



## Training Plan, Half-Marathon (4-month plan)

### 17-week plan for the Bradford CityRun 3 training sessions per week

This is suitable for someone who can easily run 10km without stopping and has regularly trained, till recently, for a total of 120 minutes a week.

**Guidance to the Intensity** of the various training sessions:

You should vary your training, partly to train different parts of your body's system, but also because repeating the same exercise leads to stagnation, not progress. The following types of training develop your aerobic capacity – which is the part of your body's system which draws on oxygen to produce energy. A “tempo run” is one that is undertaken at the borderline with anaerobic exercise (literally “without oxygen”), and a by-product of this exercise is the production of lactic acid, which builds up in your muscles and which you try to teach your body to process more quickly than is natural.

Type of training	Aim	Speed	Running distance	Heart-rate
Recovery run	Improve recovery	Slow	short (5-10 km / 3-6 miles)	Under 130
Long run	Fat-burning and injury prevention	Comfortable	long (15-40 km / 10-25 miles)	150
Normal run	Stabilising the body	Medium	medium to long (10-25 km / 6-15 miles)	Under 160
Long tempo run	Burning the carbohydrate stocks	Fast	short (6-10 km / 4-6 miles)	170
Short tempo run	Lactic tolerance	Very fast	short (3-8 km / 2-5 miles)	180 and higher

### **Recovery run**

This is simply an active way of getting some rest for your body. It is meant to cleanse your body after a race or a hard training session. Runners can do this best by a short, slow run, typically of 30 minutes, under 130 heart-rate (beats per minute).

The only aim is to restore the balance in your body, after a race or hard workout. The speed is immaterial and should be based on feel, but should feel very consciously, abnormally, slow.

### **Long run**

This type of running burns far. You need to run slowly for 90 minutes to 3 hours for fat-burning to start. At a certain moment, the carbohydrate stocks run low and you “hit the wall”. Your body is searching for oxygen and the running speed drops off. By regularly hitting this “empty feeling” your body more easily switches into burning fats.

This type of stamina-training develops your basic stamina, and develops your training capacity. This sort of training mainly trains your body to build up energy stocks. When this “basis” is developed, you are then in a position to work on speed. The speed of such a long run is comfortable, but will depend on the distance and time that you are out running.

### **Normal run**

These runs are faster than in a long run and the heart-rate is higher (up to about 160 beats per minute). The aim is to use up the carbohydrate stores in your body and your body gets used to restoring that more and more efficiently. So, later, after a recovery or taper period (e.g. just before a race), this will lead to improved performance (this process is known as “super-compensation”). Basically, your body reacts to greater and greater stresses on it, provided that these stresses are added carefully, and a recovery phase is built in.

### **Tempo run**

The intensity of a fast run is higher than normal and feels uncomfortable and makes talking difficult. Your heart-rate will probably be around 170 and the speed will be markedly higher than normal and won't be sustainable for more than 40-60 minutes.

A short tempo is even faster and may only last 20-40 minutes in duration. The heart-rate is even higher, over 180, which is typical for race conditions.

Tempo runs raise your aerobic capacity (the amount of oxygen your heart and lungs can process – often expressed as  $VO_{2max}$ ). It burns significantly more calories. After such a session you need to have a Recovery Run next session.

Beginners ought to be careful with such fast, tempo runs. However, the advantage is that it improves your efficiency and style, and that is an aspect that you should focus upon during such a session – keeping your hips high, your legs spinning quickly but smoothly, and your arms pumping properly.

### **Interval training at race pace**

A variant of these tempo runs is interval training, which is running for short repetitions at your target race pace. Between each rep you should not stop, since your muscles will cease up, but

you should jog unnaturally slowly for a required time or distance. A simple rule-of-thumb is that recovery time is commonly a half of the distance or time covered in the rep.

First, calculate your realistic, target race-pace. This chart shows approx. distance covered:

<i>Time covered for distance</i>		<i>Distance covered in time</i>		
<i>Half-marathon</i>	<i>200m</i>	<i>2min</i>	<i>4min</i>	<i>5min</i>
Under 1hr 39min	56sec	420m	840m	1050m
Under 1hr 46min	60sec	400m	800m	1000m / 1km
Under 1hr 53min	64sec	380m	760m	950m
Under 2hr 0min	68sec	360m	720m	900m
Under 2hr 7min	72sec	340m	680m	850m
Under 2hr 14min	76sec	320m	640m	800m
Under 2hr 21min	80sec	300m	600m	750m
Under 2hr 28min	84sec	280m	560m	700m
Under 2hr 35min	88sec	240m	520m	650m

