

## 12 Week Half Marathon Plan

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	4-5	Speedwork (optional)	Rest	6	Rest	Rest	6
2	4-5	Speedwork (optional)	Rest	6	Rest	Rest	7
3	4-5	Speedwork (optional)	Rest	7	Rest	Rest	8
4	4-5	Speedwork (optional)	Rest	6	Rest	Rest	8
5	4-5	Speedwork (optional)	Rest	7	Rest	Rest	10
6	4-5	Speedwork (optional)	Rest	7	Rest	Rest	10
7	4-5	Speedwork (optional)	Rest	6	Rest	Rest	12
8	4-5	Speedwork (optional)	Rest	7	Rest	Rest	10
9	4-5	Speedwork (optional)	Rest	6	Rest	Rest	12
10	4-5	Speedwork (optional)	Rest	6	Rest	Rest	10
11	4-5	Speedwork (optional)	Rest	5	Rest	Rest	6
12	4-5	Speedwork (optional)	Rest	3	Rest	Rest	The Half!

Three runs a week is easily enough to get you running a half distance. You can shuffle the days about, just make sure you have rest days - they are important for recovery.

Interval training is useful - on your short runs try to include some faster bursts. Or additionally, attend the Club's Tuesday Speedwork sessions.