



LWA Loughborough
Half Marathon Training Plan
in partnership with www.triclub.co.uk



	Week 1 - Build 1	Done?	Week 2 - Build 2	Done?	Week 3 - Recovery Week	Done?	Week 4 - Build 1	Done?
Monday	Rest		Rest		Rest		Rest	
Tuesday	30 minutes running easy (3/10 pace)		30 minutes running easy (3/10 pace)		30 minutes running easy (3/10 pace)		35 minutes running easy (3/10 pace)	
Wednesday	Strength & Conditioning: (See Pinned Post on TriClub FB Page): - Squats 3 sets x 10 repetitions - Calf Raises 3 x 10 - Lunges 3 x 10 - Glute Bridges 3 x 10 - Double Leg Dead Bug 3 x 10 - Side Plank Left 3 x 10 - Side Plank Right 3 x 10 - Side Plank Normal 3 x 10		Strength & Conditioning: (See Pinned Post on TriClub FB Page): - Squats 3 sets x 10 repetitions - Calf Raises 3 x 10 - Lunges 3 x 10 - Glute Bridges 3 x 10 - Double Leg Dead Bug 3 x 10 - Side Plank Left 3 x 10 - Side Plank Right 3 x 10 - Side Plank Normal 3 x 10		Rest		Strength & Conditioning: (See Pinned Post on TriClub FB Page): - Squats 3 sets x 10 repetitions - Calf Raises 3 x 10 - Lunges 3 x 10 - Glute Bridges 3 x 10 - Double Leg Dead Bug 3 x 10 - Side Plank Left 3 x 10 - Side Plank Right 3 x 10 - Side Plank Normal 3 x 10	
Thursday	Rest		Rest		30 minutes running easy (3/10 pace)		Rest	
Friday	Fartlek: You can do this on your own or Join TriClub at Go Outdoors Car Park for 7pm: - 5 minutes Easy - 5 minutes Steady - 5 x 2 minutes varying pace between Steady, Tempo and Threshold running (30s walk recovery = wr) - 10 minutes Easy cool down		Fartlek: You can do this on your own or Join TriClub at Go Outdoors Car Park for 7pm: - 5 minutes Easy - 5 minutes Steady - 5 x 2.5 minutes varying pace between Steady, Tempo and Threshold running (30s walk recovery = wr) - 10 minutes Easy cool down		Rest		Speedwork Pyramid Set: You can do this on your own or Join TriClub at Go Outdoors Car Park for 7pm: - 5 minutes Easy - 5 minutes Steady - 3 minutes tempo (30s wr) - 2 minutes threshold (30s wr) - 1 minute hard (30s wr) - 2 minutes threshold (30s wr) - 3 minutes tempo (30s wr), - 10 minutes Easy cool down	
Saturday	Rest		Rest		1 Mile Warm Up, 5k Parkrun : Dishley/Long Eaton/Rushcliffe 0.5M cool down		Rest	
Sunday	4 Miles (3/10 pace)		5 Miles (3/10 pace)		Rest		3 Miles Easy (with a long hill), 1 Mile at HM Pace, 2 Miles Easy	

Key:	
HM = Half Marathon	
Fartlek means speedplay: Pick a marker like the next lamp post and run to that at one of the speeds above, vary the speed throughout your run. This will activate the different types of muscle fibres in your leg, only when your fully warmed up should you attempt anything above 5/10 pace.	
3/10 or Easy = easy pace you should be able to hold a conversation throughout this run, if not you're going too hard.	5/10 or Steady = able to say sentences but not have a full conversation, this should be harder than your easy pace (and easier than your Tempo Pace)
	7/10 or Tempo = you can say the odd word and should be able to maintain this pace throughout the session without needing to decrease the pace
	8/10 or Threshold = you can just about say the odd word, this is around your race pace, just slightly under. These Sessions will test your mental strength can you get to the end?



LWA Loughborough
Half Marathon Training Plan
in partnership with www.triclub.co.uk



	Week 5 - Build 2	Done?	Week 6 - Recovery Week	Done?	Week 7 - Build 1	Done?	Week 8 - Build 2	Done?
Monday	Rest		Rest		Rest		Rest	
Tuesday	35 minutes running easy (3/10 pace)		35 minutes running easy (3/10 pace)		40 minutes running easy (3/10 pace)		40 minutes running easy (3/10 pace)	
Wednesday	Strength & Conditioning: (See Pinned Post on TriClub FB Page): - Squats 3 sets x 10 repetitions - Calf Raises 3 x 10 - Lunges 3 x 10 - Glute Bridges 3 x 10 - Double Leg Dead Bug 3 x 10 - Side Plank Left 3 x 10 - Side Plank Right 3 x 10 - Side Plank Normal 3 x 10		Rest		Strength & Conditioning: (See Pinned Post on TriClub FB Page): - Squats 3 sets x 10 repetitions - Calf Raises 3 x 10 - Lunges 3 x 10 - Glute Bridges 3 x 10 - Double Leg Dead Bug 3 x 10 - Side Plank Left 3 x 10 - Side Plank Right 3 x 10 - Side Plank Normal 3 x 10		Strength & Conditioning: (See Pinned Post on TriClub FB Page): - Squats 3 sets x 10 repetitions - Calf Raises 3 x 10 - Lunges 3 x 10 - Glute Bridges 3 x 10 - Double Leg Dead Bug 3 x 10 - Side Plank Left 3 x 10 - Side Plank Right 3 x 10 - Side Plank Normal 3 x 10	
Thursday	Rest		35 minutes running easy (3/10 pace)		Rest		Rest	
Friday	Speedwork Pyramid Set 2: You can do this on your own or Join TriClub at Go Outdoors Car Park for 7pm: - 5 minutes Easy - 5 minutes Steady - 3.5 minutes tempo (30s wr) - 2.5 minutes threshold (30s wr) - 1.5 minute hard (30s wr) - 2.5 minutes threshold (30s wr) - 3.5 minutes tempo (30s wr), - 10 minutes Easy cool down		Rest		Tempo Running: You can do this on your own or Join TriClub at Go Outdoors Car Park for 7pm: - 10 minutes Easy - 5 minutes Steady - 5 x 3 minutes tempo (30s wr) - 10 minutes Easy cool down		Tempo Running: You can do this on your own or Join TriClub at Go Outdoors Car Park for 7pm: - 10 minutes Easy - 5 minutes Steady - 5 x 4 minutes tempo (30s wr) - 10 minutes Easy cool down	
Saturday	Rest		1Mile Warm up, 10km Race/ or Double Parkrun (5k before & Parkrun at 9am - careful timing required) 0.5M Cool Down		Rest		Rest	
Sunday	3 Miles Easy (with a long hill), 1 Mile at HM Pace, 2 Miles Easy (with a long hill)		Rest		4 Miles Easy, 2 Miles HM Pace, 4 Miles Easy		4 Miles Easy include 1 long hill, 2 Miles HM Pace, 4 Miles Easy include 1 long hill	

