

12 week Hard 1 hr 30 min Chippenham Half Marathon Schedule

| WK | DATE | MON | TUE | WED | THUR | FRI | SAT | SUN | TOTAL |
|----|-----------|----------|--------------------------|--------------------------|--------------------------|--------------------------|----------|---------------------------|-------|
| 1 | 22/6-28/6 | Rest /XT | Club Tempo Session 5ml | Easy Run Dist: 4mi @8.02 | Easy Run Dist: 4mi @8.02 | Easy Run Dist: 4mi @8.02 | Rest /XT | Long Run Dist: 9mi @8.02 | 26 |
| 2 | 29/7-05/7 | Rest /XT | Easy Run Dist: 5mi @8.02 | Easy Run Dist: 5mi @8.02 | Club Speed Session 5ml | Easy Run Dist: 4mi @8.02 | Rest /XT | Long Run Dist: 9mi @8.02 | 28 |
| 3 | 06/7-12/7 | Rest /XT | Club Tempo Session 5ml | Easy Run Dist: 5mi @8.02 | Easy Run Dist: 5mi @8.02 | Easy Run Dist: 4mi @8.02 | Rest /XT | Long Run Dist: 10mi @8.02 | 29 |
| 4 | 13/7-19/7 | Rest /XT | Easy Run Dist: 6mi @8.02 | Rest /XT | Easy Run Dist: 6mi @8.02 | Easy Run Dist: 5mi @8.02 | Rest /XT | Easy Run Dist: 6mi @8.02 | 23 |
| 5 | 20/7-26/7 | Rest /XT | Club Tempo Session 6ml | Easy Run Dist: 5mi @7.57 | Easy Run Dist: 5mi @7.57 | Easy Run Dist: 5mi @7.57 | Rest /XT | Long Run Dist: 10mi @7.57 | 31 |
| 6 | 27/7-02/8 | Rest /XT | Easy Run Dist: 5mi @7.57 | Easy Run Dist: 5mi @7.57 | Club Speed Session 7ml | Easy Run Dist: 4mi @7.57 | Rest /XT | Long Run Dist: 11mi @7.57 | 32 |
| 7 | 03/8-09/8 | Rest /XT | Club Tempo Session 6ml | Easy Run Dist: 6mi @7.57 | Easy Run Dist: 6mi @7.57 | Easy Run Dist: 5mi @7.57 | Rest /XT | Long Run Dist: 11mi @7.57 | 34 |
| 8 | 10/8-16/8 | Rest /XT | Easy Run Dist: 5mi @7.57 | Easy Run Dist: 5mi @7.57 | Easy Run Dist: 5mi @7.57 | Easy Run Dist: 5mi @7.57 | Rest /XT | Easy Run Dist: 6mi @7.57 | 26 |
| 9 | 17/8-23/8 | Rest /XT | Club Tempo Session 7ml | Easy Run Dist: 6mi @7.53 | Easy Run Dist: 5mi @7.53 | Easy Run Dist: 5mi @7.53 | Rest /XT | Long Run Dist: 12mi @7.53 | 35 |
| 10 | 24/8-30/8 | Rest /XT | Easy Run Dist: 6mi @7.53 | Easy Run Dist: 6mi @7.53 | Club Speed Session 8ml | Easy Run Dist: 5mi @7.53 | Rest /XT | Long Run Dist: 12mi @7.53 | 37 |
| 11 | 31/8-06/9 | Rest /XT | Club Tempo Session 7ml | Easy Run Dist: 6mi @7.52 | Easy Run Dist: 6mi @7.52 | Easy Run Dist: 6mi @7.52 | Rest /XT | Long Run Dist: 13mi @9.24 | 38 |
| 12 | 07/9-13/9 | Rest /XT | Club Tempo Session 5ml | Easy Run Dist: 4mi @8.02 | Easy Run Dist: 4mi @8.02 | Easy Run Dist: 4mi @8.02 | Rest /XT | Race Day Pace @ 6.43 | 30 |

A 6.43 pace will get you in for 1hr 28min 11 sec.

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Notes

Key

Rest/XT You can rest that day or do some cross training like circuits or cycling etc.
mi@ Example. Run 3 miles at a 9.41 pace for each mile.

When there are away days instead of the normal club sessions try and inject some pace throughout the run in efforts of 200m or so. It's important to maintain the speed sessions in the weekly schedule.

Club Speed sessions are normally between 5&6 miles therefore add on a mile warm up and another mile cool down when the schedule states 8 miles for instance. Or find a like minded group and do an extended tempo/speed session.

You will notice that the maximum pace in the training schedule is slower than the pace expected to achieve the target half marathon time. This is intentional to allow you to slowly build up your endurance to hard efforts without getting an injury or burning yourself out. If all goes well on race day you will be prepared and able to go that much faster as much as a minute per mile than you achieved during training. If you still feel a need to run a bit faster then there is nothing wrong in adding a couple of race pace miles during your long runs. However do not push too hard or you are bound to injure yourself. Almost every running injury during the preparation for a race is caused by over training.

The speed sessions and the long runs are the most important elements of any schedule therefore its important to put quality efforts into these sessions. Run the speed at slightly slower than 5 k pace. Gauge your long runs by feeling that you could run an additional mile at the end. There should always be something left in the tank if not you are running too hard.

It is also very important to have rest days allowing the body to recover so don't be tempted to push it on these days.

Finally on race day remember to push it hard and get out of the comfort zone, if you have done the training correctly your body will cope.

Good Luck!!