

1/2 Marathon Training Plans

The half marathon is a great length of run, although it doesn't take the commitment needed for a marathon, stamina and speed endurance are still crucial. The following are six 12 week plans that depend on your level.

Sub 2hrs30min plan, ideal for beginners

Target times: 2:15 to 2:30 (run/walk) (race pace: sub-11:26 per mile). You should be capable of either a sub-1:05 10K, a sub-1:55 10-miler or a sub-6:00 marathon. Training will be three days a week, with an average weekly mileage of 15 miles.

Week One

This Week's Target

Your first week's target is to run just inside goal half-marathon pace for 10K. This may be difficult if you are below normal fitness when beginning the schedules, or easy if you are starting the schedules in good shape. Either way, progress steadily, and be realistic. If in doubt, it's maybe best to start an easier schedule and move up as the weeks progress.

Day	Session	Distance	Pace	Time	Intensity
Tue	Slow run/walk	3M	12:00	approx 40 mins	4/10
Thu	Faster run/walk	2M	11:00	approx 25 mins	6/10
Sun	Easy run/walk	6M	13:00	approx 78 mins	7/10
Total		11M		2hrs 20	

Week Two

Day	Session	Distance	Pace	Time	Intensity
Tue	Slow run/walk	4M	12:00	approx 50 mins	5/10
Thu	Faster run/walk	3M	11:00	approx 35 mins	7/10
Sun	Easy run/walk	6M	12:30	approx 75 mins	8/10
Total		13M		2hrs 40	

Week Three

Day	Session	Distance	Pace	Time	Intensity
Tue	Slow run/walk	5M	12:00	approx 60 mins	5/10

Thu	Faster run/walk	4M	11:00	approx 44 mins	7/10
Sun	Easy run/walk	7M	12:30	approx 90 mins	8/10
Total		16M		3hrs 15	

Week Four

This Week's Target

At the end this week, there is the target of a 10K race. This should be run quicker than the 10K in Week One and certainly inside your goal half-marathon pace. Alternatively, you could run a 10K time trial.

Day	Session	Distance	Pace	Time	Intensity
Tue	Slow run/walk	4M	12:00	approx 48 mins	5/10
Thu	Faster run/walk	3M	11:00	approx 33 mins	7/10
Sun	Race	10K (plus 1M warm-up/1M cool-down)	11:00	target: 68:00 (plus 25-min jog)	10/10
Total		15M		2hrs 55	

Week Five

Day	Session	Distance	Pace	Time	Intensity
Tue	Slow run/walk	5M	12:00	approx 60 mins	5/10
Thu	Faster run/walk	4M	11:00	approx 44 mins	7/10
Sun	Easy run/walk	8M	12:30	approx 1hr 40	8/10
Total		17M		3hrs 25	

Week Six

This Week's Target

For most groups, this week's target is to run 10 miles at, or near, your target half-marathon pace. This can be at a race, though choice may be limited, or in a time trial. We haven't put a race target in for the this run-walk group, though it would be possible to do a 10-miler as part of the training that weekend.

Day	Session	Distance	Pace	Time	Intensity
Tue	Slow run/walk	5M	12:00	approx 60 mins	5/10
Thu	Faster run/walk	5M	11:00	approx 55 mins	7/10
Sun	Easy run/walk	9M	12:30	approx 1hr 55	8/10
Total		19M		3hrs 50	

Week Seven

Day	Session	Distance	Pace	Time	Intensity
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Tue	Slow run/walk	5M	12:00	approx 60 mins	5/10
Thu	Faster run/walk	3M	10:30	approx 32 mins	7/10
Sun	Easy run/walk	10M	12:30	approx 2hrs 5	8/10
Total		18M		3hrs 35	

Week Eight

Day	Session	Distance	Pace	Time	Intensity
Tue	Slow run/walk	5M	12:00	approx 60 mins	5/10
Thu	Faster run/walk	4M	10:30	approx 42 mins	7/10
Sun	Easy run/walk	11M	12:30	approx 2hrs 20	8/10
Total		21M		4hrs	

Week Nine

Day	Session	Distance	Pace	Time	Intensity
Tue	Slow run/walk	4M	12:00	approx 48 mins	5/10
Thu	Faster run/walk	5M	11:00	approx 55 mins	7/10
Sun	Easy run/walk	12M	12:30	approx 2hrs 30	8/10
Total		21M		4hrs 15	

Week 10

Day	Session	Distance	Pace	Time	Intensity
Tue	Slow run/walk	4M	12:00	approx 48 mins	5/10
Thu	Faster run/walk	5M	10:30	approx 53 mins	7/10
Sun	Easy run/walk	13M	12:30	approx 2hrs 40	8/10
Total		22M		4hrs 20	

Week 11

This Week's Target

For this week's 10K target race we are suggesting a flat-out effort: As long as you take it easy after the 10K, the effort will enhance your half-marathon prospects the following week.

Day	Session	Distance	Pace	Time	Intensity
Tue	Slow run/walk	4M	12:00	approx 48 mins	5/10
Thu	Faster run/walk	6M	11:00	approx 66 mins	7/10
Sun	Race	10K (plus 1M warm-up/1M cool-down)	10:30	target: 65:00 (plus 25-min jog)	10/10
Total		18M		3hrs 25	

Week 12

Day	Session	Distance	Pace	Time	Intensity
Tue	Slow run/walk	3M	12:00	approx 36 mins	5/10
Thu	Faster run/walk	3M	11:30	approx 35 mins	7/10
Sun	1/2M Race	(plus 1M warm-up/1M cool-down)	11:20	target: 2:28:30 (plus 25-min jog)	10/10
Total		21M		4hrs 5	

Sub 2hrs15min plan

Target times: 2:00 to 2:14 (race pace: sub-10:18 per mile). You should be capable of either a sub-60 10K, a sub-1:30 10-miler or a sub-5:00 marathon. Training will be four days a week, with an average weekly mileage of 25 miles.

