Cross training	Interval - 6x600m (with 60 second recovery between intervals) / or 30 min Fartlek		2 miles	4 miles
<b>Week 12/12</b>							
<b>Session type</b>	<b>RT</b>	<b>R</b>	<b>RT</b>	<b>R</b>	<b>RT</b>	<b>RT</b>	<b>R</b>
<b>Training</b>		4 miles easy		2 miles easy			13.1 miles

## How about writing your OWN plan?

It's actually pretty simple, providing you follow the following steps, and is something I would recommend everyone to do:

1. How are you going to present this plan to yourself? (Spreadsheet, notebook, flip calendar) Something where you can see the whole week in a glance is great.
2. How many hours a week do you have to dedicate to running?
3. How many hours a week can you dedicate to strength work? (max 2)
4. Mark in your diary the days and times that you can make these sessions happen. You might want to have a day in between the runs to recover or to do a strength session. For example, running Tuesday, Friday, Sunday. Strength on Wednesday and/or Saturday.

The idea is to set your starting point. If heading out for a 60 min run sounds daunting, then start with 30. If 30 sounds daunting, then start with 15. It's not going to be a representation of where you'll be in the months to come. Just get something into your feet and feel successful. Stick around the same numbers for the week and then progress a little more the following week:

**Week 1: total mins scheduled: 90**

**Week 2: total mins scheduled: 100**

**Week 3: total mins scheduled: 110**

As mentioned previously, we can't keep doing more and more so generally every 3rd or 4th week reduce how much you're doing and build up again from there.

**Week 4: total mins scheduled: 95**

**Week 5: total mins scheduled: 105**

**Week 6: total mins scheduled: 115**

**Week 7: total mins scheduled: 100**

The plan is not concrete, and you should be ok with changing things around if needed. Try to put the longer efforts on the Sunday so for example:

**Tuesday: 20 mins**

**Friday: 20 mins**

**Sunday: 35 mins**

**“A Journey of a Thousand Miles, Begins with a Single Step”**

**Enjoy the process and thank you again for being a part of Team Young Lives.**

#### **Disclaimer**

Always warm up adequately before any workout and immediately cease any exercise which results in pain or discomfort. Consult a doctor before beginning any new exercise regime. Whilst this plan been designed to be appropriate, and of benefit to runners, Fitness Aspirations Ltd (and CLIC Sargent) shall not be held responsible for any loss or injury that is incurred through the use of the information or exercises within this document. In using the information contained within this document, you hereby agree to the above terms.

