

16 week Sub 2 hr 15min Chippenham Half Marathon Schedule

WK	DATE	MON	TUE	WED	THUR	FRI	SAT	SUN	TOTAL
1	25/5-31/6	Rest /XT	Club Tempo Session 5ml	Rest /XT	Easy Run Dist: 2mi @11.39	Easy Run Dist: 2mi @11.39	Rest /XT	Long Run Dist: 7mi @11.39	16
2	01/6-07/6	Rest /XT	Easy Run Dist: 3mi @11.39	Rest /XT	Club Speed Session 5ml	Easy Run Dist: 2mi @11.39	Rest /XT	Long Run Dist: 7mi @11.39	17
3	08/6-14/6	Rest /XT	Club Tempo Session 5ml	Rest /XT	Easy Run Dist: 3mi @11.39	Easy Run Dist: 2mi @11.39	Rest /XT	Long Run Dist: 8mi @11.39	18
4	15/6-21/6	Rest /XT	Easy Run Dist: 5mi @11.39	Rest /XT	Easy Run Dist: 4mi @11.39	Rest /XT	Rest /XT	Easy Run Dist: 5mi @11.39	14
5	22/6-28/6	Rest /XT	Club Tempo Session 6ml	Rest /XT	Easy Run Dist: 3mi @11.32	Easy Run Dist: 2mi @11.32	Rest /XT	Long Run Dist: 8mi @11.32	19
6	29/7-05/7	Rest /XT	Easy Run Dist: 2mi @11.32	Rest /XT	Club Speed Session 7ml	Easy Run Dist: 2mi @11.32	Rest /XT	Long Run Dist: 9mi @11.32	20
7	06/7-12/7	Rest /XT	Club Tempo Session 6ml	Rest /XT	Easy Run Dist: 3mi @11.32	Easy Run Dist: 3mi @11.32	Rest /XT	Long Run Dist: 9mi @11.32	21
8	13/7-19/7	Rest /XT	Easy Run Dist: 4mi @11.32	Rest /XT	Easy Run Dist: 4mi @11.32	Easy Run Dist: 4mi @11.32	Rest /XT	Easy Run Dist: 4mi @11.32	16
9	20/7-26/7	Rest /XT	Club Tempo Session 7ml	Rest /XT	Easy Run Dist: 3mi @11.25	Easy Run Dist: 2mi @11.25	Rest /XT	Long Run Dist: 10mi @11.25	22
10	27/7-02/8	Rest /XT	Easy Run Dist: 3mi @11.25	Rest /XT	Club Speed Session 8ml	Easy Run Dist: 2mi @11.25	Rest /XT	Long Run Dist: 10mi @11.25	23
11	03/8-09/8	Rest /XT	Club Tempo Session 7ml	Rest /XT	Easy Run Dist: 3mi @11.25	Easy Run Dist: 3mi @11.25	Rest /XT	Long Run Dist: 11mi @11.25	24
12	10/8-16/8	Rest /XT	Easy Run Dist: 5mi @11.25	Rest /XT	Easy Run Dist: 4mi @11.25	Easy Run Dist: 4mi @11.25	Rest /XT	Easy Run Dist: 5mi @11.25	18
13	17/8-23/8	Rest /XT	Club Tempo Session 8ml	Rest /XT	Easy Run Dist: 3mi @11.18	Easy Run Dist: 3mi @11.18	Rest /XT	Long Run Dist: 11mi @11.18	25
14	24/8-30/8	Rest /XT	Easy Run Dist: 2mi @11.18	Easy Run Dist: 2mi @11.18	Club Speed Session 10ml	Easy Run Dist: 2mi @11.18	Rest /XT	Long Run Dist: 12mi @11.18	28
15	31/8-06/9	Rest /XT	Club Tempo Session 8ml	Easy Run Dist: 3mi @11.18	Easy Run Dist: 2mi @11.18	Easy Run Dist: 2mi @11.18	Rest /XT	Long Run Dist: 12mi @11.18	27
16	07/9-13/9	Rest /XT	Club Tempo Session 5ml	Easy Run Dist: 3mi @11.39	Easy Run Dist: 3mi @11.39	Rest /XT	Rest /XT	Race Day Pace @ 9.59	24

A 9.59 pace will get you in for 2hrs 10min 56 sec.

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Notes

The schedule is based on someone who is running between 15-20 miles a week. If your mileage is between 25-30 start the schedule at week 12. The programme is moderate if you want to make it harder then increase the weekly mileage by 10% every week.

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!!