Week One

This Week's Target

Your first week's target is to run just inside goal half-marathon pace for 10K. This may be difficult if you are below normal fitness when beginning the schedules, or easy if you are starting the schedules in good shape. Either way, progress steadily, and be realistic. If in doubt, it's maybe best to start an easier schedule and move up as the weeks progress.

Day	Session	Distance	Pace	Time	Intensity
Mon	Rest				
Tue	Speedwork	4M (inc 3 x 600m, 200m jog)	10K	45mins	7/10
Wed	Rest				
Thu	Threshold	4M (inc 2M THR)	1/2M	50 mins (20 mins THR)	8/10
Fri	Rest				
Sat	Easy	3M	11:30	35 mins	4/10
Sun	Race	10K (plus 1M warm-up/1M cool-down)	10:30	target: 65:00 (plus 25-min jog)	9/10
Total		19M		3hrs 40	

Week Two

Day	Session	Distance	Pace	Time	Intensity
Mon	Rest				
Tue	Speedwork	5M (inc 6 x 300m, 200m jog)	5K	50 mins	8/10
Wed	Rest				
Thu	Threshold	5M (inc 2.5M THR)	1/2M	60 mins (25 mins THR)	9/10
Fri	Rest				

Sat	Easy	4M	11:30	50 mins	5/10
Sun	Long run	7M	11:00	77 mins	7/10
Total		21M		4hrs	

Week Three

Day	Session	Distance	Pace	Time	Intensity
Mon	Rest				
Tue	Speedwork	3 x 1200m, 400m jog (5M total)	5K	55 mins	9/10
Wed	Rest				
Thu	Threshold	5M (inc 2.5M THR)	1/2M	60 mins (25 mins THR)	8/10
Fri	Rest				
Sat	Easy	4M	11:30	46 mins	5/10
Sun	Long run	8M	11:00	88 mins	7/10
Total		22M		4hrs 10	

Week Four

This Week's Target

At the end this week, there is the target of a 10K race. This should be run quicker than the 10K in Week One and certainly inside your goal half-marathon pace. Alternatively, you could run a 10K time trial.

Day	Session	Distance	Pace	Time	Intensity
Mon	Rest				
Tue	Speedwork	4 x 600m, 400m jog (5M total)	5K	55 mins	8/10
Wed	Rest				
Thu	Fartlek	5M (inc 2.5M fartlek)	8:30-11:00	55 mins (25 mins fartlek)	7/10
Fri	Rest				
Sat	Easy	3M	11:30	35 mins	3/10
Sun	Race	10K (plus 1M warm-up/1M cool-down)	9:40	target: 60:00 (plus 22-min jog)	10/10
Total		21M		3hrs 45	

Week Five

Day	Session	Distance	Pace	Time	Intensity
Mon	Rest				
Tue	Speedwork	5 x 400m, 200m jog (4M total)	5K	45 mins	9/10
Wed	Rest				
Thu	Threshold	5M (inc 3M THR)	1/2M	55 mins (30 mins THR)	8/10
Fri	Rest				

Sat	Easy	4M	11:30	46 mins	6/10
Sun	Long run	9M	11:00	1hr 40	7/10
Total		22M		4hrs 5	

Week Six

This Week's Target

This week's target is to run 10 miles at, or near, your target half-marathon pace. This can be at a race, though choice may be limited, or in a time trial.

Day	Session	Distance	Pace	Time	Intensity
Mon	Rest				
Tue	Speedwork	6 x 300m, 200m jog (4M total)	5K	45 mins	8/10
Wed	Rest				
Thu	Fartlek	5M (inc 3M fartlek)	8:30-11:00	55 mins (32 mins fartlek)	7/10
Fri	Rest				
Sat	Easy	4M	11:30	46 mins	3/10
Sun	Long Run	10M	11:00	1hr 50	9/10
Total		23M		4hrs 15	

Week Seven

Day	Session	Distance	Pace	Time	Intensity
Mon	Rest				
Tue	Speedwork	8 x 200m, 100m jog (4M total)	5K	45 mins	7/10
Wed	Rest				
Thu	Threshold	5M (inc 3M THR)	1/2M	55 mins (30 mins THR)	8/10
Fri	Rest				
Sat	Easy	4M	11:30	46 mins	5/10
Sun	Long run	12M	11:00	2hrs 12	9/10
Total		25M		4hrs 40	

Week Eight

This Week's Target

It may seem strange that we suggest running a 13.1-mile time-trial or race in the build up to... running a 13.1-mile race. But there's a logic, and for this week's target we do suggest you try to hold something in reserve: use it to see how your fitness is progressing and how close you can run to your target time. Don't worry if you can't manage your goal pace in Week Eight, you will gain fitness over the final month and the run itself will increase your chances at the end of Week 12.

Day	Session	Distance	Pace	Time	Intensity
Mon	Rest				
Tue	Speedwork	4 x 800m, 200m jog (5M total)	5K	60 mins	8/10
Wed	Rest				
Thu	Hills	5M (inc 6x150m)	Mile	60 mins	7/10
Fri	Rest				
Sat	Easy	3M	11:30	35 mins	3/10
Sun	Race/t-trial	1/2M	10:40	2 hr 20	9/10
Total		26M		4hrs 55	

Week Nine

Day	Session	Distance	Pace	Time	Intensity
Mon	Rest				
Tue	Speedwork	5 x 600m, 100m jog (5M total)	5K	60 mins	8/10
Wed	Rest				
Thu	Threshold	5M (inc 3M THR)	1/2M	55 mins (30 mins THR)	7/10
Fri	Rest				
Sat	Easy	4M	11:30	46 mins	6/10
Sun	Long run	13M	11:00	2 hrs 25	9/10
Total		27M		5hrs 5	

Week 10

Day	Session	Distance	Pace	Time	Intensity
Mon	Rest				
Tue	Speedwork	8 x 300m, 100m jog (5M total)	5K	60 mins	8/10
Wed	Rest				
Thu	Threshold	5M (inc 3M THR)	1/2M	55 mins (30 mins THR)	7/10
Fri	Rest				
Sat	Easy	4M	11:30	46 mins	6/10
Sun	Long run	14M	11:00	2hrs 35	9/10
Total		28M		5hrs 15	

Week 11

This Week's Target

For this week's 10K target race we are suggesting a flat-out effort: As long as you take it easy after the 10K, the effort will enhance your half-marathon prospects the following week.

