

WEEK 1 - Goal for the week - To get into a routine of running and set the goal!

Monday



Warm Up: Gentle stretching and activation - 4miles/6km easy running at conversational pace - Warm Down: Gentle Stretching

Todays Comments

Tuesday

Warm Up: 1mile easy running - SPLIT TEMPO 3x 1 mile at goal half marathon pace (2 minutes walk recovery) - Warm Down: 1mile easy running

Todays Comments

Wednesday

Rest - SET THE GOAL! Write down here what the goal is.. Whether it be a specific time or something else... write it down. Make yourself accountable to your own goals so you can refer back when it gets tough!

Todays Comments

Thursday

Warm Up: Gentle stretching and activation - 6miles/10km easy running at conversational pace - Warm Down: Gentle Stretching

Todays Comments

Friday

Warm Up: 2miles easy running - HILLS 10 x 30 second hill reps (walk back down recovery) - Warm Down: 2miles easy running

Todays Comments

Saturday

Rest - Great first week! Make sure you are eating enough and appropriately! Carbs, protein and lots of veg and make sure you are drinking enough water to stay hydrated!

Todays Comments

Sunday

Warm Up: Gentle stretching and activation - 7miles/12km easy running at conversational pace - Warm Down: Gentle Stretching

Weekly Roundup!

How has the week gone? It's great to reflect on the week and make adjustments for next week or comment on what has gone well in training this week....

WEEK 2 - Goal for the week - To continue to build a routine with running & introducing some volume into sessions

Monday

Warm Up: Gentle stretching and activation - 4miles/6km easy running at conversational pace - Warm Down: Gentle Stretching

Todays Comments

Tuesday

Warm Up: 10minutes easy running - SPLIT TEMPO 2 x 2 mile at goal half marathon pace (3 minutes walk recovery) - Warm Down: 10minutes easy running

Todays Comments

Wednesday

Rest -

Todays Comments

Thursday

Warm Up: Gentle stretching and activation - 7miles/12km easy running at conversational pace - Warm Down: Gentle Stretching

Todays Comments

Friday

Warm Up: 2miles easy running - INTERVALS 10 x 1 minute reps with 1 minute jog recovery - Warm Down: 2miles easy running

Todays Comments

Saturday

Rest

Todays Comments

Sunday

Warm Up: Gentle stretching and activation - 10miles/16km easy running at conversational pace - Warm Down: Gentle Stretching

Weekly Roundup!

How has the week gone? It's great to reflect on the week and make adjustments for next week or comment on what has gone well in training this week....

WEEK 3 - Goal for the week - To start to implement longer tempo running in order to build a strong aerobic base & get a good fitness boost!

Monday

Warm Up: Gentle stretching and activation - 5miles/8km easy running at conversational pace - Warm Down: Gentle Stretching

Todays Comments

Tuesday

Warm Up: 1mile easy running - TEMPO RUN 5mile tempo run starting off at half marathon pace+30 seconds per mile and working down to half marathon pace per mile (e.g goal half marathon pace is 7min/mile then start tempo run at 7.30/mile and get faster each mile until you reach 7min mile pace) - Warm Down: 1mile easy running

Todays Comments

Wednesday

Rest

Todays Comments

Thursday

Warm Up: Gentle stretching and activation - 8miles/14km easy running at conversational pace - Warm Down: Gentle Stretching

Todays Comments

Friday

Warm Up: 2miles easy running - HILLS -8x1mins up hill then walk back down recovery - Warm Down: 2miles easy running

Todays Comments

Saturday

Rest - Long run tomorrow with tempo in it for the first time! Enjoy a good carbohydrate rich meal tonight and drink plenty of water. Try adding a small pinch of salt or hydration tablet product to your drinks for extra recovery and hydration ahead of tomorrow!

Todays Comments

Sunday

LONG RUN WITH TEMPO 8 miles easy then 3 miles @goal half marathon pace plus 30 seconds (e.g if half marathon goal pace is 7min/mile then aim for 7.30/mile on these last 3 miles. Make sure the first 8 are relaxed though. = 11miles total run

Weekly Roundup!

How has the week gone? It's great to reflect on the week and make adjustments for next week or comment on what has gone well in training this week....

WEEK 4 - Goal for the week - To keep increasing that volume but keep on top of the little things such as stretching/foam rolling etc.. With a little shorter blow out effort for good fun!

Monday	Warm Up: Gentle stretching and activation - 8miles/14km easy running at conversational pace - Warm Down: Gentle Stretching
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Todays Comments

Tuesday	Rest - You may still be tired from Sunday but don't worry, that's a good thing. The tiredness will be kicking in now ; we like to use active recovery with either a light spin on the bike or some swimming/pool running to keep the blood flowing without tiring them more.
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Todays Comments

Wednesday	Warm Up: 2miles easy running - INTERVALS 8x3mins (@10k pace effort) with 1 minute jog recovery - Warm Down: 2miles easy running
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Todays Comments

Thursday	Warm Up: Gentle stretching and activation - 5miles/8km easy running at conversational pace + 6 X 100m strides - Warm Down: Gentle Stretching
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Todays Comments

Friday	Rest - Friday rest days before a big weekend of running are the best! Enjoy and make it worthwhile so youre mentally ready to smash the weekend!
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Todays Comments

Saturday	BLOW OUT 5K RACE EFFORT! (make sure to warm up and warm down. At least 1 mile before and after)
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Todays Comments

Sunday	Warm Up: Gentle stretching and activation - 13miles/21km easy running at conversational pace - Warm Down: Gentle Stretching
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Weekly Roundup!

How has the week gone? It's great to reflect on the week and make adjustments for next week or comment on what has gone well in training this week....

