

# **HALF MARATHON TRAINING** **SCHEDULES:**

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## **Introduction:**

My approach to running has always been to keep it simple. Internationals and super elite runners very often have personal coaches and are able to dedicate their daily lives to running. Most others have to fit training and racing around family, work, education and social constraints. These programmes recognise these constraints and can be modified to suit each individual's needs and circumstances.

## **Key considerations in training plans:**

Whatever one's natural ability may be, and irrespective of age, certain general principles apply.

1. Training should be focused on the reason for running, and racing, in the first place.
2. Training needs to be meaningful and related to each person's natural physical ability.
3. One can continually improve until optimum performance level is reached.
4. Never train when unwell (or injured) – no matter how slight the problem maybe. You will only make the problem worse and delay your return to normal training.
5. Never train in adverse weather conditions. You will only waste time and energy.
6. Quality of training is always more important than quantity. Don't do 'junk' miles.
7. It's essential to keep a simple training diary noting dates, weather conditions, what training is done & how did you feel during, and after, training.

## **Important elements in training:**

1. Training should always include aerobic work, eg making the heart and lungs work hard thereby making the running engine more powerful and able to operate at a higher level of performance.
2. General strengthening & conditioning of the running body. Arms, legs and the upper body should function correctly and hence be 'conditioned' by exercise. General gym work is excellent for general body conditioning.

3. Good running technique should be constantly developed and applied. High knees, high leg back lift and good arm action are all essential for quality running.
4. Developing good foot speed, a good stride and regular cadence.
5. Varying levels of speed should be practiced so one can adjust the running pace to the distance run.
6. Developing general overall endurance capability is essential.

### **The four major components in training:**

These are common to any runner irrespective of ability or gender.

1. **The Long Run** is done at a steady pace after which one should be tired but not exhausted. Depending on the runner's experience, and objectives, the distance can be progressively increased until an optimum distance is reached. This run can be on / off road.
2. **The Hard Run** is run much harder on a hilly route or, much quicker on a gentle undulating route. The distance should be about half the Long Run distance. This run can be done on / off road. One should feel more tired after this run.
3. **The Quality Run** is concerned with real speed and can be done on level roads or paths. Alternatively it could incorporate a track session at a local athletic arena.
4. **The Easy Run** is primarily a recovery run but still putting miles in the legs. Use it to concentrate on running style and technique.

In any given weekly period one should incorporate these 4 runs BUT novice runners, or those with 'time to train' constraints can miss out the Hard Run (or Quality Run), if they wish.

**Beginners Half Marathon Training Shedule**

Before beginning to train for a half marathon one should have completed the 10 week 10km training programme or have recently completed a 10km race in a satisfactory time. The 3 programmes assume that participants wish to run non-stop (apart from taking on drinks). Those who just wish to get round a half marathon by walking & jogging should follow the elements of the beginners' programme but walk / jog the training sessions as they feel able.

<b>Week</b>	<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
<b>1</b>	<b>6miles Long Run</b>		<b>3 miles Hard Run</b>		<b>3 miles Quality Run</b>		<b>3 miles Easy Run</b>
<b>2</b>	<b>6miles Long Run</b>		<b>3 miles Hard Run</b>		<b>3 miles Quality Run</b>		<b>3 miles Easy Run</b>
<b>3</b>	<b>7 miles Long Run</b>		<b>3 miles Hard Run</b>		<b>3 miles Quality Run</b>		<b>3 miles Easy Run</b>
<b>4</b>	<b>7miles Long run</b>		<b>3 miles Easy Run</b>		<b>4 miles Quality Run</b>		<b>3 miles Easy Run</b>
<b>5</b>	<b>8miles Long Run</b>		<b>3 miles Hard Run</b>		<b>4 miles Quality Run</b>		<b>3 miles Easy Run</b>
<b>6</b>	<b>8miles Long Run</b>		<b>3 miles Hard run</b>		<b>4 miles Quality Run</b>		<b>4 miles Easy Run</b>
<b>7</b>	<b>9miles Long Run</b>		<b>3 miles Hard Run</b>		<b>4 miles Quality Run</b>		<b>4 miles Easy Run</b>
<b>8</b>	<b>9miles Long Run</b>		<b>3 miles Easy Run</b>		<b>5 miles Quality Run</b>		<b>4 miles Easy Run</b>
<b>9</b>	<b>10miles Long Run</b>		<b>4 miles Hard Run</b>		<b>5 miles Quality Run</b>		<b>4 miles Easy Run</b>
<b>10</b>	<b>10miles Long Run</b>		<b>4 miles Hard Run</b>		<b>5 miles Quality Run</b>		<b>4 miles Easy Run</b>
<b>11</b>	<b>10miles Long Run</b>		<b>4 miles Hard Run</b>		<b>5 miles Quality Run</b>		<b>5 miles Easy Run</b>

12	11miles Long Run	5 miles Easy Run	6miles Quality Run	5 miles Easy Run
13	11miles Long Run	5 miles Hard Run	5 miles Quality Run	5 miles Easy Run
14	11miles Long Run	4 miles Hard Run	5 miles Quality Run	5 miles Easy Run
15	9miles Long Run	4 miles Hard Run	4 miles Quality Run	4 miles Easy Run
16	2 miles Hard Run	3 miles Quality Run		HALF MARATHON

### Key:

- **The Long Run** is done at a steady pace after which one should be tired but not exhausted. Depending on the runner's experience, and objectives, the distance can be progressively increased until an optimum distance is reached. This run can be on / off road.
- **The Hard Run** is run much harder on a hilly route or, much quicker on a gentle undulating route. The distance should be about half the Long Run distance. This run can be done on / off road. One should feel more tired after this run.
- **The Quality Run** is concerned with real speed and can be done on level roads or paths. Alternatively it could incorporate a track session at a local athletic arena.
- **The Easy Run** is primarily a recovery run but still putting miles in the legs. Use it to concentrate on running style and technique.

