

Intermediate - Advanced Half Marathon Training Plan

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for

Multiple
Sclerosis
Trust

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BROOKS

The Heart Rate Monitor Shop

www.heartratemonitor.co.uk

HALF MARATHON TRAINING PLAN

INTERMEDIATE / ADVANCED

WEEK	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	Gentle 5 mile jog	3-4 mile Tempo run	4 mile easy jog	6x800 4 min rest	Cross train / 5 mile jog	Rest	Easy 4 mile
2	Gentle 4-5 mile jog	45 min Far-tlek	4 mile steady	45 min cross train	6x800m 4 min rest	Rest	4 mile Tempo
3	Cross train / Rest	45 min Hill Session	Rest or 4 mile easy	8 mile easy jog	6x800m 3 min rest	Rest	5 mile steady
4	Gentle 30 min jog	4 mile Far-tlek	Rest or 5 mile easy	5mile - 1mile fast 1 mile slow	45 min Cross train	Rest	6 mile Tempo
5	Cross train / Rest	30 min hill sprints	Rest or 5 mile easy	10x400m - 4 min rest	4 mile easy	Rest	7 mile steady run
6	Cross train / Rest	5 mile Tempo Run	Rest or 5 mile easy	12x400m - 4 min rest	5 mile easy	Rest	7 mile Tempo run
7	Gentle 4-5 mile jog	60 min Far-tlek	Rest or 4 mile easy	6 mile far-tlek	5 mile easy or 1 hour cross train	Rest	8-9 mile steady pace
8	Rest/ easy 5 mile jog	45 min hill session	Rest or 5 mile easy	5 mile Tempo run	1 hour Cross train	Rest	10 mile at race pace
9	Rest / easy 4 mile jog	5 mile jog or cross train	Rest or 5 mile easy	12x400m 3 min rest	Rest or 45 min cross train	Rest	11-12 mile steady run
10	Rest / easy 4 mile jog	5 mile easy jog	Rest or 5 mile easy	8 mile - 1 mile fast 1 mile slow	4 mile slow or cross train	Rest	12-13 mile steady
11	Rest / 4 mile jog	5 mile easy jog	Rest or 5 mile easy	5 mile Tempo run	4 mile slow or cross train	Rest	10 mile steady
12	Rest/ easy 4 mile jog	5 mile easy jog	Rest or 5 mile easy	6 mile jog with sprints	4 mile slow or XT	Rest	RACE DAY

Key points on how to use the Training Plan

- Never be tempted to run with an injury.
- If you wish to include extra sessions never attempt to do fartlek, interval or hill sessions on consecutive days. These are high intensity sessions and the body needs time to rest and recover.
- Feel free to alter the odd session every now and again. So if you feel like doing a forty five minute fartlek instead of a forty five minute hill session, go for it.
- Keep a regular check on your long runs that your mins/mile pace is consistent with your anticipated finishing time. If you are finding the pace tough going, either up your training or change your goal - there's always next year.

TRAINING DIARY

Use the following pages to scribble down any notes you wish about your training. This might include information such as:

- The route you took.
- The distance and time of the run.
- How you felt during the run.
- Average Heart Rate (if you have a Heart Rate Monitor)

TRAINING DIARY

DATE	DISTANCE RUN	NOTES