

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 - 16 WEEK BEGINNER PLAN

	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL TIME
		SPEED		RECOVERY			LONG	
Week 1	REST	20 Minutes - Run 3 Min, Walk 2 Min	REST	20 Minutes - Run 2 Min, Walk 3 Min	REST	Parkrun (Optional)	25 Minutes - Run 2 Min, Walk 3 Min	65 Minutes
Week 2	REST	20 Minutes - Run 3 Min, Walk 2 Min	REST	20 Minutes - Run 2 Min, Walk 3 Min	REST	Parkrun (Optional)	35 Minutes - Run 2 Min, Walk 3 Min	75 Minutes
Week 3	REST	20 Minutes - Run 3 Min, Walk 2 Min	REST	20 Minutes - Run 2 Min, Walk 3 Min	REST	Parkrun (Optional)	45 Minutes - Run 2 Min, Walk 3 Min	85 Minutes
Week 4	REST	20 Minutes - Run 3 Min, Walk 2 Min	REST	20 Minutes - Run 2 Min, Walk 3 Min	REST	Parkrun (Optional)	25 Minutes - Run 2 Min, Walk 3 Min	65 Minutes
Week 5	REST	30 Minutes - Run 3 Min, Walk 2 Min	REST	30 Minutes - Run 3 Min, Walk 2 Min	REST	Parkrun (Optional)	50 Minutes - Run 3 Min, Walk 2 Min	110 Minutes
Week 6	REST	30 Minutes - Run 3 Min, Walk 2 Min	REST	30 Minutes - Run 3 Min, Walk 2 Min	REST	Parkrun (Optional)	60 Minutes - Run 3 Min, Walk 2 Min	120 Minutes
Week 7	REST	30 Minutes - Run 3 Min, Walk 2 Min	REST	30 Minutes - Run 3 Min, Walk 2 Min	REST	Parkrun (Optional)	70 Minutes - Run 3 Min, Walk 2 Min	130 Minutes
Week 8	REST	30 Minutes - Run 3 Min, Walk 2 Min	REST	30 Minutes - Run 4 Min, Walk 1 Min	REST	Parkrun (Optional)	50 Minutes - Run 3 Min, Walk 2 Min	110 Minutes
Week 9	REST	30 Minutes - Run 3 Min, Walk 2 Min	REST	30 Minutes - Run 4 Min, Walk 1 Min	REST	Parkrun (Optional)	80 Minutes - Run 4 Min, Walk 1 Min	140 Minutes
Week 10	REST	30 Minutes - Run 3 Min, Walk 2 Min	REST	30 Minutes - Run 4 Min, Walk 1 Min	REST	Parkrun (Optional)	90 Minutes - Run 4 Min, Walk 1 Min	150 Minutes
Week 11	REST	30 Minutes - Run 3 Min, Walk 2 Min	REST	30 Minutes - Slow jog full duration	REST	Parkrun (Optional)	100 Minutes - Run 4 Min, Walk 1 Min	160 Minutes
Week 12	REST	30 Minutes - Run 3 Min, Walk 2 Min	REST	30 Minutes - Slow jog full duration	REST	Parkrun (Optional)	80 Minutes - Run 4 Min, Walk 1 Min	140 Minutes
Week 13	REST	30 Minutes - Run 3 Min, Walk 2 Min	REST	30 Minutes - Slow jog full duration	REST	Parkrun (Optional)	120 Minutes - Run 4 Min, Walk 1 Min	180 Minutes
Week 14	REST	30 Minutes - Slow jog full duration	REST	30 Minutes - Slow jog full distance	REST	Parkrun (Optional)	80 Minutes - Slow jog full duration	140 Minutes
Week 15	REST	30 Minutes - Slow jog full distance	REST	30 Minutes - Slow jog full distance	REST	Parkrun (Optional)	60 Minutes - Slow jog full duration	120 Minutes
Week 16	REST	30 Minutes - Slow jog full distance	REST	30 Minutes - Slow jog full distance	REST	REST	RACE DAY	

SPEED 5 Minute Intervals (3 Fast (8/10 effort), 2 Slow (2/10 effort)).

TOP TIP #1 USE MARKERS (e.g. 15 lampposts Fast, 5 Slow) if you don't have a watch/app.

TOP TIP #2 RUN WITH OTHERS - will take your mind off the run & help to push you.

RECOVERY SLOW - light jogging to loosen 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!

LONG Easy pace to build endurance - this run is all about time on your feet.

TOP TIP #1 STAY HYDRATED & PRACTICE USING ENERGY GELS/BARS/CHEWS - consume 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 9am in different locations:

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