# IRONBRIDGE RUNNER Intermediate Half Marathon Training Shedule

With you every step of the way

You have already completed a half marathon and now want to run quicker. The programme is a harder in terms of effort & distance

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	7 miles Long Run		3 miles Hard Run		4 miles Quality Run		3 miles Easy Run
2	7 miles Long Run		5 miles Hard Run		4 miles Quality Run		4 miles Easy Run
3	8 miles Long Run		4 miles Hard Run	5 miles Easy Run	3 miles Quality Run		3 miles Quality Run
4	8 miles Long Run		4 miles Hard Run		4 miles Quality Run		3 miles Easy Run
5	9 miles Long Run		3 miles Hard Run	5 miles Easy Run	5 miles Quality Run		3 miles Hard Run
6	9 miles Long Run		5 miles Hard Run		5 miles Quality Run		5 miles Easy Run
7	10 miles Long Run		5 miles Hard Run	5 miles Easy Run	3 miles Quality Run		3 miles Quality Run
8	10 miles Long Run		4 miles Hard Run		5 miles Quality Run		3 miles Easy Run
9	11 miles Long Run		3 miles Hard Run	5 miles Easy Run	6 miles Quality Run		3 miles Hard Run
10	11 miles Long Run		6 miles Hard Run		6 miles Quality Run		5 miles Easy Run
11	11 miles Long Run		7 miles Hard Run	5 miles Easy Run	4 miles Quality Run		4 miles Quality Run
12	12 miles Long Run		7 miles Hard Run		7 miles Quality Run		3 miles Easy Run
13	12 miles Long Run		4 miles Hard Run	5 miles Easy Run	7 miles Quality Run		4 miles Hard Run
14	12 miles Long Run		7 miles Hard Run	5 miles Easy Run	4 miles Quality Run		4 miles Quality Run

15	11 miles Long Run	4 miles Easy Run	4 miles Easy Run	6 miles Quality Run
16	3 miles Easy Run		3 miles Easy Run	<b>HALF MARATHON</b>

### Key:

- **The Long Run** is done at a steady pace after which one should be tired but not exhausted. Depending on the runner's experience, and objectives, the distance can be progressively increased until an optimum distance is reached. This run can be on / off road.
- **The Hard Run** is run much harder on a hilly route or, much quicker on a gentle undulating route. The distance should be about half the Long Run distance. This run can be done on / off road. One should feel more tired after this run.
- **The Quality Run** is concerned with real speed and can be done on level roads or paths. Alternatively it could incorporate a track session at a local athletic arena.
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## Advanced Half Marathon Training Shedule

This programme assumes that you are an experienced distance runner who has raced regularly distances of 10 – 15 miles on and off road. It assumes that you have an understanding of hill & speed reps (see the Advanced 5km training programme). Don't forget a warm up / warm down jog of about 1.5 miles before and after the hills & speed reps.

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	10 miles Long Run		6 x 200m Hills	5 miles Easy Run	6 x 400m reps		4 miles Hard Run
2	10 miles Long Run		6 x 300m Hills	5 miles Easy Run	5 x 500m reps		4 miles Hard Run
3	11 miles Long Run		4 miles Hard Run	6 miles Easy Run	7 miles Quality Run		4 miles Hard Run
4	11 miles Long Run		7 miles Hard Run		7 miles Quality Run		3 miles Easy Run
5	12 miles Long Run		8 x 200m Hills	6 miles Easy Run	8 x 400m reps		5 miles Hard Run
6	12 miles Long Run		8 x 300m Hills	6 miles Easy Run	7 x 500m reps		5 miles Hard Run
7	13 miles Long Run		5 miles Hard Run	7 miles Easy Run	8 miles Quality Run		5 miles Hard Run
8	13 miles Long Run		7 miles Hard Run		8 miles Quality Run		3 miles Easy Run
9	14 miles Long Run		10 x 200m Hills	7 miles Easy Run	10 x 400m reps		6 miles Hard Run
10	14 miles Long Run		10 x 300m Hills	7 miles Easy Run	8 x 500m reps		6 miles Hard Run
11	14 miles Long Run		5 miles Hard Run	7 miles Easy Run	9 miles Quality Run		5 miles Hard Run
12	15 miles Long Run		7 miles Hard Run		9 miles Quality Run		3 miles Easy Run

13	15 miles Long Run	12 x 200m Hills	8 miles Easy Run	12 x 400 reps	6 miles Hard Run
14	14 miles Long Run	12 x 300m Hills	8 miles Easy Run	10 x 500 reps	6 miles Hard Run
15	11 miles Long Run	7 miles Hard Run	4 miles Easy Run	7 miles Quality Run	4 miles Hard Run
16	3 miles Quality Run	3 miles Quality Run		3 miles Easy Run	HALF MARATHON

### Key:

- **The Long Run** is done at a steady pace after which one should be tired but not exhausted. Depending on the runner's experience, and objectives, the distance can be progressively increased until an optimum distance is reached. This run can be on / off road.
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