



Spire Healthcare

English Half Marathon



INTERMEDIATE 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.

To start this plan, you will be competing fairly regularly and you should already be running about 30 to 60 minutes a day, about five days a week. If you feel you're not ready for this, you may want to try the Improvers 12 Week Training Plan.

Notes about this schedule

You will probably be experienced enough to know how essential rest days are. With this schedule introducing elements of simple speed work and consequently a slightly greater work load, it is still important to have quality rest days in 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.

Tempo Run: Tempo runs help you develop your anaerobic threshold, which is essential for improvement. For a 40 minute tempo run, start your run with 5 to 10 minutes of easy running, then continue with 15 to 20 minutes of running close to your 10K pace, then ease off again with 5 to 10 minutes of easy jogging. If you're not sure what your 10K pace is, run at a pace that is faster than your easy runs so you feel you are getting a good work out, but not to the point of being totally uncomfortable and breathless.

Interval and Repetition Workouts (REPS): After a warm-up, run 400 meters (one lap of a running track) hard and follow this by jogging or walking 400 meters. For example, 3 x 400 would be three hard 400 meters, with a 400 meter recovery in between. If you can't get to a track easily, you can do a similar workout in your local park or anywhere really. Use a noticeable feature (lamppost, street corner, park gates), pace out 400 fairly even steps to coincide with another noticeable feature. It doesn't matter if it is 395 or 410 steps. What does matter is that this is now your own personal running track and week by week you can do your repetitions and gauge your own progress.

Weekend Long Runs: After warming up run at a comfortable pace for the given mileage or time. Remember to ease off for the last few minutes and stretch after your run.

Sundays or Day after your Long Run: This is an active recovery day. Your run should be at an easy comfortable pace, which helps loosen up your muscles.

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THE SPIRE HEALTHCARE ENGLISH HALF MARATHON - INTERMEDIATE TRAINING PLAN

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	AE	30 min tempo	Rest	3 miles	Rest	5 miles	2 miles easy
Week 2	AE	4 x 400 reps	Rest	3 miles	Rest	6 miles	2.5 miles easy
Week 3	AE	35 min tempo	2 miles	3 miles	Rest	7 miles	2 miles easy
Week 4	AE	5 x 400 reps	Rest	3 miles	Rest	7 miles	3 miles easy
Week 5	AE	35 min tempo	3 miles	4 miles @ race pace	Rest	8 miles	3 miles easy
Week 6	AE	6 x 400 reps	3 miles	3 miles @ race pace	2 miles easy	Rest	10K race
Week 7	AE	40 min tempo	Rest	4 miles @ race pace	Rest	9 miles	3 miles easy
Week 8	AE	6 x 400 reps	3 miles	3 miles @ race pace	Rest	10 miles	3 miles easy
Week 9	AE	45 min tempo	3 miles	4 miles @ race pace	Rest	11 miles	Rest
Week 10	AE	7 x 400 reps	4 miles	3 miles @ race pace	Rest	12 miles	3 miles easy
Week 11	AE	45 min tempo	Rest	3 miles @ race pace	Rest	5 miles	2.5 miles easy
Week 12	Rest	4 miles	30 minutes 10K pace	2 miles	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.