Day	Session	Distance	Pace	Time	Intensity
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Mon	Rest				
Tue	Speedwork	3 x 1500m, 200m jog (6M total)	5K	65 mins	8/10
Wed	Rest				
Thu	Fartlek	4M (inc 2M fartlek)	8:30-11:00	45 mins (22 mins fartlek)	7/10
Fri	Rest				
Sat	Easy	3M	11:30	35 mins	3/10
Sun	Race	10K (plus 1M warm-up/1M cool-down)	9:20	target: 58:00 (plus 24-min jog)	10/10
Total		21M		3hrs 45	

Week 12

Day	Session	Distance	Pace	Time	Intensity
Mon	Rest				
Tue	Speedwork	6 x 200m, 100m jog (4M total)	5K	45 mins	8/10
Wed	Rest				
Thu	Easy	3M (inc 4 x 150m strides)	11:30	40 mins	6/10
Fri	Rest				
Sat	Easy	3M	11:30	35 mins	3/10
Sun	1/2M Race	(plus 1M warm-up/1M cool-down)	10:15	target: 2:14:00 (plus 25-min jog)	10/10
Total		25M			

Sub 2hrs plan

Target times: from 1:45 to 1:59 (race pace: sub-9:09 per mile). You should be capable of either a sub-50 10K, a sub-90 10-miler or a sub-4:30 marathon. Training will be five days a week, with an average weekly mileage of 30 miles.

Week One

This Week's Target

Your first week's target is to run just inside goal half-marathon pace for 10K. This may be difficult if you are below normal fitness when beginning the schedules, or easy if you are starting the schedules in good shape. Either way, progress steadily, and be realistic. If in doubt, it's maybe best to start an easier schedule and move up as the weeks progress.

Day	Session	Distance	Pace	Time	Intensity
Mon	Rest				
Tue	Speedwork	4M (inc 4 x 600m, 200m jog)	10K	40 mins	8/10

Wed	Steady	4M	9:45	39 mins	6/10
Thu	Fartlek	4M (inc 2M fartlek)	8:00-10:00	40 mins (20 mins fartlek)	7/10
Fri	Rest				
Sat	Easy	3M	11:00	33 mins	4/10
Sun	Race	10K (plus 1M warm-up/1M cool-down)	9:00	target: 55:00 (plus 22-min jog)	9/10
Total		23M		3hrs 50	

Week Two

Day	Session	Distance	Pace	Time	Intensity
Mon	Rest				
Tue	Speedwork	5M (inc 8 x 300m, 200m jog)	5K	50 mins	8/10
Wed	Steady	5M	9:45	48 mins	5/10
Thu	Threshold	5M (inc 2.5M THR)	1/2M	50 mins (20 mins THR)	9/10
Fri	Rest				
Sat	Hills	5M (inc 6 x 150m hill)	Mile	50 mins	6/10
Sun	Long run	8M	10:00	80 mins	7/10
Total		28M		4hrs 40	

Week Three

Day	Session	Distance	Pace	Time	Intensity
Mon	Rest				
Tue	Speedwork	3 x 1M, 400m jog (6M total)	10K	60 mins	9/10
Wed	Steady	5M	9:45	48 mins	6/10
Thu	Threshold	5M (inc 3M THR)	1/2M	48 mins (27 mins THR)	8/10
Fri	Rest				
Sat	Fartlek	5M (inc 2.5M fartlek)	7:30-10:00	55 mins (25 mins fartlek)	5/10
Sun	Long run	9M	10:00	90 mins	7/10
Total		30M		5hrs	

Week Four

This Week's Target

At the end this week, there is the target of a 10K race. This should be run quicker than the 10K in Week One and certainly inside your goal half-marathon pace. Alternatively, you could run a 10K time trial.

Day	Session	Distance	Pace	Time	Intensity
Mon	Rest				
Tue	Speedwork	4 x 800m, 400m jog (6M total)	10K	60 mins	8/10

Wed	Steady	6M	9:45	58 mins	6/10
Thu	Fartlek	5M (inc 3M fartlek)	7:30-10:00	55 mins (32 mins fartlek)	7/10
Fri	Rest				
Sat	Easy	3M	11:00	33 mins	3/10
Sun	Race	10K (plus 1M warm-up/1M cool-down)	8:30	target: 53:00 (plus 22-min jog)	10/10
Total		28M		4hrs 40	

Week Five

Day	Session	Distance	Pace	Time	Intensity
Mon	Rest				
Tue	Speedwork	5 x 600m, 200m jog (5M total)	5K	55 mins	9/10
Wed	Steady	7M	9:45	68 mins	6/10
Thu	Threshold	5M (inc 3M THR)	1/2M	50 mins (27 mins THR)	8/10
Fri	Rest				
Sat	Hills	5M (inc 8 x 150m hill)	Mile	55 mins	6/10
Sun	Long run	10M	10:00	1hr 40	7/10
Total		32M		5hrs 30	

Week Six

This Week's Target

This week's target is to run 10 miles at, or near, your target half-marathon pace. This can be at a race, though choice may be limited, or in a time trial.

