Go the Distance Running Programmes

Half Marathon 12 Week Training Programme

Whether you’re taking on the half marathon distance for the first time or trying to beat your previous best, perhaps to tuck under that 2hr or even 90 minute marker, this programme is designed to condition you ready to run the distance at the pace you want to run.

A few key points to start;

* If embarking on the half marathon challenge, hopefully you’ve left your self enough time to train. This is a 12 week programme and designed for those that have run at least 5km before (if you are completely new to running please see the First 5k programme)
* Choose your target pace, work out what time you want to complete the distance in and then follow the pace suggestions on this plan. Be ambitious but realistic.
* Dont ignore your nutrition. As you increase your miles on this training plan you will need to fuel the distance.
* Practice your hydration on your long runs. Use the long runs on the training plan to practice taking on water/electrolytes particularly if you have entered a summer half marathon. You want to keep onto of the hydration, even a 2% drop in hydration can lead to a drop in performance.

Both this programme and the marathon programme are based on 3 key runs per week, with an additional recovery run if possible. In an ideal world you should leave a day in between each training run to allow recovery, but remember everyone recovers at different rates so be flexible with the plan.

The three key sessions each week are;

* Interval Training: This session is usually around 60 mins and is based on building up your speed endurance. Learning to run quicker than your target race pace but for shorter periods of time. For half marathon training aim to jog all the recovery in between each effort. These can be completed at the Go the Distance Group Runs, or you could follow the guided session below. Try and mix some hills into your efforts too, this will effect your pace but be great training and build strength.
* Tempo Run: this run is around 3-5 miles of 10-20% faster pace than your target race pace. This may be slower than your interval efforts (above) but a good 30-60 seconds per mile pace quicker than your planned race pace.
* Long Run: This is your chance to build up your mileage at race pace. Always aim for your target pace, try not to set off too fast, even if you feel good. This is also a chance to practice your race day routine, eat breakfast, warm up properly, hydrate and execute your planned pace.

12 week half marathon training plan;

|  |  |  |  |
| --- | --- | --- | --- |
| Training Week  | Interval Run | Tempo Run (all at 30-60 secs faster than target race pace) | Long Run |
| Week One  | 8 x 400m with the same jog recovery in between. | 3 miles  | 6 miles |
| Week Two | 3 x 1 mile (or 8 mins) with half recovery in between. | 4 miles  | 7 miles  |
| Week Three | 1km with 400m rec800m with 400 rec600m with 200 rec400m with 5 min rec Complete set x 3 | 5 miles | 8 miles |
| Week Four | Up and down the clock1min, 2min, 3min, 4 min, 5 min, 4min, 3min, 2min, 1 min | 4 miles | 6 miles |
| Week Five | 3 x 300m with 100 rec3 x 400m with 200 rec3 x 500m with 300 rec | 3 miles | 8 miles |
| Week Six | 1 x 400m with 400m rec1 x 800m with 400m recAll x 4 | 4 miles | 9 miles |
| Week Seven | 1 mile with 400m rec1200m with 600 rec800m with 5 mins rec(repeat x 3) | 5 miles | 10 miles |
| Week Eight | 3 mins fast 1 min rec x 4 sets 2 mins fast 1 min rec x 4 sets  | 4 miles | 8 miles |
| Week Nine | 1km with 400m rec800m with 400 rec600m with 200 rec400m with 5 min rec Complete set x 3 | 3 miles | 10 miles |
| Week Ten  | 3 x 1 mile (or 8 mins) with half recovery in between. | 4 miles | 12 miles |
| Week Eleven | 200m / 200m rec400m / 400m rec600m / 600m rec X 3 sets  | 5 miles | 8 miles |
| Week Twelve | 8 x 400m with the same jog recovery in between. | 3 miles | 13.1 miles Race Day |

Good luck and most importantly enjoy it! Email tim@gothedistancerunning.co.uk if you have any questions.