



# We Run As One

## The Big Half 10-week training plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAYS...	SATURDAY	SUNDAY
	Get motivated for the week ahead!	TRAINING DAY	Podcast of the week	TRAINING DAY	...are We Run As One Days!	TRAINING DAY	Time for some R&R!
<b>WEEK 1</b>	<p><b>Are you ready?</b> Firstly, you can do this! 13.1 miles is a long way, but have faith in yourself and the journey you're about to go on – and this plan!</p> <p>Regular running will develop the stamina and strength you need to run a successful half marathon.</p> <p><b>LET'S GO!</b></p>	<p><b>Session 1</b> 10 min walk; 4 min easy run, 1 min walk x 4; 10 min walk <b>(40 min total)</b></p>	<p><b>Listen</b> <b>The Start Line podcast</b> Hosted by Dee, Jules and Petrina: three sisters talking about running, eating, music, life... and everything in between.</p>	<p><b>Session 2</b> 5 min easy run, 5 min walk x 3 <b>(30 min total)</b></p>	<p><b>Pride in London</b> This Saturday's (2 July 2022) Pride march is unified by the #AllOurPride campaign that connects the present with five decades of powerful LGBT+ celebrations, and community events in London.</p>	<p><b>Session 3</b> 10 min easy run, 2 min walk x 4 <b>(48 min total)</b></p>	<p>The good news? There's no training today! The even better news? <b>You've made it through Week 1!</b> Sit back, relax (if you can!), reflect on your success and look forward to the week ahead.</p>
<b>WEEK 2</b>	<p><b>Starting off right</b> If you've never run a half marathon before this plan is a great place to start – but it's not the only resource available to you!</p> <p>Our website has plenty of training advice, including a feature on <i>starting out on half marathon training</i> – the ideal companion to this early stage in the plan!</p>	<p><b>Session 1</b> 10 min walk; 2 min easy run, 1 min walk x 10; 5 min easy run; 5 min run <b>(50 min total)</b></p>	<p><b>Listen</b> <b>The Run Wave</b> A safe place for runners to discuss what's on their mind, vent about things going on within the running community, and somewhere people can be themselves and have a great time.</p>	<p><b>Session 2</b> 10 min easy walk; 1 min steady run, 2 min walk x 6; 5 min easy walk <b>(33 min total)</b></p>	<p><b>London's best running routes</b> The Big Half is a celebration of our capital – if you live in the city and want to get to know it better while training, take a look at <i>Lonely Planet's</i> seven best running routes for inspiration...</p>	<p><b>Session 3</b> 5 min walk; 20 min easy run; 3 min walk; 20 min easy run; 5 min walk <b>(53 min total)</b></p>	<p>The good news? There's no training today! The even better news? <b>You've smashed Week 2.</b> Sit back, relax (if you can!), reflect on your success and look forward to the week ahead.</p>

# WEEK 3

## Training in summer

While training during the summer months means longer days and (hopefully) less wind, rain and mud to contend with, it can be tricky if the temperatures starts hotting up!

Visit our website to read our *top five tips for running in the heat...*

## Session 1

10 min walk; 4 min easy run, 1 min walk x 4;  
10 min walk  
**(40 min total)**

## Listen

### Dope Black Dads

Marvyn Harrison leads discussions on everything from co-parenting and masculinity to favourite Netflix shows. Don't listen if you're expecting chat about nappies!

## Session 2

5 min easy run, 5 min walk x 3  
**(30 min total)**

## Black Unity Bike Ride

Shake up your training by getting on a bike! The Black Unity Bike Ride (BUBR) on Saturday 6 August kicks off at Leyton Sports Ground in East London and finishes at the new BUBR Fest in South London.

## Session 3

10 min easy run, 2 min walk x 4  
**(48 min total)**

The good news? There's no training today! The even better news? **You've completed Week 3.** Sit back, relax (if you can!), reflect on your success and look forward to the week ahead.

# WEEK 4

## Three tips for a good night's sleep

1. Turn screens off an hour before bed: the blue light devices emit can interfere with your sleep.
2. Give yourself a three-hour gap between your last meal and bedtime. A settled stomach can help you relax.
3. Avoid caffeine after midday – it raises your heart rate and can stay in your system for up to seven hours.

## Session 1

10 min easy run; 4 min steady run, 1 min walk x 6; 10 min easy run  
**(50 min total)**

## Listen

### To My Sisters

Courtney Daniella Boateng and Renee Kapuku's mission is to see women win. Focused on fostering positive female relationships, To My Sisters offers women the space for holistic wellness, growth and healing.

## Session 2

40 min steady run

## Disability influencers

Around 14 million people in the UK have some sort of disability – read here about the disability influencers trying to make a difference and leave their mark on social media.

## Session 3

10 min easy run, 1 min walk x 7  
**(77 min total)**

The good news? There's no training today! The even better news? **You've finished Week 4.** Sit back, relax (if you can!), reflect on your success and look forward to the week ahead.

# WEEK 5

## Have fun with Fartlek!

At the halfway point in the plan, you may want to bring some variety to your schedule. Fartlek training makes a great alternative to road running...

The word 'fartlek' comes from the Swedish meaning 'speed play' – find out how to have some fartlek fun on your runs on our website.

## Session 1

30 min easy run

## Listen

### The Disabled Debrief

*Conscious Being Magazine* is written for and by disabled women and non-binary people – and its podcast covers subjects such as privilege, chronic illness in the workplace, disability in sports and more!

## Session 2

15 min easy run, 1 min walk x 3  
**(48 min total)**

## Diversity in sport

After a thought-provoking read?: a lack of diversity in outdoor communities is not a surprise for many marginalised people, so *Women's Running* asks why are running towns so white? And what can we do about it?