Day	Session	Distance	Pace	Time	Intensity
Mon	Rest				
Tue	Speedwork	6 x 400m, 200m jog (5M total)	5K	55 mins	8/10
Wed	Steady	5M	9:45	48 mins	6/10
Thu	Fartlek	5M (inc 3M fartlek)	7:30-10:00	55 mins (32 mins fartlek)	7/10
Fri	Rest				
Sat	Easy	3M	11:00	33 mins	3/10
Sun	Time trial	10M (plus 1M warm-up/1M cool-down)	1/2M	target: 1:30 (plus 20-min jog)	9/10
Total		30M		5hrs 10	

Week Seven

Day	Session	Distance	Pace	Time	Intensity
Mon	Rest				

Tue	Speedwork	10 x 200m, 100m jog (5M total)	5K	55 mins	7/10
Wed	Steady	7M	9:45	68 mins	6/10
Thu	Threshold	5M (inc 3M THR)	1/2M	50 mins (27 mins THR)	8/10
Fri	Rest				
Sat	Fartlek	5M (inc 3M fartlek)	7:30-10:00	55 mins (32mins fartlek)	5/10
Sun	Long run	13M	10:00	2hrs 10	9/10
Total		35M		6hrs	

Week Eight

This Week's Target

It may seem strange that we suggest running a 13.1-mile time-trial or race in the build up to... running a 13.1-mile race. But there's a logic, and for this week's target we do suggest you try to hold something in reserve: use it to see how your fitness is progressing and how close you can run to your target time. Don't worry if you can't manage your goal pace in Week Eight, you will gain fitness over the final month and the run itself will increase your chances at the end of Week 12.

Day	Session	Distance	Pace	Time	Intensity
Mon	Rest				
Tue	Speedwork	4 x 1K, 200m jog (5M total)	5K	55 mins	8/10
Wed	Steady	5M	9:45	48 mins	6/10
Thu	Hills	5M (inc 8 x 150m)	Mile	55 mins	7/10
Fri	Rest				
Sat	Easy	3M	11:00	33 mins	3/10
Sun	Race/t-trial	13M (plus 1M warm-up/1M cool-down)	9:20	2hrs 2 (plus 22-min jog)	9/10
Total		33M		5hrs 45	

Week Nine

Day	Session	Distance	Pace	Time	Intensity
Mon	Rest				
Tue	Speedwork	5 x 800m, 100m jog (5M total)	5K	55 mins	8/10
Wed	Steady	4M	9:45	38 mins	5/10
Thu	Threshold	5M (inc 3M THR)	1/2M	50 mins (27 mins THR)	7/10
Fri	Rest				
Sat	Fartlek	5M (inc 3M fartlek)	7:30-10:00	55 mins (32 mins fartlek)	6/10
Sun	Long run	13M	10:00	2hrs 10	9/10
Total		32M		5hrs 30	

Week 10

Day	Session	Distance	Pace	Time	Intensity
Mon	Rest				
Tue	Speedwork	8 x 400m, 100m jog (5M total)	5K	55 mins	8/10
Wed	Steady	6M	9:45	58 mins	5/10
Thu	Threshold	5M (inc 3M THR)	1/2M	50 mins (27 mins THR)	7/10
Fri	Rest				
Sat	Hills	5M (inc 10 x 150m hill)	Mile	55 mins	6/10
Sun	Long run	14M	10:00	2hrs 20	9/10
Total		35M		6hrs	

Week 11

This Week's Target

For this week's 10K target race we are suggesting a flat-out effort: As long as you take it easy after the 10K, the effort will enhance your half-marathon prospects the following week.

Day	Session	Distance	Pace	Time	Intensity
Mon	Rest				
Tue	Speedwork	3 x 1M, 200m jog (6M total)	5K	65 mins	8/10
Wed	Steady	4M	9:45	38 mins	6/10
Thu	Fartlek	4M (inc 2M fartlek)	7:30-10:00	43 mins (20 mins fartlek)	7/10
Fri	Rest				
Sat	Easy	3M	11:00	33 mins	3/10
Sun	Race	10K (plus 1M warm-up/1M cool-down)	8:00	target: 50:00 (plus 22-min jog)	10/10
Total		25M		4hrs 10	

Week 12

Day	Session	Distance	Pace	Time	Intensity
Mon	Rest				
Tue	Speedwork	8 x 200m, 100m jog (4M total)	5K	45 mins	8/10
Wed	Steady	3M	9:45	28 mins	5/10
Thu	Easy	3M (inc 5 x 150m strides)	11:00	35 mins	6/10
Fri	Rest				
Sat	Easy	3M	11:00	33 mins	3/10
Sun	1/2M Race	(plus 1M warm-up/1M cool-down)(plus 1M	9:00	target: 1:58:00 (plus 25-min jog)	10/10
Total		28M		4hrs 45	

Sub 1hr45min plan

Target times: from 1:30 to 1:44 (race pace: sub-8:00 per mile). You should be capable of either a sub-46 10K, sub-1:18 10-miler or a sub-4:00 marathon. Training will be at least five days a week, with an average weekly mileage of 35 miles.

Week One

This Week's Target

Your first week's target is to run just inside goal half-marathon pace for 10K. This may be difficult if you are below normal fitness when beginning the schedules, or easy if you are starting the schedules in good shape. Either way, progress steadily, and be realistic. If in doubt, it's maybe best to start an easier schedule and move up as the weeks progress.

Day	Session	Distance	Pace	Time	Intensity
Mon	Rest				
Tue	Speedwork	5M (inc 4 x 800m, 200m jog)	5K	45 mins	8/10
Wed	Steady	5M	8:45	44 mins	6/10
Thu	Fartlek	5M (inc 3M fartlek)	7:30-9:30	45 mins (25 mins fartlek)	7/10
Fri	Rest				
Sat	Easy	3M	9:30	28 mins	4/10
Sun	Race	10K (plus 1M warm-up/1M cool-down)	7:45	target: 48:00 (plus 20-min jog)	9/10
Total		28M		3hrs 50	

Week Two

Day	Session	Distance	Pace	Time	Intensity
Mon	Rest				
Tue	Speedwork	5M (inc 8 x 400m, 200m jog)	5K	45 mins	8/10
Wed	Steady	6M	8:45	53 mins	5/10
Thu	Threshold	6M (inc 3M THR)	1/2M	54 mins (24 mins THR)	9/10
Fri	Rest				
Sat	Hills	5M (inc 6 x 200m hill)	Mile	45 mins	6/10
Sun	Long run	9M	9:00	81 mins	7/10
Total		31M		4hrs 35	

Week Three

Day	Session	Distance	Pace	Time	Intensity
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Mon	Rest				
Tue	Speedwork	3 x 2K, 400m jog (6M total)	10K	55 mins	9/10
Wed	Steady	7M	8:45	60 mins	6/10
Thu	Threshold	6M (inc 3M THR)	1/2M	54 mins (24 mins THR)	8/10
Fri	Rest				
Sat	Fartlek	5M (inc 3M fartlek)	7:00-9:30	45 mins (25 mins fartlek)	5/10
Sun	Long run	10M	9:00	90 mins	7/10
Total		34M		5hrs 5	

Week Four

This Week's Target

At the end this week, there is the target of a 10K race. This should be run quicker than the 10K in Week One and certainly inside your goal half-marathon pace. Alternatively, you could run a 10K time trial.

