

My Training plan

1/2 Marathon - 12 Weeks

Week 1:

Monday - Easy Run: 30 minutes

Tuesday - Intervals: 10 minutes warm up, 4 x (2 minutes hard, 1 minute easy), 10 minutes cool down

Wednesday - Tempo Run: 10 minutes warm up, 20 minutes at tempo pace, 10 minutes cool down

Thursday - Easy Run: 30 minutes

Friday - Easy Run: 30 minutes

Saturday - Rest

Sunday - Long Run: 90 minutes

Week 2:

Monday - Easy Run: 30 minutes

Tuesday - Intervals: 10 minutes warm up, 4 x (2 minutes hard, 1 minute easy), 10 minutes cool down

Wednesday - Easy Run: 30 minutes

Thursday - Easy Run: 30 minutes

Friday - Easy Run: 30 minutes

Saturday - Rest

Sunday - Long Run: 90 minutes

Week 3:

Monday - Easy Run: 30 minutes

Tuesday - Tempo Run: 10 minutes warm up, 20 minutes at tempo pace, 10 minutes cool down

Wednesday - Easy Run: 30 minutes

Thursday - Easy Run: 30 minutes

Friday - Easy Run: 30 minutes

Saturday - Rest

Sunday - Long Run: 90 minutes

Week 4:

Easy Week:

Monday - Rest

Tuesday - Easy Run: 30 minutes

Wednesday - Easy Run: 30 minutes

Thursday - Easy Run: 30 minutes

Friday - Easy Run: 30 minutes

Saturday - Rest

Sunday - Long Run: 60 minutes

Week 5:

Monday - Easy Run: 30 minutes

Tuesday - Intervals: 10 minutes warm up, 4 x (2 minutes hard, 1 minute easy), 10 minutes cool down

Wednesday - Tempo Run: 10 minutes warm up, 20 minutes at tempo pace, 10 minutes cool down

Thursday - Easy Run: 30 minutes

Friday - Easy Run: 30 minutes

Saturday - Rest

Sunday - Long Run: 90 minutes

Week 6:

Monday - Easy Run: 30 minutes

Tuesday - Intervals: 10 minutes warm up, 4 x (2 minutes hard, 1 minute easy), 10 minutes cool down

Wednesday - Easy Run: 30 minutes

Thursday - Easy Run: 30 minutes

Friday - Easy Run: 30 minutes

Saturday - Rest

Sunday - Long Run: 90 minutes

Week 7:

Monday - Easy Run: 30 minutes

Tuesday - Tempo Run: 10 minutes warm up, 20 minutes at tempo pace, 10 minutes cool down

Wednesday - Easy Run: 30 minutes

Thursday - Easy Run: 30 minutes

Friday - Easy Run: 30 minutes

Saturday - Rest

Sunday - Long Run: 90 minutes

Week 8:

Easy Week:

Monday - Rest

Tuesday - Easy Run: 30 minutes

Wednesday - Easy Run: 30 minutes

Thursday - Easy Run: 30 minutes

Friday - Easy Run: 30 minutes

Saturday - Rest

Sunday - Long Run: 60 minutes

Week 9:

Monday - Easy Run: 30 minutes

Tuesday - Intervals: 10 minutes warm up, 4 x (2 minutes hard, 1 minute easy), 10 minutes cool down

Wednesday - Tempo Run: 10 minutes warm up, 20 minutes at tempo pace, 10 minutes cool down

Thursday - Easy Run: 30 minutes

Friday - Easy Run: 30 minutes

Saturday - Rest

Sunday - Long Run: 90 minutes

Week 10:

Monday - Easy Run: 30 minutes

Tuesday - Intervals: 10 minutes warm up, 4 x (2 minutes hard, 1 minute easy), 10 minutes cool down

Wednesday - Easy Run: 30 minutes

Thursday - Easy Run: 30 minutes

Friday - Easy Run: 30 minutes

Saturday - Rest

Sunday - Long Run: 90 minutes

Week 11:

Monday - Easy Run: 30 minutes

Tuesday - Tempo Run: 10 minutes warm up, 20 minutes at tempo pace, 10 minutes cool down

Wednesday - Easy Run: 30 minutes

Thursday - Easy Run: 30 minutes

Friday - Easy Run: 30 minutes

Saturday - Rest

Sunday - Long Run: 90 minutes

Week 12:**Easy Week:**

Monday - Rest

Tuesday - Easy Run: 30 minutes

Wednesday - Easy Run: 30 minutes

Thursday - Easy Run: 30 minutes

Friday - Easy Run: 30 minutes

Saturday - Rest

Sunday - Long Run: 60 minutes