

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	
WEEK 1	REST	<5 Miles	3 Miles	REST	3 Miles	Parkrun (Optional)	5 Miles	16 Miles
WEEK 2	REST	<5 Miles	3 Miles	REST	3 Miles	Parkrun (Optional)	6 Miles	17 Miles
WEEK 3	REST	<5 Miles	3 Miles	REST	3 Miles	Parkrun (Optional)	7 Miles	18 Miles
WEEK 4	REST	<5 Miles	3 Miles	REST	3 Miles	Parkrun (Optional)	5 Miles	16 Miles
WEEK 5	REST	<5 Miles	4 Miles	REST	5 Miles	Parkrun (Optional)	8 Miles	22 Miles
WEEK 6	REST	<5 Miles	4 Miles	REST	5 Miles	Parkrun (Optional)	9 Miles	23 Miles
WEEK 7	REST	<5 Miles	4 Miles	REST	5 Miles	Parkrun (Optional)	10 Miles	24 Miles
WEEK 8	REST	<5 Miles	4 Miles	REST	5 Miles	Parkrun (Optional)	8 Miles	22 Miles
WEEK 9	REST	<5 Miles	4 Miles	REST	5 Miles	Parkrun (Optional)	12 Miles	26 Miles
WEEK 10	REST	4 Miles	4 Miles	REST	4 Miles	Parkrun (Optional)	10 Miles	22 Miles
WEEK 11	REST	4 Miles	4 Miles	REST	4 Miles	Parkrun (Optional)	8 Miles	20 Miles
WEEK 12	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.