

# 16-Week Running Plan



# HALF MARATHON - 16 Week Running Plan

Weeks to go	Affirmation of the week	Run Day 1	Run Day 2	Run Day 3	Run Day 4	REST!
	REST DAY! Your Positive Affirmation for the week...	Medium - Fast Pace	CHALLENGE DAY! (or substitute for medium pace run).	Easy-Medium Pace	Long Run	Alternative Training/Rest
16	I am energised	1-2 miles	<b>3 miles Interval</b> 1 slow, 1 speed, 1 slow	45 mins	3 miles	<p><b>Aim to fully rest at least 1 day a week.</b></p> <p><b>Today could be a good day to do some yoga or some extra stretching.</b></p> <p><b>Why not use today to have a think about who you are going to dedicate your long next run to</b></p> <p><b>It may be the same person next week or it may be a different person for each of your runs.</b></p> <p><b>If you start to struggle, remember your dedication and let it push you forward</b></p>
15	I choose to be kind to myself	1-2 miles	<b>3 miles - Hill training</b> At least 6 sprint bursts uphill, recovery down”	30 mins	5 miles	
14	I cherish my body	1-2 miles	<b>2 miles - Fartlek intervals</b> at least 8 varied bursts speedy	45 mins	4 miles	
13	I wake each day rested and full of energy	2-3 miles	<b>4 miles Interval</b> 1 slow, 2 speed, 1 slow	30 mins	6miles	
12	I create the life I deserve	2-3 miles	<b>3 miles - Hill training</b> At least 6 sprint bursts uphill, recovery down	45 mins	5 miles	
11	I choose to be happy and love myself today	3 miles	<b>3 miles - Fartlek intervals</b> at least 8 bursts speedy	45 mins	6 miles	
10	I am powerful and unstoppable	3-4 miles	<b>3 miles Interval</b> 1 slow, 1 speed, 1 slow	30 mins	7 miles	
9	I am stronger than I realise	2-3 miles	<b>3 miles - Hill training</b> At least 8 sprint bursts uphill, recovery down	30 mins	7 miles	

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	REST DAY! Your Positive Affirmation for the week...	Medium - Fast Pace	CHALLENGE DAY! (or substitute for medium pace run).	Easy-Medium Pace	Long Run	Alternative Training/Rest
8	I take my goals seriously	3-4 miles	<b>4 miles - Fartlek intervals</b> at least 10 bursts speedy	60 mins	8 miles	<p><b>Aim to fully rest at least 1 day a week.</b></p> <p><b>Today could be a good day to do some yoga or some extra stretching.</b></p> <p><b>Why not use today to have a think about who you are going to dedicate your long next run to</b></p> <p><b>It may be the same person next week or it may be a different person for each of your runs.</b></p> <p><b>If you start to struggle, remember your dedication and let it push you forward</b></p>
7	I am proud to be me	4 miles	<b>4 miles Interval</b> 1 slow, 1 speed x2	30 mins	6 miles	
6	Everything is possible	4-5 miles	<b>5 miles - Hill training</b> At least 8 sprint bursts uphill, recovery down	45 mins	8 miles	
5	I am happy with who I am	3-4 miles	<b>5 miles - Fartlek intervals</b> at least 8 bursts speedy	60 mins	10 miles	
4	Everything I do leads me closer to a healthier body and mind	5 miles	<b>6 miles Interval</b> 1 slow, 2 speed x 2	45 mins	9 miles	
3	I have complete power over my wellbeing	4-5 miles	<b>5 miles - Hill training</b> At least 6 sprint bursts uphill, recovery down	30 mins	10-11 miles	
2	My body is getting stronger and stronger each day	4 miles	<b>4 miles - Fartlek intervals</b> at least 8 bursts speed	45 mins	5-6 miles	
1	I've got this	20 mins easy	<b>3 miles Interval</b> 1 slow, 1 speedy, 1 slow	30 mins	<b>HALF MARATHON DAY</b>	

<b>Interval training</b>	Consists of a series of repeated rounds of exercise, lasting varied amounts of time.
<b>Fartlek training</b>	Involves varying the intensity or speed of your run to improve your fitness and endurance.
<b>Hill training</b>	Improves leg-muscle strength, quickens your stride and can even protect your leg muscles against soreness.

**Any training regime carries with it potential risks as well as the many health benefits and we would like to make sure you are as safe as possible.**

**If you do have any injuries or illnesses, or if you are pregnant, we would always recommend speaking with your GP before increasing your training load.**

