TRAINING PLAN FOR THE BATH HALF MARATHON – 0-5K

week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Yoga/stretch 60 mins	Run: 1 minute Walk: 1 minute X 8	Strength training: legs 20-30 minutes	Run: 1 minute Walk: 1 minute X 8	Strength training: core 20-30 minutes	Rest day	Run: 1 minutes Walk: 1 minutes X 8
2	Yoga/stretch 60 mins	Run: 2 minutes Walk: 2 minutes X 6	Strength training: legs 20-30 minutes	Run: 2 minutes Walk: 2 minutes X 6	Strength training: core 20-30 minutes	Rest day	Run: 2 minutes Walk: 2 minutes X 8
3	Yoga/stretch 60 mins	Run: 3 minutes Walk: 3 minutes X 3	Strength training: legs 20-30 minutes	Run: 3 minutes Walk: 3 minutes X 3	Strength training: core 20-30 minutes	Rest day	Run: 3 minutes Walk: 3 minutes X 3
4	Yoga/stretch 60 mins	Run: 5 minutes Walk: 3 minutes X 3	Strength training: legs 20-30 minutes	Run: 7 minutes Walk: 3 minutes X 3	Strength training: core 20-30 minutes	Rest day	Run: 7 minutes Walk: 2 minutes X 3
5	Yoga/stretch 60 mins	Run: 8 minutes Walk: 3 minutes X 3	Strength training: legs 20-30 minutes	Run: 8 minutes Walk: 3 minutes X 3	Strength training: core 20-30 minutes	Rest day	Run: 10 minutes Walk: 3 minutes X 2
6	Yoga/stretch 60 mins	Run: 12 minutes Walk: 3 minutes Run: 12 minutes	Strength training: legs 20-30 minutes	Run: 15 minutes Walk: 3 minutes Run: 15 minutes	Strength training: core 20-30 minutes	Rest day	Run: 25 minutes
7	Yoga/stretch 60 mins	Run: 28 minutes	Strength training: legs 20-30 minutes	Run: 30 minutes	Strength training: core 20-30 minutes	Rest day	Run: 32 minutes
8	Yoga/stretch 60 mins	Run: Run 35 minutes	Strength training: legs 20-30 minutes	Run: 38 minutes	Strength training: core 20-30 minutes	Rest day	Run: 5k/3 miles

Before each run warm up with a few minutes brisk walk – and don't forget to stretch afterwards

TRAINING PLAN FOR THE BATH HALF MARATHON – 5-10K

Supporting children's hospice SOUTH WEST
Registered Charity No. 1003314

HANNAH the RUNNER

week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Yoga/stretch 60 mins	Run: intervals 30 minutes	Strength training: legs 20-30 mins	Run: hills 6 reps	Strength training: core 20-30 mins	Rest day	Run: 6k/3.5 miles
2	Yoga/stretch 60 mins	Run: intervals 30 minutes	Strength training: legs 20-30 mins	Run: hills 6 reps	Strength training: core 20-30 mins	Rest day	Run: 6.5k/4 miles
3	Yoga/stretch 60 mins	Run: intervals 40 minutes	Strength training: legs 20-30 mins	Run: hills 8 reps	Strength training: core 20-30 mins	Rest day	Run: 5k/3 miles
4	Yoga/stretch 60 mins	Run: intervals 40 minutes	Strength training: legs 20-30 mins	Run: hills 8 reps	Strength training: core 20-30 mins	Rest day	Run: 7k/4.5 miles
5	Yoga/stretch 60 mins	Run: intervals 45 minutes	Strength training: legs 20-30 mins	Run: hills 10 reps	Strength training: core 20-30 mins	Rest day	Run: 8k/5 miles
6	Yoga/stretch 60 mins	Run: intervals 45 minutes	Strength training: legs 20-30 mins	Run: hills 10 reps	Strength training: core 20-30 mins	Rest day	Run: 5k/3 miles
7	Yoga/stretch 60 mins	Run: intervals 45 minutes	Strength training: legs 20-30 mins	Run: hills 12 reps	Strength training: core 20-30 mins	Rest day	Run: 9k/5.5 miles
8	Yoga/stretch 60 mins	Run: intervals 45 minutes	Strength training: legs 20-30 mins	Run: hills 12 reps	Strength training: core 20-30 mins	Rest day	Run: 10k/6 miles

Intervals 30 minutes: 5 minutes warm up jog, 1 minute run hard, 1 minute recovery (jog or walk) x 10, 5 minutes cool down jog, stretch.

