

## Half Marathon Training - 10 weeks

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest/X training - Strength	Club efforts/ sprint training	3 Miles	Club run/hill work	Rest/X training - Strength	3 Miles	5 Miles
2	Rest/X training - Strength	Club efforts/ sprint training	3 Miles	Club run/hill work	Rest/X training - Strength	3 Miles	6 Miles
3	Rest/X training - Strength	Club efforts/ sprint training	4 Miles	Club run/hill work	Rest/X training - Strength	3 Miles	7 Miles
4	Rest/X training - Strength	Club efforts/ sprint training	4 Miles	Club run/hill work	Rest/X training - Strength	4 miles	8 Miles
5	Rest/X training - Strength	Club efforts/ sprint training	5 Miles	Club run/hill work	Rest/X training - Strength	4 miles	9 Miles
6	Rest/X training - Strength	Club efforts/ sprint training	5 Miles	Club run/hill work	Rest/X training - Strength	4 miles	10 Miles
7	Rest/X training - Strength	Club efforts/ sprint training	5 Miles	Club run/hill work	Rest/X training - Strength	4 miles	11 Miles
8	Rest/X training - Strength	Club efforts/ sprint training	4 Miles	Club run/hill work	Rest/X training - Strength	3 Miles	12 Miles
9	Rest/X training - Strength	Club efforts/ sprint training	4 Miles	Club run/hill work	Rest/X training - Strength	3 Miles	6 Miles
10	Rest/X training - Strength	Club efforts/ sprint training	3 Miles	Club run/hill work	Rest/X training - Strength	3 Miles	Race Day

Notes: If you do not run with a club then try sprint training - 10 paces (counting each one as your right foot hits the ground) as fast as you can then 20 paces jog. Do as many repeats as you feel capable of. Play around with it by increasing the number of paces or repetitions.  
e.g. 20 paces fast 40 paces jog.

Hill Work: find a hill and do reps or find a route with lots of hills on it!

### TIPS for the Race Day:

First 5 miles: Start easy, run your own race, stay calm, do not get too emotional.

Miles 6 -10: Break-up the race up into smaller segments in your mind. At 10 miles think Just 5K to go - a park run!

Stay mentally tough - no 'Self Doubt' YOU have TRAINED for THIS!

Miles 11 - 13.1: Feeling tired? Focus on other things: supporters, scenery. Marshalls - say thank you! Dig deep

#### Don'ts:

- 1 Don't run in new shoes. You should have run 10 miles in which ever you choose.
2. Change nutrition for the day, e.g. if using gels/bars etc train with them - make sure they suit you.
3. Overdress. Dress for mid race

#### Do's:

1. Think Positive
2. Increase carbs 3 days prior to the run.
3. Eat on race day 1 1/2 - 2 hours before the start. Cereal, porridge, toast etc. Practice on the Sunday long runs what suits you
4. Get to the race early (30 mins). Take a Chocolate bar for after the race.
5. ENJOY - You will have earned your medal!