Key:			
HM = Half Marathon		Fartlek means speedplay: Pick a marker like the next lamp post and run to that at one of the speeds above, vary the speed throughout your run. This will activate the different types of muscle fibres in your leg, only when your fully warmed up should you attempt anything above 5/10 pace.	
3/10 or Easy = easy pace you should be able to hold a conversation throughout this run, if not you're going too hard.		5/10 or Steady = able to say sentences but not have a full conversation, this should be harder than your easy pace (and easier than your Tempo Pace)	7/10 or Tempo = you can say the odd word and should be able to maintain this pace throughout the session without needing to decrease the pace
			8/10 or Threshold = you can just about say the odd word, this is around your race pace, just slightly under. These Sessions will test your mental strength can you get to the end?



LWA Loughborough
Half Marathon Training Plan
in partnership with www.triclub.co.uk



	Week 9 - Recovery Week	Done?	Week 10 - Build 1	Done?	Week 11 - Taper from Saturday	Done?	Week 12 - Race Week!	Done?
Monday	Rest		Rest		Rest		Rest	
Tuesday	30 minutes running easy (3/10 pace)		45 minutes running easy (3/10 pace)		45 minutes running easy (3/10 pace)		Tune Up: This one is a solo effort - you can do it! - 5 minutes Easy - 5 minutes Steady - 5 x 2 minutes at Tempo (30s wr) - 2 x 2 minutes at Threshold running (30s wr) - 10 minutes Easy cool down	
Wednesday	Rest		Strength & Conditioning: (See Pinned Post on TriClub FB Page): - Squats 3 sets x 10 repetitions - Calf Raises 3 x 10 - Lunges 3 x 10 - Glute Bridges 3 x 10 - Double Leg Dead Bug 3 x 10 - Side Plank Left 3 x 10 - Side Plank Right 3 x 10 - Side Plank Normal 3 x 10		Strength & Conditioning: (See Pinned Post on TriClub FB Page): - Squats 3 sets x 10 repetitions - Calf Raises 3 x 10 - Lunges 3 x 10 - Glute Bridges 3 x 10 - Double Leg Dead Bug 3 x 10 - Side Plank Left 3 x 10 - Side Plank Right 3 x 10 - Side Plank Normal 3 x 10		Rest	
Thursday	Rest		Rest		Rest		Rest: Consider a Sports Massage	
Friday	30 minutes running easy (3/10 pace)/ Optional TriClub Run		Threshold Running: You can do this on your own or Join TriClub at Go Outdoors Car Park for 7pm: - 10 minutes Easy - 5 minutes Steady - 5 x 3 minutes threshold (30s wr) - 10 minutes Easy cool down		Threshold Running: You can do this on your own or Join TriClub at Go Outdoors Car Park for 7pm: - 10 minutes Easy - 5 minutes Steady - 5 x 4 minutes threshold (30s wr) - 10 minutes Easy cool down		Rest: TriClub Coffee and Race Prep: Venue TBC, Time 7pm	
Saturday	Rest		Rest		Rest		Race Prep: Sort Kit for tomorrow and: 10 minutes warm up, 3 x 10 seconds at Park Run/5km Pace, 5-10 minutes cool down.	
Sunday	4 Miles Easy include 1 long hill, 2 Miles HM Pace (include a long hill) , 4 Miles Easy include 1 long hill		2 Miles Easy, 1 Steady Mile (include 1 long hill), 4 Miles HM Pace (include a hill or two) , 4 Miles Easy include 1 long hill		7 Miles Easy include a couple of long hills but remember to maintain the Easy Pace. You may have to reign the ego in, but this is your taper so we want you fresh for next week!!		LWA Lboro HM (First mile 10s slower than HM pace, then build the next mile into HM Pace & stay strong, remember to save something for the last hill!) - GOOD LUCK!	

Key:
HM = Half Marathon

Fartlek means speedplay: Pick a marker like the next lamp post and run to that at one of the speeds above, vary the speed throughout your run.
This will activate the different types of muscle fibres in your leg, only when your fully warmed up should you attempt anything above 5/10 pace.

3/10 or Easy = easy pace you should be able to hold a conversation throughout this run, if not you're going too hard.

5/10 or Steady = able to say sentences but not have a full conversation, this should be harder than your easy pace (and easier than your Tempo Pace)

7/10 or Tempo = you can say the odd word and should be able to maintain this pace throughout the session without needing to decrease the pace

8/10 or Threshold = you can just about say the odd word, this is around your race pace, just slightly under. These Sessions will test your mental strength can you get to the end?