

PRE CONDITIONING

Important not to increase mileage too quickly, this phase is to build up strength & get into your routine.

LONG

The LONG run is the most important in this phase, build your week around it & pick a day with less commitments.

TAPERING

Lowering mileage building up to race day to avoid burnout. **NO SPEED IN TAPERING PHASE – SWITCH TO RECOVERY RUNS**

FRONT RUNNER HALF MARATHON - 12 WEEK BEGINNER PLAN

	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL TIME
		SPEED		RECOVERY			LONG	
WEEK 1	REST	20 Minutes - Run 3 Min, Walk 2 Min	REST	20 Minutes - Run 2 Min, Walk 3 Min	REST	Parkrun (Optional)	45 Minutes - Run 2 Min, Walk 3 Min	85 Minutes
WEEK 2	REST	20 Minutes - Run 3 Min, Walk 2 Min	REST	20 Minutes - Run 2 Min, Walk 3 Min	REST	Parkrun (Optional)	50 Minutes - Run 2 Min, Walk 3 Min	90 Minutes
WEEK 3	REST	20 Minutes - Run 3 Min, Walk 2 Min	REST	20 Minutes - Run 2 Min, Walk 3 Min	REST	Parkrun (Optional)	55 Minutes - Run 2 Min, Walk 3 Min	95 Minutes
WEEK 4	REST	20 Minutes - Run 3 Min, Walk 2 Min	REST	20 Minutes - Run 3 Min, Walk 2 Min	REST	Parkrun (Optional)	45 Minutes - Run 3 Min, Walk 2 Min	85 Minutes
WEEK 5	REST	30 Minutes - Run 3 Min, Walk 2 Min	REST	30 Minutes - Run 4 Min, Walk 1 Min	REST	Parkrun (Optional)	60 Minutes - Run 3 Min, Walk 2 Min	120 Minutes
WEEK 6	REST	30 Minutes - Run 3 Min, Walk 2 Min	REST	40 Minutes - Run 4 Min, Walk 1 Min	REST	Parkrun (Optional)	80 Minutes - Run 4 Min, Walk 1 Min	150 Minutes
WEEK 7	REST	30 Minutes - Run 3 Min, Walk 2 Min	REST	40 Minutes - Run 4 Min, Walk 1 Min	REST	Parkrun (Optional)	100 Minutes - Run 4 Min, Walk 1 Min	170 Minutes
WEEK 8	REST	30 Minutes - Run 3 Min, Walk 2 Min	REST	40 Minutes - Run 4 Min, Walk 1 Min	REST	Parkrun (Optional)	60 Minutes - Run 4 Min, Walk 1 Min	130 Minutes
WEEK 9	REST	30 Minutes - Run 3 Min, Walk 2 Min	REST	40 Minutes - Run 4 Min, Walk 1 Min	REST	Parkrun (Optional)	120 Minutes - Run 4 Min, Walk 1 Min	190 Minutes
WEEK 10	REST	30 Minutes - Slow jog full duration	REST	40 Minutes - Slow jog full duration	REST	Parkrun (Optional)	80 Minutes - Slow jog full duration	150 Minutes
WEEK 11	REST	30 Minutes - Slow jog full duration	REST	30 Minutes - Slow jog full duration	REST	Parkrun (Optional)	60 Minutes - Slow jog full duration	120 Minutes
WEEK 12	REST	REST	REST	30 Minutes - Slow jog full duration	REST	REST	RACE DAY	

SPEED 5 Minute Intervals (3 Fast (8/10 effort), 2 Slow (2/10 effort).
TOP TIP #1 USE MARKERS (e.g. 15 lampposts Fast, 5 Slow) if you don't have a watch/app.
TOP TIP #2 RUN WITH OTHERS – will take your mind off the run & help to push you.

RECOVERY SLOW light jogging to loosening the legs – pace is not important.
TOP TIP #1 STAY LOCAL – avoid out & back routes in case you need to stop.
TOP TIP #2 AIM IS TO RECOVER – if something hurts, don't be a hero, rest up!

LONG Easy pace to build endurance – this run is all about time on your feet.
TOP TIP #1 STAY HYDRATED & PRACTICE USING ENERGY GELS/BARS/CHEWS – consume before start & every 30 minutes after start.
TOP TIP #2 TRY OUT DIFFERENT ROUTES – will help prevent boredom & make the run more enjoyable.

PARK RUN Free 5k timed run every Saturday 9am in different locations:
 Swansea Bay, Llanelli Coast, Gnoll Park, Porthcawl, Llyn Llech Owain