Week 5 - Goal for the week - To keep pushing that endurance and learning to run at different speeds on tired legs!

Monday

Rest - This is a big week. Focus on recovery between runs and sessions and make sure those easy runs are easy! Running off grass or on trail is much better for your legs if you have the option on those easy days!

Todays Comments

Tuesday

Warm Up: 1mile easy running - INTERVALS 5x1 mile reps (2minute walk recovery) aim for 10 seconds faster than goal half marathon pace - Warm Down: 1mile easy running

Todays Comments

Wednesday

Warm Up: Gentle stretching and activation - 10miles/16km easy running at conversational pace + 6x100m strides afterwards - Warm Down: Gentle Stretching

Todays Comments

Thursday

Rest

Todays Comments

Friday

Warm Up: Gentle stretching and activation - 6miles/10km easy running at conversational pace - Warm Down: Gentle Stretching

Todays Comments

Saturday

LONG RUN WITH TEMPO 14 Miles with last 4miles @half marathon pace plus 30 seconds

Todays Comments

Sunday

Rest - Sunday rest days always feel cheeky, usually long run days but when they happen we always take advantage and have a lie in and go for brunch, have a bbq or maybe go to the pub if the weather allows!

Weekly Roundup!

How has the week gone? It's great to reflect on the week and make adjustments for next week or comment on what has gone well in training this week....

WEEK 6 - Goal for the week - To take the pressure off the legs speed wise but focus on some longer efforts and run over distance for strength

Monday

Warm Up: 1mile easy running - **PROGRESSION RUN 8 mile (Start off easy and try and get faster each mile with the aim to be at HM goal pace for the last mile)** - Warm Down: 1mile easy running

Todays Comments

Tuesday

Warm Up: Gentle stretching and activation - **5miles/8km easy running at conversational pace** - Warm Down: Gentle Stretching

Todays Comments

Wednesday

Rest - Midweek rest day! Almost there, this is 3/4 of the way through and youre doing amazing! Keep going! Tick those boxes and stay focused on your goals! A great time to revisit that week one goal for motivation!

Todays Comments

Thursday

Warm Up: 2miles easy running - **HILLS -8x1mins up hill then walk back down recovery** - Warm Down: 2miles easy running

Todays Comments

Friday

Warm Up: Gentle stretching and activation - **7miles/12km easy running at conversational pace** - Warm Down: Gentle Stretching

Todays Comments

Saturday

Rest - **CARBS AND FLUIDS!** Don't skimp on either. Tomorrow is an over distance run to build confidence and strength!

Todays Comments

Sunday

EASY LONG RUN 15 miles easy run (Longest run of the training block. This is just time on your feet. Don't push the pace)

Weekly Roundup!

How has the week gone? It's great to reflect on the week and make adjustments for next week or comment on what has gone well in training this week....

WEEK 7 - Goal for the week - To build confidence! Some tough but confidence building efforts this week!

Monday Warm Up: Gentle stretching and activation - 6miles/10km easy running at conversational pace - Warm Down: Gentle Stretching

Todays Comments

Tuesday Rest - One of our favourite types of sessions tomorrow. In & Outs - great for building fitness and endurance! One of those sessions that when it goes well we know we are fit.

Todays Comments

Wednesday IN&OUTS - 45minutes of 5minutes easy running followed by 5minutes at HM pace (no stopping)

Todays Comments

Thursday Warm Up: Gentle stretching and activation - 7miles/12km easy running at conversational pace - Warm Down: Gentle Stretching

Todays Comments

Friday Rest - Nearly done! This is the final week of hard work before a little back off ahead of next weekend! WELL DONE!

Todays Comments

Saturday Warm Up: Gentle stretching and activation - 6miles/10km easy running at conversational pace - Warm Down: Gentle Stretching

Todays Comments

Sunday LONG RUN WITH TEMPO - 3miles/5km easy running followed by 6miles/10km at HM pace + 30seconds followed by 3miles/5km easy running = 12miles total

Weekly Roundup! How has the week gone? It's great to reflect on the week and make adjustments for next week or comment on what has gone well in training this week....

WEEK 8 - RACE WEEK! Goal for the week - To smash that Half Marathon time you set for yourself!!

Monday

Rest - Best way to start the week! This week is all about recovering and getting ready to smash that race! Try get some early nights this week it will really boost performance!

Todays Comments

Tuesday

Warm Up: Gentle stretching and activation - **7miles/12km easy running at conversational pace** - Warm Down: Gentle Stretching

Todays Comments

Wednesday

Warm Up: 10minutes easy running - **INTERVALS 8 x 400m at 10km pace with 1minute walk recovery** - Warm Down: 10minutes easy running

Todays Comments

Thursday

Warm Up: Gentle stretching and activation - **6miles/10km easy running at conversational pace** - Warm Down: Gentle Stretching

Todays Comments

Friday

Rest - The day before the day before! This is the day we make sure we get an early night because its not always easy to sleep the night before esecially if you know you've got an event and an early start and it can affect the quality of your sleep; so we use this as our last chance to really bank some zzzz's

Todays Comments

Saturday

Warm Up: Gentle stretching and activation - **3miles/5km easy running at conversational pace + Strides** - Warm Down: Gentle Stretching

Todays Comments

Sunday

RACE DAY! GOOD LUCK! YOU'VE GOT THIS, FOCUS ON STARTING AT YOUR DESIGNATED PACE AND NO FASTER - You can always pick it up in the second half if you're feeling really strong!

Weekly Roundup!

How has the plan gone? What went well? Areas of improvement and most importantly - Whats next? Another PB? A full Marathon? A 10k to work on your speed? Check out our other programmes or maybe take your training up a notch and request a personalised one or 1:1 coaching?