

SIMPLIFIED HALF MARATHON TRAINING PLAN

FOR INTERMEDIATE LEVEL RUNNERS WITH A DECENT LEVEL OF BASE FITNESS & COMFORTABLE RUNNING 10k

6 Week <i>Half Marathon Training Plan</i>		www.rockmountain.co.uk					
An intermediate schedule for runners who already 10k or 6 miles							
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	3 miles	4 miles tempo run	Strength training / Cross Training	3 miles easy pace	REST	7 miles	REST
2	4 miles	5 miles tempo run	Strength training / Cross Training	3 miles easy pace	REST	8 miles	REST
3	3 miles	6 miles tempo run	Strength training / Cross Training	3 miles easy pace	REST	9 miles	REST
4	4 miles	5 miles tempo run	Strength training / Cross Training	3 miles easy pace	REST	10 miles	REST
5	3 miles	4 miles tempo run	Strength training / Cross Training	3 miles easy pace	REST	11 miles	REST
6	3 miles	3 miles	Strength training / Cross Training	3 miles easy pace	REST	Half marathon!	REST

There are 7 weeks until Chester Half Marathon from this Sunday 29th March. The half-marathon distance is a challenging distance not to be taken lightly. If you put in the work and maintain a consistent warm-up & stretch regime then injury risks are reduced.

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Key:

- Tempo Run – a run at a faster pace that you can maintain all the way through the run, unable to converse with more than a sentence or two
- Easy pace – a comfortable pace where you would be able to talk
- Strength training/ Cross training – this could be weight training in the gym or at home; it could also be Metafit/Hour of Power/Insanity/Spinning

The key to surviving a half-marathon and the required training is to warm up well and to stretch out afterwards. This reduces the risk of lower leg injury significantly.