

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 9	Rest	30 mins easy/recovery	30 mins easy	Rest	30 mins easy/recovery	Rest	3 miles (5 km) long run
Week 10	Rest	30 mins easy/recovery	30 mins Tempo (including 5 mins warm up and cool down)	Rest	30 mins easy/recovery	Rest	40 mins long run
Week 11	Rest	30 mins easy/recovery	30 mins Tempo (including 5 mins warm up and cool down)	Rest	30 mins easy/recovery	Rest	5 miles (8 km) long run
Week 12	Rest	40 mins easy/recovery	30 mins Tempo (including 5 mins warm up and cool down)	Rest	40 mins cross training	Rest	Half Marathon RACE

This particular beginner programme is from the BUPA website.

Drinking

To prevent dehydration, drink plenty before, during and after your run, especially in hot weather. Do not drink excessively, as this can lead to hyponatraemia (water intoxication). Drink when you feel you need to and do not gulp large amounts of fluids.

Prevent injuries

Being conscientious about injury prevention is vital - you don't want to get struck down by an injury weeks into your training or as you approach race day. Consider our five points:

- 1) Warming up, prior to or shortly into your training is crucial, as is warming down.
- 2) Ensure that correct and adequate stretching is incorporated into your training regime, including at least one session apart from your running sessions.
- 3) Avoid the temptation to run too far and too fast before your body is ready for it. Overworking the tissues can lead to the injuries you're trying to prevent.

- 4) If possible, seek advice on running technique/posture or any muscle imbalances from a professional source. It's easier to prevent an injury than it is to treat one once it has occurred.

Incorporate rest days into training



AGE UK SOLIHULL TRAINING PACK



You've signed up now get ready for your challenge!

We're delighted that you've decided to take part in the Great Birmingham Run (half marathon) sponsored run for Age UK Solihull. Thank you.

It may be that you're already an experienced runner or you could just be starting out. Either way, we want you to stay safe and healthy throughout your training and the event itself.

Whilst we are not experts ourselves, we have some common sense tips below and there is some great information on how to prepare and train on the Great Run website.

Go to www.greatrun.org/training

Other useful websites:

- www.runnersworld.co.uk/training/
- www.realbuzz.com/training

Get planning

It is useful to follow a training plan to help you map your weekly mileage. Your training plan is personal to you - whether you're a beginner or a more experienced runner, running for fun or wanting to achieve a specific time. See on the right and overleaf for our training timetable.

Love your feet!

Running in the correct footwear is vital. Visit a specialist footwear shop and they will give you advice on what shoe is suitable for your running level and style.

You're not alone

Communicating with other runners can provide motivation and support. You may like to find yourself a running buddy. Alternatively, joining a running club can be a sociable way of training. They can cater for all abilities. Find a running club or a running buddy at www.runningpartners.org.uk However, if you prefer to run alone, you may like to create a running log to record your progress.

Make running fun!

There are lots of ways to make training more fun. You could try varying your route - visit www.walkjogrun.co.uk to plan and find different routes in your area. Running to motivational music works for many of our team members. You could also try other types of exercise to keep

your fitness levels up, such as swimming and cycling.

Get competitive

Taking part in a competitive event is considered useful training and great for getting you in the mood for race day.

A shorter race could be a good starting point. Here in Solihull there are various running events throughout the year. Here is a selection:

- **Park Run** - 5k run every Saturday in Brueton Park at 9:00am. It's free, but you will need to pre-register. For more information, visit www.parkrun.org.uk/brueton
- **Knowle Fun Run** - 5 mile run on **Sunday 21 May 2017**. Visit www.knowlefunrun.org.uk
- **Dorridge Fun Run** - 3 and 8 mile routes. Walk, cycle or run this fun run on **Sunday 4 June 2017**. Visit www.dorridgefunrun.org

There are also running clubs you can join in the area. Visit www.solihullactive.co.uk to find out more.











Beginner half marathon programme

The programme is for you if it's the first time you've run a half marathon, or a long time since you ran any longer distances. To get the most out of it, you should be able to run 3 miles (5km) in under 40 minutes.

1 mile = 1.6km. For this training programme, distances in km have been rounded to the nearest whole number for simplicity.

If you are in any doubt about your fitness to take part in the event, please see your GP.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	30 mins easy/ recovery 	30 mins easy	Rest	30 mins easy/ recovery	Rest	3 miles (5 km) long run
Week 2	Rest	30 mins easy/ recovery	30 mins Tempo (including 5 mins warm up and cool down)	Rest 	30 mins easy/ recovery	Rest	40 mins long run
Week 3	Rest	30 mins easy/ recovery	30 mins Tempo (including 5 mins warm up and cool down)	Rest	30 mins easy/ recovery	Rest 	5 miles (8 km) long run
Week 4	Rest 	40 mins easy/ recovery	30 mins Tempo (including 5 mins warm up and cool down)	Rest 	40 mins cross training	Rest	60 mins long run
Week 5	Rest	40 mins easy/ recovery	30 mins Tempo (including 5 mins warm up and cool down)	Rest	40 mins speed run or cross training	Rest	7 miles (11 km) long run
Week 6	Rest	40 mins easy/ recovery	30 mins Tempo (including 5 mins warm up and cool down)	Rest 	40 mins speed run or cross training	Rest	8 miles (13 km) long run
Week 7	Rest 	40 mins easy/ recovery	30 mins Tempo (including 5 mins warm up and cool down)	Rest	40 mins speed run or cross training	Rest	60 mins long run 
Week 8	Rest	40 mins easy/ recovery	30 mins Tempo (including 5 mins warm up and cool down)	Rest	50 mins speed run or cross training	Rest	10 miles (16 km) long run

Continue on next page