



HALF MARATHON TRAINING PLAN

JustWorkout!
Personal Health & Fitness Centres

In association with JustWorkout!
Why not supplement your training program with a free week trial at JustWorkout? See below for info ...

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	REST	RUN 5km	RUN/GYM 3km run & 20 mins Cross Training	RUN 5km	GYM 30 mins Cross Training	REST & STRETCH	RUN 6.5km
2	REST	RUN 5.5km	RUN/GYM 3km run & 20 mins Cross Training	RUN 5.5km	GYM 30 mins Cross Training	REST & STRETCH	RUN 8km
3	REST	RUN 5.5km	RUN/GYM 3km run & 20 mins Cross Training	RUN 5.5km	GYM 30 mins Cross Training	REST & STRETCH	RUN 9.5km
4	REST	RUN 5.5km	RUN/GYM 3km run & 20 mins Cross Training	RUN 5.5km	GYM 30 mins Cross Training	REST & STRETCH	RUN 8km RACE PACE
5	REST	RUN 7.2km	RUN/GYM 3km run & 20 mins Cross Training	RUN 7.5km	GYM 30-45 mins Cross Training	REST & STRETCH	RUN 11.2km
6	REST	RUN 7.2km	RUN/GYM 3km run & 20 mins Cross Training	RUN 7.5km	GYM 30-45 mins Cross Training	REST & STRETCH	RUN 13km
7	REST	RUN 8km	RUN/GYM 3km run & 20 mins Cross Training	RUN 8km	GYM 30-45 mins Cross Training	REST & STRETCH	RUN 16km RACE PACE
8	REST	RUN 8km	RUN/GYM 3km run & 20 mins Cross Training	RUN 8km	GYM 30-45 mins Cross Training	REST & STRETCH	RUN 14.5km
9	REST	RUN 8km	RUN/GYM 3km run & 20 mins Cross Training	RUN 8km	GYM 30-45 mins Cross Training	REST & STRETCH	RUN 16km
10	REST	RUN 6.5km	RUN/GYM 3km run & 20 mins Cross Training	RUN 3.5km	REST	REST & STRETCH	RACE DAY!

Notes:
Crosstraining = any other style training of participants choice e.g. gym training, swimming, cycling, bodyweight circuit training.
The two days you have race run, this is when you try to hit the distance you wish to do the appropriate time frame for your goals.

Why not supplement your training program with a free week trial at JustWorkout?
When training for a long distance run it's important to remember that your body needs variety. Strength training in particular is a key component in boosting performance; helping you to run faster, switch gears more quickly and maintain form even when fatigued. This is particularly important for preventing injuries. If you're interested in maximising your training simply bring this program in to any of our six clubs. One of our experienced staff will sign you up for a free week and give you some excellent training advice to boot. We look forward to seeing you!