

My Training plan

1/2 Marathon - 8 Weeks

Week 1:

Monday - 45 minutes easy run

Tuesday - Rest

Wednesday - 4 x 800m intervals with 2 minutes rest in between

Thursday - 45 minutes easy run

Friday - 30 minutes easy run

Saturday - Rest

Sunday - 60 minutes long run

Week 2:

Monday - 45 minutes easy run

Tuesday - Rest

Wednesday - Tempo run: 10 minutes warm up, 20 minutes at 10km race pace, 10 minutes cool down

Thursday - 45 minutes easy run

Friday - 30 minutes easy run

Saturday - Rest

Sunday - 70 minutes long run

Week 3:

Monday - 45 minutes easy run

Tuesday - Rest

Wednesday - 4 x 800m intervals with 2 minutes rest in between

Thursday - 45 minutes easy run

Friday - 30 minutes easy run

Saturday - Rest

Sunday - 80 minutes long run

Week 4:

Easy Week

Monday - 30 minutes easy run

Tuesday - Rest

Wednesday - 30 minutes easy run

Thursday - Rest

Friday - 30 minutes easy run

Saturday - Rest

Sunday - 45 minutes easy run

Week 5:

Monday - 45 minutes easy run

Tuesday - Rest

Wednesday - Tempo run: 10 minutes warm up, 20 minutes at 10km race pace, 10 minutes cool down

Thursday - 45 minutes easy run

Friday - 30 minutes easy run

Saturday - Rest

Sunday - 90 minutes long run

Week 6:

Monday - 45 minutes easy run
Tuesday - Rest
Wednesday - 4 x 800m intervals with 2 minutes rest in between
Thursday - 45 minutes easy run
Friday - 30 minutes easy run
Saturday - Rest
Sunday - 80 minutes long run

Week 7:

Monday - 45 minutes easy run
Tuesday - Rest
Wednesday - Tempo run: 10 minutes warm up, 20 minutes at 10km race pace, 10 minutes cool down
Thursday - 45 minutes easy run
Friday - 30 minutes easy run
Saturday - Rest
Sunday - 70 minutes long run

Week 8:

Easy Week

Monday - 30 minutes easy run
Tuesday - Rest
Wednesday - 30 minutes easy run
Thursday - Rest
Friday - 30 minutes easy run
Saturday - Rest
Sunday - Race Day!