

## Robin Hood Half Marathon Training Programme

10 week training schedule - Aim 1:50 - 2hrs

Current level of fitness: Can run for 20-30 mins, 3 or 4 times a week at most.

Total weekly volume approximately 5-22 miles, increasing as the weeks progress

### Training Tips

Each session on this training programme should start with at least a 10min light jog for a warm up and finish with a 10min cool down, particularly on the speed and interval sessions. Don't forget to do some stretching before and particularly afterwards.

There are 3 components to a training programme; long runs, easy runs, speedwork. The 4 components in this training programme are timed in such a way as to peak for the half-marathon in week 10.

The long runs are for increasing overall fitness. If you cannot complete the full duration initially just mix jogging and walking.

The easy runs are to maintain fitness without overloading the body.

The speed sessions are designed to improve running technique and speed. They will push you out of your comfort zone and be hard at times but without these sessions your times will not improve

There are 4/5 sessions a week. Recovery days are just as important as training days so do not miss them.

In this schedule you can arrange the days as you can fit them in. A typical pattern would be Tuesdays, Thursdays, Saturdays and Sundays with the long run on a Sunday but you can rearrange to best suit your timetable.

Do not do two hard sessions the day after each other. For example do not do sessions 1 and 3 back to back, allow for a day's recovery in between.

If you miss a session, DO NOT PANIC. Prioritise your sessions. The long run is the most important as it will keep your fitness, if this is not possible make sure you get at least one of the 30-40min runs in a week. Where possible try and fit in one speed session. If you have to drop a session let it be ONE of the speed sessions.

There are 3 timed 30min runs (weeks 1, 4 & 7). Try as hard as you can but they are just a monitoring tool and a good motivator to see your time improve.

If possible, find a route for the 30 and 40min runs then over the weeks and try and run the same course in a slightly quicker time, you should find you are getting faster or the run is getting easier. If you are then you are improving!

By the later stages of the schedule you should be able to gauge how well your body is coping with the training load. If it is too hard cut down by a few minutes, otherwise maintain the training.

In the final week start tapering by reducing the amount of running, this enables you to build your energy stores and save your legs so that you feel ready for the big race day!

GOOD LUCK & ENJOY!

Week	Session 1	Session 2	Session 3	Session 4	Session 5
1	30mins easy <sup>1</sup>	40 mins easy	30 mins, timed	40 min easy	
2	30 mins with a few 30 sec bursts	40 mins easy	30 mins easy	long run 45mins	
3	30 mins with a few 30 sec bursts	40 mins easy	30min easy with 2 x 5 mins threshold <sup>2</sup> , 5 mins recovery	long run 50mins	
4	40 mins with several 1min bursts	40 mins easy	30mins, timed	long run 55mins	
5	40 mins of fast <sup>3</sup> and slow runs, try hills	40 mins easy	40 mins	10k race <b>or</b> long run 1hr	
6	15 mins easy, 2 x 5 mins fast with 5min slow recovery <sup>4</sup> in between, jog 10mins slow	40 mins easy	30 mins	45 mins	40 mins easy
7	10 mins easy, 2 x 7-8 mins fast with 5 min slow recovery in between, jog 10mins slow	30 mins timed	40 mins including several short bursts. Eg. 5x1 min fast with 5min recovery	40 mins easy	10k race <b>or</b> Long, slow run 70mins
8	10 mins easy, 2x10mins fast with 5 min slow recovery in between, jog 10mins slow	40 mins easy	40 mins including several short bursts. Eg. 6x1 min fast with 4min recovery	40 mins	Long, slow run 80-90mins
9	10mins easy, 2 x 10mins fast with 4 min slow recovery in between, jog 10mins	40 mins easy	40 mins several short bursts eg. 6 x 2min, 4-5min recovery	Long, slow run 70 mins	
<b>Taper 10</b>	30mins easy	20-30 mins easy	10 mins easy 10 mins fast 10 mins easy	Half Marathon	

1 Easy conversational pace, elevated HR but should not feel hard

2 Threshold As fast as you can run and maintain for duration, breathing is hard

3 Fast Not be able to hold conversation, heavy breathing, very hard

4 Recovery slow jog, to allow muscles to recover, breathing should recover before continuing