Intervals 40 minutes: 5 minutes warm up jog, 2 minutes run hard, 1 minute recovery (jog or walk) x 10, 5 minutes cool down jog, stretch.

Intervals 45 minutes: 5 minutes warm up jog, 3 minutes run hard, 2 minutes recovery (jog or walk) x 7, 5 minutes cool down jog, stretch.

Hills: warm up jog, run hard uphill for 45 seconds, walk or jog back down for 2 minutes. Build up from 6 to 12 hill repeats.

TRAINING PLAN FOR THE BATH HALF MARATHON – 10K+

week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	**Yoga/stretch** 60 mins	**Run:** intervals 45 minutes	**Strength training:** legs 20-30 mins	**Run:** hills 12 reps	**Strength training:** core 20-30 mins	**Rest day**	**Run:** 11k/7 miles
2	**Yoga/stretch** 60 mins	**Run:** intervals 45 minutes	**Strength training:** legs 20-30 mins	**Run:** hills 12 reps	**Strength training:** core 20-30 mins	**Rest day**	**Run:** 13k/8 miles
3	**Yoga/stretch** 60 mins	**Run:** intervals 45 minutes	**Strength training:** legs 20-30 mins	**Run:** hills 12 reps	**Strength training:** core 20-30 mins	**Rest day**	**Run:** 5k/3 miles
4	**Yoga/stretch** 60 mins	**Run:** intervals 45 minutes	**Strength training:** legs 20-30 mins	**Run:** hills 12 reps	**Strength training:** core 20-30 mins	**Rest day**	**Run:** 15k/9 miles
5	**Yoga/stretch** 60 mins	**Run:** intervals 45 minutes	**Strength training:** legs 20-30 mins	**Run:** hills 12 reps	**Strength training:** core 20-30 mins	**Rest day**	**Run:** 16k/10 miles
6	**Yoga/stretch** 60 mins	**Run:** intervals 45 minutes	**Strength training:** legs 20-30 mins	**Run:** hills 12 reps	**Strength training:** core 20-30 mins	**Rest day**	**Run:** 18k/11 miles
7	**Yoga/stretch** 60 mins	**Run:** intervals 45 minutes	**Strength training:** legs 20-30 mins	**Run:** hills 12 reps	**Strength training:** core 20-30 mins	**Rest day**	**Run:** 5k/3 miles
8	**Yoga/stretch** 60 mins	**Run:** intervals 45 minutes	**Strength training:** legs 20-30 mins	**Run:** hills 12 reps	**Strength training:** core 20-30 mins	**Rest day**	**Run:** 15k/9 miles

Intervals 45 minutes: 5 minutes warm up jog, 3 minutes run hard, 2 minutes recovery (jog or walk) x 7, 5 minutes cool down jog, stretch.

Hills: warm up jog, run hard uphill for 45 seconds, walk or jog back down for 2 minutes 12 times

TRAINING PLAN FOR THE BATH HALF MARATHON – TAPER

week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Yoga/stretch 60 mins	Run: intervals 45 minutes	Strength training: legs 20-30 minutes	Run: intervals 30 minutes	Strength training: core 20-30 minutes	Rest day	Run: 5k
	Yoga/stretch 60 mins	Run: intervals 30 minutes	Strength training: legs 20-30 minutes	Run: intervals 20 minutes	Rest day	Rest day	Bath Half Marathon

Intervals 30 minutes: 5 minutes warm up jog, 1 minute run hard, 1 minute recovery (jog or walk) x 10, 5 minutes cool down jog, stretch.

Intervals 20 minutes: 5 minutes warm up jog, 30 seconds run hard, 2 minutes recovery (jog or walk) x 4, 5 minutes cool down jog, stretch.

RECOVERY

week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Yoga/stretch 60 mins and gentle 10 minute jog	Yoga/stretch 60 mins and gentle 10 minute jog	Rest day	Run: 20 minutes gentle	Rest day	Rest day	Run: 5k

Return to running and strength training as before but keep distances low for 3-4 weeks. Plan your next challenge and get back to running!