Day	Session	Distance	Pace	Time	Intensity
Mon	Rest				
Tue	Speedwork	4 x 1200m, 400m jog (6M total)	10K	55 mins	8/10
Wed	Steady	7M	8:45	60 mins	6/10
Thu	Fartlek	6M (inc 4M fartlek)	7:00-9:30	55 mins (35 mins fartlek)	7/10
Fri	Rest				
Sat	Easy	3M	9:30	28 mins	3/10
Sun	Race	10K (plus 1M warm-up/1M cool-down)	7:30	target: 47:00 (plus 20-min jog)	10/10
Total		30M		4hrs 25	

Week Five

Day	Session	Distance	Pace	Time	Intensity
Mon	Rest				
Tue	Speedwork	5 x 800m, 200m jog (6M total)	5K	55 mins	9/10
Wed	Steady	8M	8:45	70 mins	6/10
Thu	Threshold	5M (inc 3M THR)	1/2M	45 mins (24 mins THR)	8/10
Fri	Rest				
Sat	Hills	5M (inc 8 x 200m hill)	Mile	45 mins	6/10
Sun	Long run	12M	9:00	1hr 48	7/10
Total		36M		5hrs 20	

Week Six

This Week's Target

This week's target is to run 10 miles at, or near, your target half-marathon pace. This can be at a race, though choice may be limited, or in a time trial.

Day	Session	Distance	Pace	Time	Intensity
Mon	Rest				
Tue	Speedwork	6 x 500m, 200m jog (6M total)	5K	55 mins	8/10
Wed	Steady	6M	8:45	52 mins	6/10
Thu	Fartlek	6M (inc 3M fartlek)	7:00-9:30	55 mins (20 mins fartlek)	7/10
Fri	Rest				
Sat	Easy	3M	9:30	28 mins	3/10
Sun	Time trial	10M (plus 1M warm-up/1M cool-down)	1/2M	target: 1:20 (plus 20-min jog)	9/10
Total		33M		4hrs 50	

Week Seven

Day	Session	Distance	Pace	Time	Intensity
Mon	Rest				
Tue	Speedwork	10 x 200m, 100m jog (5M total)	5K	50 mins	7/10
Wed	Steady	8M	8:45	70 mins	6/10
Thu	Threshold	6M (inc 4M THR)	1/2M	50 mins (32 mins THR)	8/10
Fri	Rest				
Sat	Fartlek	5M (inc 3M fartlek)	7:00-9:30	55 mins (30 mins fartlek)	5/10
Sun	Long run	13M	9:00	2hrs	9/10
Total		37M		5hrs 45	

Week Eight

This Week's Target

It may seem strange that we suggest running a 13.1-mile time-trial or race in the build up to... running a 13.1-mile race. But there's a logic, and for this week's target we do suggest you try to hold something in reserve: use it to see how your fitness is progressing and how close you can run to your target time. Don't worry if you can't manage your goal pace in Week Eight, you will gain fitness over the final month and the run itself will increase your chances at the end of Week 12.

Day	Session	Distance	Pace	Time	Intensity
Mon	Rest				
Tue	Speedwork	5x 1K, 200m jog (6M total)	5K	55 mins	8/10
Wed	Steady	6M	8:45	52 mins	6/10
Thu	Hills	6M (inc 8 x 200m)	Mile	55 mins	7/10

Fri	Rest				
Sat	Easy	3M	9:30	28 mins	3/10
Sun	Race/t-trial	13M (plus 1M warm-up/1M cool-down)	8:10	1hr 47 (plus 16-min jog)	9/10
Total		36M		5hrs 25	

Week Nine

Day	Session	Distance	Pace	Time	Intensity
Mon	Rest				
Tue	Speedwork	5 x 800m, 100m jog (6M total)	5K	55 mins	8/10
Wed	Steady	5M	8:45	44 mins	5/10
Thu	Threshold	6M (inc 4M THR)	1/2M	52 mins (32 mins THR)	7/10
Fri	Rest				
Sat	Fartlek	6M (inc 4M fartlek)	7:00-9:30	55 mins (35 mins fartlek)	6/10
Sun	Long run	14M	9:00	2hrs 5	9/10
Total		37M		5hrs 30	

Week 10

Day	Session	Distance	Pace	Time	Intensity
Mon	Rest				
Tue	Speedwork	10 x 400m, 100m jog (6M total)	5K	55 mins	8/10
Wed	Steady	7M	8:45	60 mins	5/10
Thu	Threshold	6M (inc 4M THR)	1/2M	52 mins (32 mins THR)	7/10
Fri	Rest				
Sat	Hills	6M (inc 10 x 200m hill)	Mile	55 mins	6/10
Sun	Long run	15M	9:00	2hrs 15	9/10
Total		40M		6hrs	

Week 11

This Week's Target

For this week's 10K target race we are suggesting a flat-out effort: As long as you take it easy after the 10K, the effort will enhance your half-marathon prospects the following week.

