Training for a half marathon not only demands more from your cardiovascular system, it also asks your body to be strong enough to maintain a good posture, move efficiently, and tolerate the increasing demands you place on it. There is a strong body of evidence that demonstrates two strength sessions per week would be an ideal target when training for a half. Adding on some strength work after your run can be a great way to maximise workout days, and you don’t need to be in the gym to benefit - your local park has plenty of options for you!

### Warm Up
- **45s** Ground Sweeps
- **45s** High Knees
- **45s** Broad Jump
- **45s** Fast Feet
- **60s** Strides
- **30s** Single Leg Balance
- **30s** Hip Circles

### Bodyweight Circuit
- 10 Bodyweight Squat / Box Squat
- 10 Park Bench Step Up
- 30-60s Plank
- 30s Side Plank
- 10 Press Up / Park Bench Press Up
- 10 Lateral Lunge
- 15 Calf Raise
- 10 Glute Bridge

### Cool Down
- **30s** Quad Stretch
- **30s** Hamstring Stretch
- **30s** Calf Stretch
- **30s** Lunge & Reach
- **30s** Forward Fold
- **30s** Bench Pigeon
- **30s** Chest Opener
WARM UP
45S  GROUND SWEEPS
45S  HIGH KNEES
45S  BROAD JUMP
45S  FAST FEET
60S  STRIDES
30S  SINGLE LEG BALANCE
30S  HIP CIRCLES
BODYWEIGHT CIRCUIT

10 BODYWEIGHT SQUAT / BOX SQUAT
10 PARK BENCH STEP UP
30-60S PLANK
30S SIDE PLANK

10 PRESS UP / PARK BENCH PRESS UP
10 LATERAL LUNGE
10 CALF RAISE
10 GLUTE BRIDGE
10 LATERAL LUNGE
15 CALF RAISE
10 GLUTE BRIDGE
COOL DOWN

- Quad Stretch 30s
- Hamstring Stretch 30s
- Calf Stretch 30s
- Lunge & Reach 30s
- Forward Fold 30s
- Bench Pigeon 30s
- Chest Opener 30s
- Forward Fold 30s
- Bench Pigeon 30s
- Chest Opener 30s