



BEGINNERS 12 WEEK TRAINING PLAN

The Spire Healthcare English Half Marathon Organisers recommend that new runners consult their doctor before embarking on any fitness regime, such as this training plan.

On rest days try and do some press ups or sit ups to increase your overall body strength. If you are not a member of a gym, why not contact your local gym to make an appointment and have a look around?

Always do some stretching exercises before and after running. This will increase your flexibility and reduce your chances of injury.

If you do pull a muscle or injure yourself on a training run see a qualified physiotherapist immediately. Your nearest physio can be found in the Yellow Pages or by calling your local running club.

Do not try to run any of the Spire Healthcare English Half Marathon events in brand new trainers!

You should break new shoes in for at least a week before you run in any running event. This means you are less likely to suffer blisters or other foot injuries during the run.

Always ensure you are properly hydrated before you train or run, especially in warm weather. Make sure you have enough to drink before you run and remember to drink after training too. During the run, take water at each drink station, even though you feel you can do without. By the time you realise you are dehydrated, it has already affected your running.

Drink water to prevent any dehydration problems beginning.

THE SPIRE HEALTHCARE ENGLISH HALF MARATHON - BEGINNERS TRAINING PLAN

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	15 mins brisk walk	Rest	Rest	20 mins brisk walk	Rest	Rest	25 mins brisk walk
Week 2	15 mins slow run / walk	Rest	Rest	20 mins slow run / walk	Rest	Rest	25 mins starting slow run / walk
Week 3	Rest	20 mins slow	Rest	30 mins slow run / walk	Rest	Rest	20 mins at a quicker pace
Week 4	Rest	30 mins slow	Rest	25 mins at a quicker pace	Rest	Rest	40 mins slow run / walk
Week 5	Rest	30 mins slow	Rest	30 mins at a quicker pace	Rest	Rest	50 mins slow run / walk
Week 6	Rest	30 mins slow	Rest	35 mins at a quicker pace	Rest	Rest	3.5 miles easy
Week 7	Rest	30 mins slow	Rest	45 mins (inc. 2 faster bursts of 5 mins)	Rest	Rest	3.5 miles easy
Week 8	Rest	30 mins slow	Rest	45 mins at a quicker pace	Rest	Rest	80 mins slow
Week 9	Rest	30 mins slow	Rest	50 mins (inc. 2 faster bursts of 5 mins)	Rest	Rest	90 mins slow
Week 10	Rest	30 mins slow	Rest	55 mins at a quicker pace	Rest	Rest	100 mins slow
Week 11	Rest	30 mins slow	Rest	60 mins (inc. 2 faster bursts of 5 mins)	Rest	Rest	70 mins slow
Week 12	Rest	30 mins slow	Rest	20 mins at a quicker pace	Rest	Rest	English Half Marathon Day

The race organisers recommend that new runners consult their doctor before beginning training. Always stretch before training. Remember to drink frequently during training to avoid dehydration.