

half marathon TRAINING PLAN

www.runwithrachel.co.uk

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
MONDAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY
TUESDAY	30 MINS EASY	30 MINS EASY	30 MINS EASY	40 MINS EASY	40 MINS EASY	40 MINS EASY	40 MINS EASY	40 MINS EASY	40 MINS EASY	40 MINS EASY	40 MINS EASY	40 MINS EASY
WEDNESDAY	30 MINS EASY	30 MINS TEMPO	40 MINS TEMPO	50 MINS TEMPO	30 MINS TEMPO	50 MINS TEMPO	40 MINS TEMPO	40 MINS TEMPO	40 MINS TEMPO	40 MINS TEMPO	40 MINS TEMPO	40 MINS TEMPO
THURSDAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY
FRIDAY	30 MINS EASY	30 MINS EASY	30 MINS EASY	30 MINS SPEED	40 MINS SPEED	30 MINS SPEED	40 MINS SPEED	40 MINS SPEED	50 MINS SPEED	40 MINS SPEED	40 MINS SPEED	50 MINS EASY
SATURDAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY
SUNDAY	3 MILES	4 MILES	5 MILES	6 MILES	7 MILES	8 MILES	6 MILES	10 MILES	5 MILES	12 MILES	6 MILES	RACE DAY