



## IMPROVERS 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.

You've probably run at least one half-marathon (13.1 miles) event, and you've done a few 5K or a 10K events and you're ready to try and improve your time if not actually "race" a half marathon. If the Beginners 12 Week Training Plan seems too easy or the Intermediate 12 Week Training Plan seems too challenging, try this Improvers 12 Week Training Plan. This schedule is geared toward runners who can run 4 miles comfortably and can run 4 to 5 days per week.

**Understanding the schedule:** No schedule should ever be "set in stone". If your work, family or social life means you have to change some days around, that is fine, as long as the theme and consistency of training is generally maintained.

**Rest Days:** Most Mondays, as with the other schedules, are rest days. Rest days really are an integral part of your training to allow your body to recover and avoid excessive tiredness and injury.

**Midweek Runs:** Always warm up for a few minutes, easing into your run. One of the midweek runs should be a steady comfortable effort, run at or, close to your half marathon pace. As the weeks progress, and your fitness improves, you can introduce some simple short efforts. Three easy ways to do this are: picking a route with one or two hills; or run a faster pace for a minute followed by slower pace for a minute and repeat 4/5 times; or use the natural landmarks on your route like lampposts trees or junctions and challenge yourself to run hard to the next landmark, before easing back again. There are endless variations and you will soon come up with your own!!

**Weekend Long Run:** Treat distances and times as a guide. Much will depend on where you are starting from and how fast you are running. The main aim of the week's long run is to increase the distance or time gradually over the weeks.

**Alternative Exercise (AE):** Do an alternative exercise such as biking or swimming at an easy to moderate effort for 45 to 50 minutes.

**Sundays:** Sundays are active recovery days. Run at an easy, comfortable pace to help loosen up your muscles.

# THE SPIRE HEALTHCARE ENGLISH HALF MARATHON - IMPROVERS TRAINING PLAN

|                | Monday | Tuesday             | Wednesday | Thursday              | Friday | Saturday   | Sunday                    |
|----------------|--------|---------------------|-----------|-----------------------|--------|------------|---------------------------|
| <b>Week 1</b>  | Rest   | 3 miles             | AE        | 2.5 miles @ race pace | Rest   | 4 miles    | 2.5 miles easy            |
| <b>Week 2</b>  | Rest   | 3 miles             | AE        | 3 miles @ race pace   | Rest   | 5 miles    | 2.5 miles easy            |
| <b>Week 3</b>  | Rest   | 3.5 miles           | AE        | 3 miles @ race pace   | Rest   | 6 miles    | 3 miles easy              |
| <b>Week 4</b>  | Rest   | 3.5 miles           | AE        | 4 miles @ race pace   | Rest   | 7 miles    | 3 miles easy              |
| <b>Week 5</b>  | Rest   | 4 miles             | AE        | 3 miles @ race pace   | Rest   | 8 miles    | 3.5 miles easy            |
| <b>Week 6</b>  | Rest   | 4 miles             | AE        | 4 miles @ race pace   | Rest   | 9 miles    | 3.5 miles easy            |
| <b>Week 7</b>  | Rest   | 4 miles             | AE        | 4 miles @ race pace   | Rest   | 10 miles   | 3.5 miles easy            |
| <b>Week 8</b>  | Rest   | 4.5 miles           | AE        | 3 miles @ race pace   | Rest   | 8 miles    | 4 miles easy              |
| <b>Week 9</b>  | Rest   | 5 miles             | AE        | 4 miles @ race pace   | Rest   | 10 miles   | 3 miles easy              |
| <b>Week 10</b> | Rest   | 4.5 miles           | AE        | 3 miles @ race pace   | Rest   | 12 miles   | 3 miles easy              |
| <b>Week 11</b> | Rest   | 4 miles             | AE        | 3 miles @ race pace   | Rest   | 5 miles    | 2.5 miles easy            |
| <b>Week 12</b> | Rest   | 3 miles @ race pace | AE        | 30 minutes            | Rest   | 20 minutes | 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.**