**Week 1 – w/c 21 June**

<b>Day</b>	<b>Training</b>	<b>Personal notes</b>
<b>Monday</b>	30 min. normal run	
<b>Tuesday</b>		
<b>Wednesday</b>	45 min. slow run	
<b>Thursday</b>		
<b>Friday</b>		
<b>Saturday</b>	45 min. slow run	
<b>Sunday</b>		
<b>TOTAL</b>		

**Week 2 – w/c 28 June**

<b>Day</b>	<b>Training</b>	<b>Personal notes</b>
<b>Monday</b>	30 min. normal run	
<b>Tuesday</b>		
<b>Wednesday</b>	10 min. warm-up jog and strides 3 x 2 min. fast at race-pace 2 min. slow jog recovery between reps	

	10 min. cool-down jog and stretches	
<b>Thursday</b>		
<b>Friday</b>		
<b>Saturday</b>	45 min. slow run	
<b>Sunday</b>		
<b>TOTAL</b>		

### Week 3 – w/c 5 July

<b>Day</b>	<b>Training</b>	<b>Personal notes</b>
<b>Monday</b>	40 min. normal run	
<b>Tuesday</b>		
<b>Wednesday</b>	10 min. warm-up jog and strides 4 x 3 min. fast at race-pace 3 min. slow jog recovery between reps 10 min. cool-down jog and stretches	
<b>Thursday</b>		
<b>Friday</b>		
<b>Saturday</b>	45 min. normal run	
<b>Sunday</b>		
<b>TOTAL</b>		

### Week 4 – w/c 12 July

<b>Day</b>	<b>Training</b>	<b>Personal notes</b>
<b>Monday</b>	30 min. recovery run	
<b>Tuesday</b>		
<b>Wednesday</b>	10 min. warm-up jog and strides 2 x 5 min. fast at race-pace 4-5 min. slow jog recovery between reps 10 min. cool-down jog and stretches	
<b>Thursday</b>		
<b>Friday</b>		
<b>Saturday</b>	40 min. slow run	
<b>Sunday</b>		
<b>TOTAL</b>		

**Week 5 – w/c 19 July**

<b>Day</b>	<b>Training</b>	<b>Personal notes</b>
<b>Monday</b>	35 min. normal run	
<b>Tuesday</b>		
<b>Wednesday</b>	10 min. warm-up jog and strides 2 x 8 min. fast at race-pace 4-5 min. slow jog recovery between reps 10 min. cool-down jog and stretches	
<b>Thursday</b>		
<b>Friday</b>		
<b>Saturday</b>	45 min. slow run	
<b>Sunday</b>		
<b>TOTAL</b>		

**Week 6 – w/c 26 July**

<b>Day</b>	<b>Training</b>	<b>Personal notes</b>
<b>Monday</b>	45 min. normal run	
<b>Tuesday</b>		
<b>Wednesday</b>	10 min. warm-up jog and strides 3 x 8 min. fast at race-pace 4-5 min. slow jog recovery between reps 10 min. cool-down jog and stretches	
<b>Thursday</b>		
<b>Friday</b>		
<b>Saturday</b>	50 min. long run	
<b>Sunday</b>		
<b>TOTAL</b>		

**Week 7 – w/c 2 August**

<b>Day</b>	<b>Training</b>	<b>Personal notes</b>
<b>Monday</b>	10 min. warm-up jog and strides	

	12 x 200m at race-pace 100m slow jog recovery between reps 10 min. cool-down jog and stretches	
<b>Tuesday</b>		
<b>Wednesday</b>	10 min. warm-up jog and strides 3 x 5 min. fast at race-pace 4-5 min. slow jog recovery between reps 10 min. cool-down jog and stretches	
<b>Thursday</b>		
<b>Friday</b>		
<b>Saturday</b>	55 min. long run	
<b>Sunday</b>		
<b>TOTAL</b>		

**Week 8 – w/c 9 August**

<b>Day</b>	<b>Training</b>	<b>Personal notes</b>
<b>Monday</b>	40 min. normal run	
<b>Tuesday</b>		
<b>Wednesday</b>	10 min. warm-up jog and strides 3 x 5 min. fast at race-pace 4-5 min. slow jog recovery between reps 10 min. cool-down jog and stretches	
<b>Thursday</b>		
<b>Friday</b>	25 min. slow recovery run 5 sprints of 100m at end, at race-pace	
<b>Saturday</b>		
<b>Sunday</b>	<b>10 mile race</b>	
<b>TOTAL</b>		

**Week 9 – w/c 16 August**

<b>Day</b>	<b>Training</b>	<b>Personal notes</b>
<b>Monday</b>	20 min. recovery run	
<b>Tuesday</b>		
<b>Wednesday</b>	10 min. warm-up jog and strides	