## Session 3

90 min of easy running (walk as and when you need to but try to stay on your feet for 90 min)

The good news? There's no training today! The even better news? **You've made it to halfway!** Sit back, relax (if you can!), reflect on your success and look forward to the week ahead.

# WEEK 6

## Inspiring community groups

Community groups empower runners of all backgrounds and abilities to feel the benefits of exercise and help make running events accessible to all – that’s why we make community places available in The Big Half.

Check our website to find out more about some of the *amazing community groups* we support.

## Session 1

10 min easy run;  
3 min steady run,  
1 min walk x 8;  
10 min easy run  
**(52 min total)**

## Listen

### Women’s Running podcast

Every fortnight, the *Women’s Running* team chat to an incredible woman from the running world – their interview with Denise Stephenson, founder of Emancipated Run Crew, is really inspiring!

## Session 2

10 min easy run;  
2 min fast run,  
2 min walk x 5;  
10 min easy run  
**(40 min total)**

## Heart of the Nation

This digital exhibition at Lewisham’s Migration Museum shines a light on the stories and experiences of people who have come to Britain to work in the NHS over the past 72 years.

## Session 3

1 mile run with a min walk x 8 (approx 98 min total if you run a mile in 10 minutes)

The good news? There’s no training today! The even better news? **You can tick off Week 6!** Sit back, relax (if you can!), reflect on your success and look forward to the week ahead.

# WEEK 7

## How to deal with injury

Training doesn’t always go to plan. It’s OK to be upset or angry about not being able to run through injury or illness – let those initial emotions out.

Then try to use this time to focus on your diet, improve your flexibility and work on a better sleep routine (see above). Don’t rush back. You can end up doing yourself more damage!

## Session 1

10 min walk;  
4 min easy run,  
1 min walk x 4;  
10 min walk  
**(40 min total)**

## Listen

### Power Hour with Adrienne Herbert

What could you do if you dedicated just one hour each day to improving yourself and your life? Host Adrienne Herbert explores this idea with her guests.

## Session 2

5 min easy run,  
5 min walk x 3  
**(40 min total)**

## So you want to talk about...

We think you’ll love this social media platform that dissects progressive politics and social issues – great educational resource to generate discourse!

## Session 3

10 mile run (walk as and when you need to but aim to cover 10 miles)

The good news? There’s no training today! The even better news? **You’ve got to the end of Week 7.** Sit back, relax (if you can!), reflect on your success and look forward to the week ahead.

# WEEK 8

## Three steps to fundraising

1. *Set up your fundraising page* with our official fundraising partner Enthuse now – there’s no time like the present!
2. Set your target – make sure potential donors can see your goal. It will give you something to aim for too!
3. Personalise your page – let people know why you’re doing this and give them a reason to donate.

## Session 1

40 min steady run

## Listen

### Run Things

Great inspiration for all runners (and those aspiring to run) Kev and Clare host this mental-health focuse d podcast all about participation, fun, interaction and support. Everyone is welcome!

## Session 2

10 min easy run;  
3 min fast run,  
2 min walk x 5;  
10 min easy run  
**(45 min total)**

## The Felix Project

There’s a child hunger crisis in some of the very communities The Big Half passes through. Felix’s Ktchen makes meals from surplus food and delivers them for free in east London, where almost half of children live in poverty. Find out how you can help.

## Session 3

12 mile run (walk as and when you need to but aim to cover 12 miles to give you the confidence that you can cover the distance on Event Day)

The good news? There’s no training today! The even better news? **You’ve there are just two weeks left to go!** Sit back, relax (if you can!), reflect on your success and look forward to the week ahead

# WEEK 9

## Time to slow it down

It may feel counter-productive, but 'tapering' – slowing down, prioritising rest, and reducing your mileage in the last couple of weeks before Event Day is exactly what your body needs to perform at its very best.

So trust your training – you won't gain any extra fitness in these last couple of weeks. Rest up and make sure you're itching to go next week.

## Session 1

30 min easy run

## Listen

### Well Far: the Running Podcast

Well Far aims to help you to go the distance – check out the *Miles and Your Menstrual Cycle* edition to discover the link between periods and performance...

## Session 2

40 min steady run

## Dose of Society

For a fresh perspective on the news, check out @doseofsociety. They're a social media team that shines the light on the stories that matter, but that you may not hear about from other outlets...

## Session 3

60 min easy paced run

The good news? There's no training today! The even better news? **You're about to enter the final week of the plan.** Sit back, relax (if you can!), reflect on your success and look forward to the week ahead.

# WEEK 10

## Prepare for Event Day

You've made it to week 10 – congratulations! You've done the hard work and now all that's left is to go out and run 13.1 miles, sounds easy doesn't it? If your answer's not a full-hearted 'yes', don't worry.

Prepare with our *guide to a perfect event weekend!*

## Session 1

30 min easy run

## Listen

### A Runner's Life – Marcus Brown

Be inspired by accomplished marathoner Marcus Brown as he and his guests tackle the topics around training that impact our daily lives.

## Session 2

20 min easy run

## Bringing change

The Vertex33 platform aspires to bring change through running, and the Vertex33 team have also designed The Big Half T-shirts and medals this year! Find out more via our interview with founder Zak Timol

## Rest day

You're nearly there! It's time to rest, relax and reflect on how far you've come. Tomorrow is a big day so make sure you eat well, get to bed early and get ready to take on 13.1 miles!

# THE BIG HALF EVENT DAY!

The good news? Today is The Big Half Event Day! The even better news? **You're going to smash it!** See you at the start!

# #WERUNASONE