

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Goal	This week is about getting started! You're on your first step to running a Half Marathon, be patient, take it easy and try to complete each session. Don't forget to stretch after each session						
1	22/6	Steady Run Getting time on your feet. Run or walk at a pace you can still chat	Interval Training Its early days, but we're laying the ground work for gaining some speed		Tempo Run Learn how it feels to run at different paces		Long Slow Distance Run Starting to build distance covered in one run. Easy pace, make sure you can chat
		20 mins Consistent pace, walk if necessary	20 mins 5 mins warm up - easy (1 min brisk run: 1 min walk) x 5 5 mins cool down - easy		20 mins 5 mins easy pace 10 mins faster pace 5 mins easy pace		30 mins Easy pace, but consistent
Session Goal	Well done, you are on to your second week, we're trying to make running a habit, so make sure you do all sessions. And don't forget to stretch.						
2	29/6	Steady Run Getting time on your feet. Run or walk at a pace you can still chat	Interval Training Its early days, but we're laying the ground work for gaining some speed		Tempo Run Learn how it feels to run at different paces		Long Slow Distance Run Starting to build distance covered in one run. Easy pace, make sure you can chat
		20 mins Consistent pace, walk if necessary	20 mins 5 mins warm up - easy (1 min brisk run: 1 min walk) x 5 5 mins cool down - easy		20 mins 5 mins easy pace 10 mins faster pace 5 mins easy pace		40 mins Easy pace, but consistent
Session Goal	Ok, so we're onto week 3 now, you are starting to get used to making running part of your weekly routine so now we can start increasing 'time on your feet'. Stretch as always.						
3	6/7	Steady Run Getting time on your feet. Run or walk at a pace you can still chat	Interval Training For the 'brisk' intervals, they should feel hard and you should not be able to talk, slow right down for the jog, get your breath back		Tempo Run The faster pace section is best described as 'controlled discomfort'. You can speak a few words but not whole sentences		Long Slow Distance Run Starting to build distance covered in one run. Easy pace, make sure you can chat
		25 mins Consistent pace, walk if necessary	20 mins 5 mins warm up - easy (1 min brisk run: 1 min jog) x 5 5 mins cool down - easy		22 mins 5 mins easy pace 12 mins faster pace 5 mins easy pace		50 mins Easy pace, but consistent
Session Goal	Every 4th week is an 'unload week'. A chance to reduce the volume and consolidate your fitness gains. This gives the body a chance to adapt and recover. Keep on stretching after each session.						
4	13/7	Steady Run Getting time on your feet. Run or walk at a pace you can still chat	Interval Training For the 'brisk' intervals, they should feel hard and you should not be able to talk, slow right down for the jog, get your breath back		Tempo Run The faster pace section is best described as 'controlled discomfort'. You can speak a few words but not whole sentences		Long Slow Distance Run Starting to build distance covered in one run. Easy pace, make sure you can chat
		20 mins Consistent pace, walk if necessary	20 mins 5 mins warm up - easy (1 min brisk run: 1 min jog) x 5 5 mins cool down - easy		20 mins 5 mins easy pace 10 mins faster pace 5 mins easy pace		45 mins Easy pace, but consistent

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Session Goal	Brilliant work, week 5! We're starting to build the volume and intensity again. Stick at it, you should be starting to feel stronger. Stretch!!						