Day	Session	Distance	Pace	Time	Intensity
Mon	Rest				
Tue	Speedwork	3 x 1M, 200m jog (6M total)	5K	55 mins	8/10
Wed	Steady	6M	8:45	52 mins	6/10
Thu	Fartlek	5M (inc 3M fartlek)	7:00-9:30	45 mins (25 mins fartlek)	7/10

Fri	Rest				
Sat	Easy	3M	9:30	28 mins	3/10
Sun	Race	10K (plus 1M warm-up/1M cool-down)	7:15	target: 45:00 (plus 20-min jog)	10/10
Total		28M		4hrs 5	

Week 12

Day	Session	Distance	Pace	Time	Intensity
Mon	Rest				
Tue	Speedwork	8 x 300m, 100m jog (5M total)	5K	50 mins	8/10
Wed	Steady	4M	8:45	35 mins	5/10
Thu	Easy	4M (inc 6 x 150m strides)	9:30	40 mins	6/10
Fri	Rest				
Sat	Easy	3M	9:30	28 mins	3/10
Sun	1/2M Race	(plus 1M warm-up/1M cool-down)	8:00	target: 1:44:45 (plus 15-min jog)	10/10
Total		31M		4hrs 30	

Sub 1hr30min plan

Target times: 1:20 to 1:29 (race pace: sub-6:52 per mile) . You should be capable of either a sub-40 10K, sub-1:07 10-miler or a sub-3:15 marathon. Training will be six days a week, with an average weekly mileage of 40 miles.

Week One

This Week's Target

Your first week's target is to run just inside goal half-marathon pace for 10K. This may be difficult if you are below normal fitness when beginning the schedules, or easy if you are starting the schedules in good shape. Either way, progress steadily, and be realistic. If in doubt, it's maybe best to start an easier schedule and move up as the weeks progress.

Day	Session	Distance	Pace	Time	Intensity
Mon	Steady	4M	7:30	28 mins	5/10
Tue	Speedwork	6M (inc 5 x 800m, 200m jog)	5K	60 mins	8/10
Wed	Steady	6M	7:30	45 mins	6/10
Thu	Fartlek	6M (inc 3M fartlek)	6:30-8:30	50 mins (20 mins fartlek)	7/10
Fri	Rest				
Sat	Easy	4M	8:00	32 mins	4/10

Sun	Race	10K (plus 1M warm-up/1M cool-down)	6:45	target: 42:00 (plus 25-min jog)	9/10
Total		35M		4hrs 50	

Week Two

Day	Session	Distance	Pace	Time	Intensity
Mon	Easy	3M	8:00	24 mins	3/10
Tue	Speedwork	6M (inc 10 x 400m, 200m jog)	5K	50 mins	8/10
Wed	Steady	7M	7:30	53 mins	5/10
Thu	Threshold	7M (inc 3M THR)	1/2M	50 mins (20 mins THR)	9/10
Fri	Rest				
Sat	Hills	6M (inc 8 x 200m hill)	Mile	50 mins	6/10
Sun	Long run	9M	7:45	70 mins	7/10
Total		38M		5hrs	

Week Three

Day	Session	Distance	Pace	Time	Intensity
Mon	Easy	3M	8:00	24 mins	3/10
Tue	Speedwork	3 x 1.5M, 400m jog (8M total)	10K	65 mins	9/10
Wed	Steady	7M	7:30	53 mins	6/10
Thu	Threshold	7M (inc 3M THR)	1/2M	50 mins (20 mins THR)	8/10
Fri	Rest				
Sat	Fartlek	7M (inc 3M fartlek)	6:00-8:30	50 mins (20 mins fartlek)	5/10
Sun	Long run	10M	7:45	77 mins	7/10
Total		42M		5hrs 20	

Week Four

This Week's Target

At the end this week, there is the target of a 10K race. This should be run quicker than the 10K in Week One and certainly inside your goal half-marathon pace. Alternatively, you could run a 10K time trial.

Day	Session	Distance	Pace	Time	Intensity
Mon	Easy	3M	8:00	24 mins	3/10
Tue	Speedwork	4 x 1M, 400m jog (7M total)	10K	65 mins	8/10
Wed	Steady	8M	7:30	60 mins	6/10
Thu	Fartlek	7M (inc 4M fartlek)	6:00-8:30	50 mins (30 mins fartlek)	7/10
Fri	Rest				
Sat	Easy	3M	8:00	24 mins	3/10

Sun	Race	10K (plus 2M warm-up/1M cool-down)	6:30	target: 40:30 (plus 25-min jog)	9/10
Total		37M		4hrs 45	

Week Five

Day	Session	Distance	Pace	Time	Intensity
Mon	Easy	3M	8:00	24 mins	3/10
Tue	Speedwork	5 x 1K, 200m jog (7M total)	5K	60 mins	9/10
Wed	Steady	8M	7:30	60 mins	6/10
Thu	Threshold	7M (inc 4M THR)	1/2M	50 mins (27 mins THR)	8/10
Fri	Rest				
Sat	Hills	6M (inc 10 x 200m hill)	Mile	50 mins	6/10
Sun	Long run	12M	7:45	93 mins	7/10
Total		43M		5hrs 35	

Week Six

This Week's Target

This week's target is to run 10 miles at, or near, your target half-marathon pace. This can be at a race, though choice may be limited, or in a time trial.

Day	Session	Distance	Pace	Time	Intensity
Mon	Easy	3M	8:00	24 mins	3/10
Tue	Speedwork	8 x 500m, 200m jog (7M total)	5K	60 mins	8/10
Wed	Steady	7M	7:30	52 mins	6/10
Thu	Fartlek	7M (inc 3M fartlek)	6:00-8:30	55 mins (20 mins fartlek)	7/10
Fri	Rest				
Sat	Easy	3M	8:00	24 mins	3/10
Sun	Time trial	10M (plus 1M warm-up/1M cool-down)	1/2M	target: 1:08 (plus 16-min jog)	9/10
Total		39M		5hrs	

Week Seven

Day	Session	Distance	Pace	Time	Intensity
Mon	Easy	3M	8:00	24 mins	3/10
Tue	Speedwork	10 x 300m, 100m jog (6M total)	5K	50 mins	7/10
Wed	Steady	9M	7:30	66 mins	6/10
Thu	Threshold	7M (inc 4M THR)	1/2M	50 mins (27 mins THR)	8/10
Fri	Rest				
Sat	Fartlek	7M (inc 4M fartlek)	6:00-8:30	55 mins (30 mins fartlek)	5/10

Sun	Long run	13M	7:45	1hr 40	9/10
Total		45M		5hrs 45	

Week Eight

This Week's Target

It may seem strange that we suggest running a 13.1-mile time-trial or race in the build up to... running a 13.1-mile race. But there's a logic, and for this week's target we do suggest you try to hold something in reserve: use it to see how your fitness is progressing and how close you can run to your target time. Don't worry if you can't manage your goal pace in Week Eight, you will gain fitness over the final month and the run itself will increase your chances at the end of Week 12.

