

My Training plan

1/2 Marathon - 16 Weeks

Week 1:

Monday - 45 minutes easy run
Tuesday - Rest
Wednesday - 4 x 800m intervals with 400m recovery jog
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 1000m intervals with 400m recovery jog
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 - 4 x 1200m intervals with 400m recovery jog
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 - Tempo run: 10 minutes warm up, 25 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 7:

Monday - 45 minutes easy run

Tuesday - Rest

Wednesday - 4 x 1400m intervals with 400m recovery jog

Thursday - 45 minutes easy run

Friday - 30 minutes easy run

Saturday - Rest

Sunday - 80 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 - 45 minutes easy run

Week 9:

Monday - 45 minutes easy run

Tuesday - Rest

Wednesday - 4 x 1600m intervals with 400m recovery jog

Thursday - 45 minutes easy run

Friday - 30 minutes easy run

Saturday - Rest

Sunday - 90 minutes long run

Week 10:

Monday - 45 minutes easy run

Tuesday - Rest

Wednesday - Tempo run: 10 minutes warm up, 30 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 11:

Monday - 45 minutes easy run

Tuesday - Rest

Wednesday - 4 x 1800m intervals with 400m recovery jog

Thursday - 45 minutes easy run

Friday - 30 minutes easy run

Saturday - Rest

Sunday - 80 minutes long run

Week 12:**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 13:

Monday - 45 minutes easy run

Tuesday - Rest

Wednesday - 4 x 2000m intervals with 400m recovery jog

Thursday - 45 minutes easy run

Friday - 30 minutes easy run

Saturday - Rest

Sunday - 90 minutes long run

Week 14:

Monday - 45 minutes easy run

Tuesday - Rest

Wednesday - Tempo run: 10 minutes warm up, 35 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 15:

Monday - 45 minutes easy run

Tuesday - Rest

Wednesday - 4 x 2200m intervals with 400m recovery jog

Thursday - 45 minutes easy run

Friday - 30 minutes easy run

Saturday - Rest

Sunday - 80 minutes long run

Week 16:**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