	2 x 12 min. fast at race-pace 5-6 min. slow jog recovery between reps 10 min. cool-down jog and stretches	
<b>Thursday</b>		
<b>Friday</b>	60 min normal run	
<b>Saturday</b>		
<b>Sunday</b>		
<b>TOTAL</b>		

**Week 10 – w/c 23 August**

<b>Day</b>	<b>Training</b>	<b>Personal notes</b>
<b>Monday</b>	60 min. normal run	
<b>Tuesday</b>		
<b>Wednesday</b>	10 min. warm-up jog and strides 3 x 10 min. fast at race-pace 4-5 min. slow jog recovery between reps 10 min. cool-down jog and stretches	
<b>Thursday</b>		
<b>Friday</b>		
<b>Saturday</b>	70 min. long run	
<b>Sunday</b>		
<b>TOTAL</b>		

**Week 11 – w/c 30 August**

<b>Day</b>	<b>Training</b>	<b>Personal notes</b>
<b>Monday</b>	75 min. long run	
<b>Tuesday</b>		
<b>Wednesday</b>	10 min. warm-up jog and strides 6 x 5 min. fast at race-pace 3-4 min. slow jog recovery between reps 10 min. cool-down jog and stretches	
<b>Thursday</b>		
<b>Friday</b>	30 min. recovery run 5 sprints of 60-100m at end	

<b>Saturday</b>		
<b>Sunday</b>	<b>5 mile or 10km race</b>	
<b>TOTAL</b>		

**Week 12 – w/c 6 September**

<b>Day</b>	<b>Training</b>	<b>Personal notes</b>
<b>Monday</b>		
<b>Tuesday</b>	50min. normal run	
<b>Wednesday</b>	10 min. warm-up jog and strides 3 x 12 min. fast at race-pace 4-5 min. slow jog recovery between reps 10 min. cool-down jog and stretches	
<b>Thursday</b>		
<b>Friday</b>	75min. long run 5 sprints of 60-100m at end	
<b>Saturday</b>		
<b>Sunday</b>	60min. normal run	
<b>TOTAL</b>		

**Week 13 – w/c 13 September**

<b>Day</b>	<b>Training</b>	<b>Personal notes</b>
<b>Monday</b>	30 min. recovery run	
<b>Tuesday</b>		
<b>Wednesday</b>	10 min. warm-up jog and strides 3 x 6 min. fast at race-pace 3-4 min. slow jog recovery between reps 10 min. cool-down jog and stretches	
<b>Thursday</b>		
<b>Friday</b>		
<b>Saturday</b>	80 min. long run	
<b>Sunday</b>		
<b>TOTAL</b>		



**Week 14 – w/c 20 September**

<b>Day</b>	<b>Training</b>	<b>Personal notes</b>
<b>Monday</b>	60 min. normal run	
<b>Tuesday</b>		
<b>Wednesday</b>	10 min. warm-up jog and strides 4 x 10 min. fast at race-pace 4-5 min. slow jog recovery between reps 10 min. cool-down jog and stretches	
<b>Thursday</b>		
<b>Friday</b>		
<b>Saturday</b>		
<b>Sunday</b>	80 min. long run	
<b>TOTAL</b>		

**Week 15 – w/c 27 September**

<b>Day</b>	<b>Training</b>	<b>Personal notes</b>
<b>Monday</b>		
<b>Tuesday</b>	75 min. long run	
<b>Wednesday</b>		
<b>Thursday</b>		
<b>Friday</b>	30 min. recovery run 5 sprints of 60-100m at end	
<b>Saturday</b>		
<b>Sunday</b>	Fartlek of 75 min., or fell or trail race of similar duration	
<b>TOTAL</b>		

**Week 16 – w/c 4 October**

<b>Day</b>	<b>Training</b>	<b>Personal notes</b>
<b>Monday</b>	40 min. recovery run	
<b>Tuesday</b>	75 min. long run	
<b>Wednesday</b>	10 min. warm-up jog and strides 2 x 10 min. fast at race-pace	

	4-5 min. slow jog recovery between reps 10 min. cool-down jog and stretches	
<b>Thursday</b>		
<b>Friday</b>		
<b>Saturday</b>	60 min. normal run	
<b>Sunday</b>		
<b>TOTAL</b>		

**Week 17 – Taper week – w/c 11 October**

<b>Day</b>	<b>Training</b>	<b>Personal notes</b>
<b>Monday</b>		
<b>Tuesday</b>	75 min. long run	
<b>Wednesday</b>	10 min. warm-up jog and strides 2 x 400m fast at race-pace 2-3 min. slow jog recovery between reps 10 min. cool-down jog and stretches	
<b>Thursday</b>		
<b>Friday</b>		
<b>Saturday</b>	20 min. jog	
<b>Sunday</b>	<b>Half Marathon</b>	