

NOTFAST Running Club

Half marathon training plan

This is a 12-week plan aimed at those who can already run 10K

Week:	Monday:	Tuesday:	Wednesday:	Thursday:	Friday:	Saturday:	Sunday:	Total Ks:
1	Rest	Speed run or hill session: 6K: 2K @ easy pace 1K @ steady pace 1K @ easy pace 1K @ steady pace 1K @ easy pace	Rest	Other run: 6K @easy pace	Cross training:	Rest (or optional 5K @ easy pace)	Long run: 12K @ easy pace	24
2	Rest	Speed run or hill session: 6K: 2K @ easy pace 2K @ steady pace 2K @ easy pace	Rest	Other run: 7K @easy pace	Cross training:	Rest (or optional 5K @ easy pace)	Long run: 14K @ easy pace	27
3	Rest	Speed run or hill session: 6K: 2K @ easy pace 2K @ steady pace 1K @tempo pace	Rest	Other run: 7K @easy pace	Cross training:	Rest (or optional 5K @ easy pace)	Long run: 16K @ easy pace	29

		1K @ easy pace						
4	Rest	Speed run or hill session: 4K: 1K @ easy pace 2K @ steady pace 1K @ easy pace	Rest	Other run: 6K @easy pace	Cross training:	Rest	Long run: 12K @ easy pace	22
5	Rest	Speed run or hill session: 6K: 1K @ easy pace 1K @ steady pace 1K @ tempo pace 1K @ easy pace 1K @ steady pace 1K @ tempo pace	Rest	Other run: 6K @easy pace with 10secs @steady pace at the end of each K	Cross training:	Rest (or optional 5K @ easy pace)	Long run: 16K: 15K @easy pace 1K @steady pace	28
6	Rest	Speed run or hill session: 6K: 2K @ easy pace 2K @ steady pace 2K @ tempo pace	Rest	Other run: 7K @easy pace with 10secs @steady pace at the end of each K	Cross training:	Rest (or optional 5K @ easy pace)	Long run: 18K: 17K @easy pace 1K @steady pace	30
7	Rest	Speed run or hill session: 6K: 1K @ easy pace	Rest	Other run: 7K @easy pace with 10secs	Cross training:	Rest (or optional 5K @ easy pace)	Long run: 20K: 18K @easy pace	33

		2K @ steady pace 3K @ tempo pace		@tempo pace at the end of each K			2K @steady pace	
8	Rest	Speed run or hill session: 5K: 2K @ easy pace 2K @ tempo pace 1K @ easy pace	Rest	Other run: 6K @easy pace	Cross training:	Rest	Long run: 12K @ easy pace	23
9	Rest	Speed run or hill session: 6K: 2K @ easy pace 1K @ steady pace (uphill) 2K @ tempo pace (up and downhill) 1K @ easy pace	Rest	Other run: 6K @easy pace with 20secs @tempo pace at the end of each K	Cross training:	Rest (or optional 5K @ easy pace)	Long run: 20K: 17K @easy pace 3K @steady pace	32
10	Rest	Speed run or hill session: 6K: 1K @ easy pace 4K @ tempo (uphill) / steady (downhill) pace 1K @ easy pace	Rest	Other run: 7K @easy pace with 20secs @tempo pace at the end of each K	Cross training:	Rest (or optional 5K @ easy pace)	Long run: 22 - 24K @ easy pace	35 - 37
11	Rest	Speed run or hill session: 6K: 1K @ easy pace	Rest	Other run: 6K @easy pace	Cross training:	Rest (or optional 5K @ easy pace)	Long run: 12K: 8K @easy pace	24

		4K @ tempo pace (up and downhill) 1K @ easy pace					4K @steady pace	
12	Rest	Speed run or hill session: 4K: 1K @ easy pace 2K @ tempo pace (up and downhill) 1K @ easy pace	Rest	Other run: 4K @ steady pace with 30secs @tempo pace at the end of each K	Cross training:	Rest	Long run: Half marathon race	29