

Half Marathon 12 Week Training Plan



| Week One | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|--------|--|-----------|----------|--|----------|--|
| | REST | Mix up periods of running & walking for 10 mins. | REST | REST | Mix up periods of running & walking for 15 mins. | REST | Mix up periods of running & walking for 15 mins. |

| Week Two | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|--------|--|-----------|----------|--|----------|--|
| | REST | Mix up periods of running & walking for 10 mins. | REST | REST | Mix up periods of running & walking for 15 mins. | REST | Mix up periods of running & walking for 15 mins. |

| Week Three | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------|--------|--------------------------|-----------|----------|-------------------------|----------|-------------------------|
| | REST | 15 mins of easy running. | REST | REST | 20 mins of easy running | REST | 20 mins of easy running |

| Week Four | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------|--------|--------------------------|-----------|-------------------------|--------|--------------------------|--------------------------|
| | REST | 15 mins of easy running. | REST | 20 mins of easy running | REST | 10 mins of easy running. | 40 mins of easy running. |

| Week Five | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------|--------|-------------------------|-----------|-------------------------|--------|--------------------------|--------------------------|
| | REST | 20 mins of easy running | REST | 25 mins of easy running | REST | 15 mins of easy running. | 50 mins of easy running. |

| Week Six | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|--------|-------------------------|-----------|-------------------------|--------|-------------------------|-------------------------|
| | REST | 20 mins of easy running | REST | 30 mins of easy running | REST | 10 mins of easy running | 60 mins of easy running |

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| Week Seven | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------|--------|-------------------------|-----------|-------------------------|--------|-------------------------|-------------------------|
| | REST | 20 mins of easy running | REST | 30 mins of easy running | REST | 15 mins of easy running | 70 mins of easy running |

| Week Eight | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------|--------|-------------------------|-----------|-------------------------|--------|-------------------------|-------------------------|
| | REST | 20 mins of easy running | REST | 20 mins of easy running | REST | 20 mins of easy running | 80 mins of easy running |

| Week Nine | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------|--------|-------------------------|-----------|-------------------------|--------|-------------------------|-------------------------|
| | REST | 15 mins of easy running | REST | 20 mins of easy running | REST | 10 mins of easy running | 40 mins of easy running |

| Week Ten | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|--------|-------------------------|-----------|-------------------------|--------|-------------------------|-------------------|
| | REST | 40 mins of easy running | REST | 30 mins of easy running | REST | 15 mins of easy running | EVENT DAY! |

This training has been produced for the Great Birmingham Run's Half Marathon, happening on Sunday 1st May 2022. Find out more and join Team St Basils via: stbasils.org.uk/events/greatbirminghamrun

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