Day	Session	Distance	Pace	Time	Intensity
Mon	Easy	3M	8:00	24 mins	3/10
Tue	Speedwork	5 x 1200m, 200m jog (7M total)	10K	60 mins	8/10
Wed	Steady	7M	7:30	52 mins	6/10
Thu	Hills	7M (inc 10 x 200m)	Mile	60 mins	7/10
Fri	Rest				
Sat	Easy	4M	8:00	32 mins	3/10
Sun	Race/t-trial	13M (plus 1M warm-up/1M cool-down)	7:00	92 mins (plus 16-min jog)	9/10
Total		43M		5hrs 35	

Week Nine

Day	Session	Distance	Pace	Time	Intensity
Mon	Rest				
Tue	Speedwork	6 x 800m, 100m jog (7M total)	5K	60 mins	8/10
Wed	Steady	5M	8:00	40 mins	5/10
Thu	Threshold	7M (inc 4M THR)	1/2M	50 mins (27 mins THR)	7/10
Fri	Rest				
Sat	Fartlek	7M (inc 4M fartlek)	6:00-8:30	55 mins (30 mins fartlek)	6/10
Sun	Long run	14M	7:45	1hr 50	9/10
Total		40M		5hrs 15	

Week 10

Day	Session	Distance	Pace	Time	Intensity
Mon	Easy	3M	8:00	24 mins	4/10
Tue	Speedwork	12 x 400m, 100m jog (7M total)	5K	55 mins	8/10
Wed	Steady	8M	7:30	60 mins	5/10

Thu	Threshold	7M (inc 4M THR)	1/2M	55 mins (27 mins THR)	7/10
Fri	Rest				
Sat	Hills	7M (inc 10 x 200m hill)	Mile	60 mins	6/10
Sun	Long run	15M	7:45	1hr 55	9/10
Total		47M		6hrs 10	

Week 11

This Week's Target

For this week's 10K target race we are suggesting a flat-out effort: As long as you take it easy after the 10K, the effort will enhance your half-marathon prospects the following week.

Day	Session	Distance	Pace	Time	Intensity
Mon	Easy	3M	8:00	24 mins	4/10
Tue	Speedwork	3 x 2K, 200m jog (8M total)	10K	60 mins	8/10
Wed	Steady	7M	7:30	53 mins	6/10
Thu	Fartlek	6M (inc 3M fartlek)	6:00-8:30	45 mins (20 mins fartlek)	7/10
Fri	Rest				
Sat	Easy	3M	8:00	24 mins	3/10
Sun	Race	10K (plus 1M warm-up/1M cool-down)	6:20	target: 39:30 (plus 16-min jog)	10/10
Total		35M		4hrs 20	

Week 12

Day	Session	Distance	Pace	Time	Intensity
Mon	Easy	3M	8:00	24 mins	4/10
Tue	Speedwork	8 x 400m, 200m jog (6M total)	5K	50 mins	8/10
Wed	Steady	4M	7:30	30 mins	5/10
Thu	Easy	4M (inc 6 x 150m strides)	8:00	35 mins	6/10
Fri	Rest				
Sat	Easy	3M	8:00	24 mins	3/10
Sun	1/2M Race	(plus 1M warm-up/1M cool-down)	6:50	target: 1:29:30 (plus 15-min jog)	10/10
Total		35M		4hrs 30	

Sub 1hr20min plan

Target times: 1:10 to 1:19 (race pace: sub-6:06 per mile). You should be capable of either a sub-36 10K, sub-60 10-miler or a sub-3:00 marathon.

Training will be at least six days a week, with an average weekly mileage of 50 miles.

Week One

This Week's Target

Your first week's target is to run just inside goal half-marathon pace for 10K. This may be difficult if you are below normal fitness when beginning the schedules, or easy if you are starting the schedules in good shape. Either way, progress steadily, and be realistic. If in doubt, it's maybe best to start an easier schedule and move up as the weeks progress.

Day	Session	Distance	Pace	Time	Intensity
Mon	Steady	5M	7:00	35 mins	5/10
Tue	Speedwork	7M (inc 6 x 800m, 200m jog)	5K	65 mins	8/10
Wed	Steady	7M	7:00	49 mins	6/10
Thu	Fartlek	6M (inc 3M fartlek)	6:00-8:00	45 mins (20 mins fartlek)	7/10
Fri	Rest or slow	4M	7:30	30 mins	4/10
Sat	Easy	4M	7:45	31 mins	3/10
Sun	Race	10K (plus 2M warm-up/1M cool-down)	6:00	target: 37:00 (plus 24-min jog)	9/10
Total		38-42M		4hrs 45 – 5hrs 15	

Week Two

Day	Session	Distance	Pace	Time	Intensity
Mon	Easy	4M	7:45	31 mins	3/10
Tue	Speedwork	7M (inc 12 x 400m, 200m jog)	5K	65 mins	8/10
Wed	Steady	8M	7:00	56 mins	5/10
Thu	Threshold	7M (inc 3M THR)	1/2M	50 mins (19 mins THR)	9/10
Fri	Rest or slow	4M	7:30	30 mins	4/10
Sat	Hills	6M (inc 8 x 200m hill)	Mile	50 mins	6/10
Sun	Long run	10M	7:15	72 mins	7/10
Total		42-46M		5hrs 30 – 6hrs	

Week Three

Day	Session	Distance	Pace	Time	Intensity
Mon	Easy	4M	7:45	31 mins	3/10
Tue	Speedwork	3 x 3K, 400m jog (8M total)	10K	70 mins	9/10
Wed	Steady	9M	7:00	63 mins	6/10
Thu	Threshold	8M (inc 3M THR)	1/2M	60 mins (18 mins THR)	8/10

Fri	Rest or slow	4M	7:30	30 mins	4/10
Sat	Fartlek	8M (inc 4M fartlek)	5:30-8:00	55 mins (25 mins fartlek)	5/10
Sun	Long run	12M	7:15	87 mins	7/10
Total		49-53M		6hrs – 6hrs 30	

Week Four

This Week's Target

At the end this week, there is the target of a 10K race. This should be run quicker than the 10K in Week One and certainly inside your goal half-marathon pace. Alternatively, you could run a 10K time trial.