5	20/7	Steady Run Getting time on your feet. Run at a pace you can still chat	Interval Training For the 'brisk' intervals, they should feel hard and you should not be able to talk, slow right down for the jog, get your breath back - 3 more this week!		Tempo Run The faster pace section is best described as 'controlled discomfort'. You can speak a few words but not whole sentences		Long Slow Distance Run Building the distance now, should be covering between 5 and 6 miles. Keep the pace easy, make sure you can chat
		30 mins Consistent pace, feel in control	26 mins 5 mins warm up - easy (1 min brisk run: 1 min jog) x 8 5 mins cool down - easy		22 mins 5 mins easy pace 12 mins faster pace 5 mins easy pace		55 mins Easy pace, but consistent
Session Goal	We're aiming for an hour run this week, well done – what an achievement, just look how far you've come in 6 weeks. (But don't forget the stretching to keep injury at bay)						
6	27/7	Steady Run Getting time on your feet. Run at a pace you can still chat	Interval Training For the 'brisk' intervals, they should feel hard and you should not be able to talk, slow right down for the jog, get your breath back		Tempo Run The faster pace section is best described as 'controlled discomfort'. You can speak a few words but not whole sentences		Long Slow Distance Run Building the distance now, should be covering between 5 and 6 miles. Keep the pace easy, make sure you can chat
		30 mins Consistent pace, feel in control	25 mins 5 mins warm up - easy (90 secs brisk run: 1 min jog) x 6 5 mins cool down - easy		31 mins 5 mins easy, 8 mins faster 5 mins easy, 8 mins faster 5 mins easy		60 mins Easy pace, but consistent
Session Goal	You're covering between 13 and 15 miles a week, so look out for any niggles. Injury prevention is better than cure. Treat yourself to a sports massage and have one fortnightly as part of your half marathon build-up						
7	3/8	Steady Run Getting time on your feet. Run at a pace you can still chat	Interval Training For the 'brisk' intervals, they should feel hard and you should not be able to talk, slow right down for the jog, get your breath back		Tempo Run The faster pace section is best described as 'controlled discomfort'. You can speak a few words but not whole sentences		Long Slow Distance Run Distance is continuing to build. Easy pace, make sure you can chat
		35 mins Consistent pace, feel in control	30 mins 5 mins warm up - easy (90 secs brisk run: 1 min jog) x 8 5 mins cool down - easy		35 mins 5 mins easy, 10 mins faster 5 mins easy, 10 mins faster 5 mins easy		65 mins Easy pace, but consistent
Session Goal	Well done! This is a well deserved 'unload week'. You should be seeing and feeling improvements in your fitness. Take it easy and enjoy your running this week.						
8	10/8	Steady Run Getting time on your feet. Run at a pace you can still chat	Interval Training Throwing in a few 30 second sprints for some serious speed and fun, stride out and keep shoulders relaxed		Tempo Run The faster pace section is best described as 'controlled discomfort'. You can speak a few words but not whole sentences		Long Slow Distance Run Distance is continuing to build. Easy pace, make sure you can chat
		25 mins Consistent pace, take it easy!	25 mins 10 mins warm up - easy (30 secs sprint: 30 secs jog) x 5 10 mins cool down – easy		31 mins 5 mins easy, 8 mins faster 5 mins easy, 8 mins faster 5 mins easy		55 mins Easy pace, but consistent

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Session Goal	If you can, find and enter a 10km race for the Sunday of week 12, it will be good practice to experience the nerves of a race, and you'll get to see how much you have improved – you are a runner!						
9	17/8	Steady Run Getting time on your feet. Run at a pace you can still chat	Interval Training For the 'brisk' intervals, they should feel hard and you should not be able to talk, slow right down for the jog, get your breath back		Tempo Run The faster pace section is best described as 'controlled discomfort'. You can speak a few words but not whole sentences		Long Slow Distance Run Distance is continuing to build. Easy pace, make sure you can chat
		40 mins Consistent pace, feel in control	30 mins 5 mins warm up - easy (90 secs brisk run: 1 min jog) x 8 5 mins cool down - easy		39 mins 5 mins easy, 12 mins faster 5 mins easy, 12 mins faster 5 mins easy		70 mins Easy pace, but consistent
Session Goal	Ok, so our long runs are now well over an hour, make sure you carry a drink and you may want to start practising with energy gels. Keep stretching and don't forget the sports massage.						
10	24/8	Steady Run Getting time on your feet. Run at a pace you can still chat	Hill Training To build leg strength introduce some hills to your interval training. Push on the uphill and make the downhill an easy jog		Tempo Run The faster pace section is best described as 'controlled discomfort'. You can speak a few words but not whole sentences		Long Slow Distance Run Distance is continuing to build. Easy pace, make sure you can chat
		45 mins Consistent pace, feel in control	32 mins 10 mins warm up - easy (1 min up-hill: 1 min down-hill) x 6 10 mins cool down - easy		45 mins 5 mins easy, 15 mins faster 5 mins easy, 15 mins faster 5 mins easy		80 mins Easy pace, but consistent
Session Goal	Check your trainers, if you've had them a long time they may be wearing out. You need plenty of time to wear in a new pair. Try them out on your shorter runs first.						
