



The **bigHalf**



NINE-WEEK

HALF MARATHON

TRAINING PLAN

WELCOME TO THE BIG HALF

A half marathon certainly doesn't take 'half' the effort. It's a serious endurance running challenge that requires developing your stamina and strength so you can achieve your goal, whether that's to get around for the first time, or get around in your fastest ever time. Don't worry, we are here to guide you along the way and ensure you build a strong foundation to take on the 13.1-mile route.



Looking for a personalised training plan? Sign up to our official training partner Coopah today.



HOW TO USE THIS TRAINING PLAN

WHAT TO EXPECT

A training plan should always be flexible so adapt this to fit your lifestyle and around any constraints you may have. The amount and type of training will vary for each person and depends on your half marathon target time, fitness levels, running history and ability to put the miles in. This plan will give you a strong foundation for event day but if you're looking to stretch yourself further, include some mixed-paced runs and sustained efforts or tempo runs in your build-up.

This training plan features four training runs per weeks and assumes that you're already a regular running and can cover at least 5k without stopping.

Each week you will do a mixture of:

- **Steady running:** designed to make you stronger and develop your routine
- **High intensity running:** to stretch your boundaries and teach you to run faster
- **Continued, sustained effort run:** to help you become more economical
- **Distance runs:** to boost stamina and strength

TYPES OF RUNNING AND EFFORT LEVELS

EFFORT LEVELS

0-4 (40% max) *easy, a gentle pace*

5-6 (50-60% max) *steady, able to hold a conversation*

7 (70% max) *tempo, starting to get out of breath*

8 (80% max) *threshold, difficult. Controlled discomfort*

9-10 (90-100% max) *fast, high intensity. Quickly out of breath*

Long runs (LR) **Effort level 4-6**

Long runs are the money miles that build your stamina. Gradually build up the time/distance you are able to run for over many weeks to train your body to deal with the distance.

Steady runs (SR) **Effort level 5-6**

These are the bread and butter of your training and the 'miles in the bank'. They build stamina and economy.

Threshold runs (TR) **Effort level 8**

Running fast (9-10 in terms of effort) helps build top end speed, increase VO2 max and is great for running form and technique. A little speed training helps in all training plans.

Speed training (SP) **Effort level 9**

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TRAINING PLAN

WEEK 1

Get going! Establish a routine that works for you and commit to four runs per week.

Day 1: 30 min easy run, *effort level 4*

Day 2: 45 min easy run, *effort level 4*

Day 3: 40 min steady run, *effort level 5*

Day 4: 6-mile-long run, *effort level 6*

WEEK 2

Stick to your routine. Your goal is to become habitual with your running; to make it a regular feature of your week.

Day 1: 40 min steady run, *effort level 5*

Day 2: 45 min easy run, *effort level 4*

Day 3: 40 min steady run, *effort level 5*

Day 4: 7-mile-long run, *effort level 6*

WEEK 3

Introduce some faster paced running as a threshold interval workout.

Day 1: 40 min steady run, *effort level 5*

Day 2: 35 mins (10 min easy run; 5 min threshold, *effort level 8, x2*; 5 min easy recovery run; 10 min easy run)

Day 3: 45 min steady run, *effort level 5*

Day 4: 8-mile-long run, *effort level 6*

WEEK 4

Four weeks ticked off! Up the ante on your longer stamina run. Start to understand some pace and effort control.

Day 1: 45 mins (10 min easy run; 3 min threshold runs, *effort level 8*, with 8 min easy run recovery after each effort **x5**; 10 min easy run)

Day 2: 45 min steady run, *effort level 5*

Day 3: 46 mins (10 min steady run, *effort level 5*; 8 min threshold runs, *effort level 8* with 5 min easy run recovery after each effort **x2**; 10 min easy run)

Day 4: 8 miles fast finish long run, *effort level 6*. Run the second half faster than the first

WEEK 5

Build your longest run and introduce some speed!

Day 1: 44 mins (10 min easy run; 2 min fast runs, *effort level 9*, with 2 min easy run recovery after each effort **x6**; 10 min easy run)

Day 2: 50 min steady run, *effort level 5*

Day 3: 56 mins (10 min easy run; 7 min threshold runs, *effort level 8*, with 5 min easy run recovery after each effort **x3**; 10 min easy run)

Day 4: 10-mile-long run, *effort level 6*. Control the pace from the start. Be disciplined

WEEK 6

Introduce a sustained threshold run. Top up your long run with a focus on some half marathon paced running.

Day 1: 44 mins (10 min easy run; 90 sec fast runs, *effort level 9*, with 90 sec easy run recovery after each effort **x8**; 10 min easy run)

Day 2: 30 min continuous threshold run, *effort level 8*

Day 3: 50 mins (10 min easy run; 7 min threshold runs, *effort level 8*, with 3 min jog recovery after each effort **x3**; 10 min easy run)

Day 4: 10-mile-long run, *effort level 6*. Break this run up into sections: 3 miles at slower than target half marathon pace, 4 miles at target half marathon pace, 3 miles at slower than target half marathon pace

WEEK 7

Run your longest training run to boost your confidence that you've got the distance covered

Day 1: 44 mins (10 min easy run; 60 sec fast runs, *effort level 9*, with 60 sec easy run recovery after each effort **x12**; 10 min easy run)

Day 2: 50 mins (15 min threshold run, *effort level 8*, with 5 min easy run recovery after each effort **x2**; 10 min steady run, *effort level 5*)

Day 3: 12-mile-long run, *effort level 8*

WEEK 8

Start to back off to be Event Day ready

Day 1: 40 min easy run

Day 2: 50 mins (10 min easy run; 3 min threshold runs, *effort level 8*, with 2 min easy run recovery after each effort **x6**; 10 min easy run)

Day 3: 30 min easy run

Day 4: 8-mile relaxed run

WEEK 9

The Big Half Event Week. Be ready!

Day 1: 40 mins (10 min easy run; 2 min runs at target half marathon pace/*effort level 8* with 2 min easy run recovery after each effort **x5**; 10 min easy run)

Day 2: 20 mins easy run

Day 3: 10 mins easy run

BIG HALF DAY!