



Pre-conditioning: []
 Important not to increase milage too quickly, this phase is to build up strength and get into routine.

Long: []
 The LONG run is the most important phase, build your week around it and pick a day with less commitments.

Tapering: []
 Lowering milage building up to race day to avoid burnout. NO SPEED IN TAPERING PHASE – SWITCH TO RECOVERY RUNS

FRONT RUNNER HALF MARATHON – 12 WEEK ADVANCED PLAN

	MON	TUES	WEDS	THURS	FRI	SAT	SUN	
TYPE OF RUN:								TOTAL MILEAGE
WEEK 1								
WEEK 2								
WEEK 3								
WEEK 4								
WEEK 5								
WEEK 6								
WEEK 7								
WEEK 8								

WEEK 9								
WEEK 10								
WEEK 11								
WEEK 12							RACE DAY	

TYPE OF RUN:

SPEED

FAST Ideally find a local track or similar course for fast intervals & recovery sets.

TOP TIP #1 HYDRATION – the session may be short but it's also high intensity. Keep a bottle with you, refuel in between sets.

TOP TIP #2 RUN IN A GROUP – having others to chase/keep being you will help to push yourself.

LONG

EASY PACE to build endurance – this run is all about time on your feet.

TOP TIP #1 STAY HYDRATED & PRACTICE USING GELS – before start & every 30 minutes after start. **TOP TIP #2 TRY OUT DIFFERENT ROUTES** – will help prevent boredom & make the run more enjoyable.

RECOVERY

SLOW light jogging to losing 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!

PARK RUN

Free 5k timed run every Saturday 9am in different locations:

Swansea Bay, Llanelli Coast, Gnoll Park, Porthcawl, Llyn Llech Owain.

TEMPO

FAST – The workout should be hard but comfortable, 8/10 effort.

TOP TIP #1 RUN IN A GROUP – slower runners set off first & faster runners chase. all should finish same time.

TOP TIP #2 KNOW YOUR PACE BEFORE YOU START & STICK TO IT – consistency is key.