11	31/8	Steady Run Getting time on your feet. Run at a pace you can still chat	Interval Training For the 'brisk' intervals, they should feel hard and you should not be able to talk, slow right down for the jog, get your breath back		Pacing Run Pick an out and back route. Run steady pace for the outbound leg and try and keep same pace for return leg, i.e. get back to the start		Long Slow Distance Run Distance is continuing to build. Easy pace, make sure you can chat
		50 mins Consistent pace, feel in control	34 mins 5 mins warm up - easy (2 mins brisk run: 1 min jog) x 8 5 mins cool down - easy		45 mins 20 mins out – steady pace 20 mins back to start – steady pace 5 mins easy cool down		90 mins Easy pace, but consistent
Session Goal	Another unload week. Look how far you've come. Volume is lower but stay focused on the intensity and make sure every session is a quality session. Try a 10km race to really test your progress.						
12	7/9	Steady Run Getting time on your feet. Run at a pace you can still chat	Interval Training Throwing in a few 30 second sprints for some serious speed and fun, stride out and keep shoulders relaxed		Steady Run Prior to a race you need to ease back so you are fresh for the race. Steady run only today		Practice Race Find a 10km race to enter (or run 10km at race pace)
		45 mins Consistent pace, feel in control	30 mins 10 mins warm up - easy (30 secs sprint: 30 secs jog) x 10 10 mins cool down – easy		30 mins Consistent pace, feel in control		50-60 mins Race pace

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Session Goal	This is the final push, 2 more weeks of building volume then you begin the 2 weeks taper which will leave you feeling fresh and fit for race day. You're nearly there, stay focused.						
13	14/9	Steady Run Getting time on your feet. Run at a pace you can still chat	Interval Training The fast intervals should be at your 10km pace or about 80% effort. Slow right down for the jog, get your breath back		Tempo Run The faster pace section is best described as 'controlled discomfort'. You can speak a few words but not whole sentences		Long Slow Distance Run Distance is continuing to build. Easy pace, make sure you can chat
		55 mins Consistent pace, feel in control!	34 mins 5 mins warm up - easy (3 mins fast run: 1 min jog) x 6 5 mins cool down - easy		51 mins 5 mins easy, 18 mins faster 5 mins easy, 18 mins faster 5 mins easy		100 mins Easy pace, but consistent
Session Goal	This is your hardest week; you'll be running just under 2 hours on Sunday. Stay focused and relaxed. Make sure you've tried out all your race kit and nutrition well before race day.						
14	21/9	Steady Run Getting time on your feet. Run at a pace you can still chat	Hill Training To build leg strength introduce some hills to your interval training. Push on the uphill and make the downhill an easy jog		Tempo Run The faster pace section is best described as 'controlled discomfort'. You can speak a few words but not whole sentences		Long Slow Distance Run Your longest run till Half Marathon day! Easy but consistent
		60 mins Consistent pace, feel in control	36 mins 10 mins warm up - easy (1 min up-hill: 1 min down-hill) x 8 10 mins cool down - easy		55 mins 5 mins easy, 20 mins faster 5 mins easy, 20 mins faster 5 mins easy		110 mins Easy pace, but consistent
Session Goal	The hard work is done, you are ready. These last two weeks are about bringing down the volume so you feel fresh for race day.						
15	28/9	Steady Run Run at a relaxed pace	Interval Training For the 'fast' intervals, they should feel hard, about 85% effort, slow right down for the jog, get your breath back. Short recoveries this week		Tempo Run The faster pace section is best described as 'controlled discomfort'. You can speak a few words but not whole sentences		Long Slow Distance Run Volume is coming down, this should feel really comfortable
		50 mins Consistent pace, feel in control	30 mins 5 mins warm up - easy (90 secs fast: 30 secs jog) x 10 5 mins cool down - easy		45 mins 5 mins easy, 15 mins faster 5 mins easy, 15 mins faster 5 mins easy		75 mins Easy pace, but consistent
Session Goal	You've made it! This is your final taper week, rest up, gets lots of sleep, eat and drink well. Enjoy the race, keep smiling and we'll see you at the finish line!!						
16	5/10	Steady Run Get out for a run, it should feel easy and enjoyable	Interval Training Few final sprint blasts, blow those cobwebs away		Easy Run Stretch your legs out!		RACE DAY!!!! You've made it, only 13.1 miles. Enjoy it, you've worked hard.
		30 mins Consistent pace, take it easy!	25 mins 10 mins warm up - easy (30 secs sprint: 30 secs jog) x 5 10 mins cool down - easy		20 mins Consistent pace, take it easy! Mentally this may feel hard, but its just nerves. You are ready.		