



Half Marathon Program

WEEK	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
1	Threshold 3x8	REST	REST	Body conditioning	Continuous hills 3x8	REST	45mins
2	REST	Threshold 3x10	REST	Body conditioning	Continuous hills 3x10	REST	60mins
3	REST	Threshold 3x12	REST	Body conditioning	Continuous hills 3x12	REST	75min
4	REST	Threshold 2x15	REST	Body conditioning	Continuous hills 2x15	REST	90mins
5	REST	Threshold 5x3	REST	Body conditioning	Hill intervals 6x60s	REST	45mins

WEEK	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
6	REST	Threshold+ 4x5	REST	Body conditioning	Intervals 6-8x60s	REST	90mins
7	REST	Threshold+ 4x6	REST	Body conditioning	Intervals 3,2,1 X2	REST	105mins inc 30mins @RP
8	REST	Threshold+ 5x6	REST	Body conditioning	Intervals 6-8x90s	REST	10k race or TT
9	REST	Threshold+ 4x7	REST	Body conditioning	Intervals 60, 45, 30 x3	REST	120mins inc 40mins @RP

WEEK	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
10	REST	Threshold 5x3	REST	Body conditioning	Intervals 10x60	REST	60mins 30E/20RP/10T
11	REST	Intervals 10x60	REST	Body conditioning	Intervals 8x60	REST	40mins (20E/10RP/10T)
12	REST	Intervals 6x60	REST	Body conditioning	Intervals 4x60	REST	Race