

**PRE CONDITIONING**

Important not to increase mileage too quickly, this phase is to build up strength & get into your routine.

**LONG**

The LONG run is the most important in this phase, build your week around it & pick a day with less commitments.

**TAPERING**

Lowering mileage building up to race day to avoid burnout. **NO SPEED IN TAPERING PHASE – SWITCH TO RECOVERY RUNS**

**FRONT RUNNER HALF MARATHON - 12 WEEK IMPROVER PLAN**

	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL MILEAGE
		SPEED	RECOVERY		TEMPO		LONG	
<b>WEEK 1</b>	REST	<5 Miles	3 Miles	REST	3 Miles	Parkrun (Optional)	5 Miles	<b>16 Miles</b>
<b>WEEK 2</b>	REST	<5 Miles	3 Miles	REST	3 Miles	Parkrun (Optional)	6 Miles	<b>17 Miles</b>
<b>WEEK 3</b>	REST	<5 Miles	3 Miles	REST	3 Miles	Parkrun (Optional)	7 Miles	<b>18 Miles</b>
<b>WEEK 4</b>	REST	<5 Miles	3 Miles	REST	3 Miles	Parkrun (Optional)	5 Miles	<b>16 Miles</b>
<b>WEEK 5</b>	REST	<5 Miles	4 Miles	REST	5 Miles	Parkrun (Optional)	8 Miles	<b>22 Miles</b>
<b>WEEK 6</b>	REST	<5 Miles	4 Miles	REST	5 Miles	Parkrun (Optional)	9 Miles	<b>23 Miles</b>
<b>WEEK 7</b>	REST	<5 Miles	4 Miles	REST	5 Miles	Parkrun (Optional)	10 Miles	<b>24 Miles</b>
<b>WEEK 8</b>	REST	<5 Miles	4 Miles	REST	5 Miles	Parkrun (Optional)	8 Miles	<b>22 Miles</b>
<b>WEEK 9</b>	REST	<5 Miles	4 Miles	REST	5 Miles	Parkrun (Optional)	12 Miles	<b>26 Miles</b>
<b>WEEK 10</b>	REST	4 Miles	4 Miles	REST	4 Miles	Parkrun (Optional)	10 Miles	<b>22 Miles</b>
<b>WEEK 11</b>	REST	4 Miles	4 Miles	REST	4 Miles	Parkrun (Optional)	8 Miles	<b>20 Miles</b>
<b>WEEK 12</b>	REST	4 Miles	REST	4 Miles	REST	REST	RACE DAY	

**SPEED**

**FAST** Ideally find a local track or similar course for fast intervals & recovery sets.

**TOP TIP #1 HYDRATION** – the session may be short but it’s also high intensity. Keep a bottle with you, refuel in between sets.

**TOP TIP #2 RUN IN A GROUP** – having others to chase/keep being you will help to push yourself.

**RECOVERY**

**SLOW** light jogging to loosening the legs – pace is not important.

**TOP TIP #1 STAY LOCAL** – avoid out & back routes in case you need to stop.

**TOP TIP #2 AIM IS TO RECOVER** – if something hurts, don’t be a hero, rest up!

**TEMPO**

**FAST** – The workout should be hard but comfortable, 8/10 effort.

**TOP TIP #1 RUN IN A GROUP** – slower runners set off first & faster runners chase. all should finish same time.

**TOP TIP #2 KNOW YOUR PACE BEFORE YOU START & STICK TO IT** – consistency is key.

**LONG**

**EASY PACE** to build endurance – this run is all about time on your feet.

**TOP TIP #1 STAY HYDRATED & PRACTICE USING GELS** – before start & every 30 minutes after start.

**TOP TIP #2 TRY OUT DIFFERENT ROUTES** – will help prevent boredom & make the run more enjoyable.

**PARK RUN**

Free 5k timed run every Saturday gam in different locations:

Swansea Bay, Llanelli Coast, Gnoll Park, Porthcawl, Llyn Llech Owain.