Day	Session	Distance	Pace	Time	Intensity
Mon	Easy	4M	7:45	31 mins	3/10
Tue	Speedwork	4 x 2K, 400m jog (8M total)	10K	65 mins	8/10
Wed	Steady	9M	7:00	56 mins	6/10
Thu	Fartlek	8M (inc 4M fartlek)	5:30-8:00	60 mins (30 mins fartlek)	7/10
Fri	Rest or slow	4M	7:30	30 mins	4/10
Sat	Easy	4M	7:45	31 mins	3/10
Sun	Race	10K (plus 2M warm-up/1M cool-down)	5:50	target: 36:30 (plus 24-min jog)	10/10
Total		42-46M		5hrs – 5hrs 30	

Week Five

Day	Session	Distance	Pace	Time	Intensity
Mon	Easy	4M	7:45	31 mins	3/10
Tue	Speedwork	5 x 1K, 200m jog, (8M total)	5K	70 mins	9/10
Wed	Steady	10M	7:00	70 mins	6/10
Thu	Threshold	8M (inc 4M THR)	1/2M	55 mins (25 mins THR)	8/10
Fri	Rest or slow	4M	7:30	30 mins	4/10
Sat	Hills	7M (inc 10 x 200m hill)	Mile	55 mins	6/10
Sun	Long run	13M	7:15	95 mins	7/10
Total		50-54M		6hrs 15 – 6hrs 45	

Week Six

This Week's Target

This week's target is to run 10 miles at, or near, your target half-marathon pace. This can be at a race, though choice may be limited, or in a time trial.

Day	Session	Distance	Pace	Time	Intensity
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Mon	Easy	4M	7:45	31 mins	3/10
Tue	Speedwork	8 x 600m, 200m jog (7M total)	5K	65 mins	8/10
Wed	Steady	8M	7:00	56 mins	6/10
Thu	Fartlek	8M (inc 4M fartlek)	5:30-8:00	60 mins (30 mins fartlek)	7/10
Fri	Rest or slow	4M	7:30	30 mins	4/10
Sat	Easy	4M	7:45	31 mins	3/10
Sun	Time trial	10M (plus 2M warm-up/1M cool-down)	1/2M	target: 1:02 (plus 24-min jog)	9/10
Total		44-48M		5hrs 20 – 5hrs 50	

Week Seven

Day	Session	Distance	Pace	Time	Intensity
Mon	Easy	4M	7:45	31 mins	3/10
Tue	Speedwork	12 x 300m, 100m jog (7M total)	5K	60 mins	7/10
Wed	Steady	10M	7:00	70 mins	6/10
Thu	Threshold	8M (inc 4M THR)	1/2M	55 mins (25 mins THR)	8/10
Fri	Rest or slow	4M	7:30	30 mins	4/10
Sat	Fartlek	8M (inc 4M fartlek)	5:30-8:00	60 mins (30 mins fartlek)	5/10
Sun	Long run	14M	7:15	1hr 40	9/10
Total		51-55M		6hrs 15 – 6hrs 45	

Week Eight

This Week's Target

It may seem strange that we suggest running a 13.1-mile time-trial or race in the build up to... running a 13.1-mile race. But there's a logic, and for this week's target we do suggest you try to hold something in reserve: use it to see how your fitness is progressing and how close you can run to your target time. Don't worry if you can't manage your goal pace in Week Eight, you will gain fitness over the final month and the run itself will increase your chances at the end of Week 12.

Day	Session	Distance	Pace	Time	Intensity
Mon	Easy	4M	7:45	31 mins	3/10
Tue	Speedwork	5 x 1M, 200m jog	10K	70 mins	8/10
Wed	Steady	8M	7:00	56 mins	6/10
Thu	Hills	8M (inc 12 x 200m)	Mile	65 mins	7/10
Fri	Rest or slow	4M	7:30	30 mins	4/10
Sat	Easy	4M	7:45	31 mins	3/10

Sun	Race/t-trial	13M (plus 2M warm-up/1M cool-down)	6:10	82 mins (plus 24-min jog)	9/10
Total		48-52M		6hrs – 6hrs 30	

Week Nine

Day	Session	Distance	Pace	Time	Intensity
Mon	Rest or slow	4M	7:30	30 mins	4/10
Tue	Speedwork	8 x 800m, 100m jog (8M total)	10K	60 mins	8/10
Wed	Steady	6M	7:00	42 mins	5/10
Thu	Threshold	8M (inc 4M THR)	1/2M	55 mins (25 mins THR)	7/10
Fri	Rest or slow	4M	7:30	30 mins	4/10
Sat	Fartlek	8M (inc 4M fartlek)	5:30-8:00	60 mins (30 mins fartlek)	6/10
Sun	Long run	15M	7:15	1hr 50	9/10
Total		45-53M		5hrs 30 – 6hrs 30	

Week 10

Day	Session	Distance	Pace	Time	Intensity
Mon	Easy	4M	7:45	31 mins	3/10
Tue	Speedwork	15 x 400m, 100m jog (8M total)	5K	60 mins	8/10
Wed	Steady	10M	7:00	70 mins	5/10
Thu	Threshold	8M (inc 4M THR)	1/2M	55 mins (25 mins THR)	7/10
Fri	Rest or slow	4M	7:30	30 mins	3/10
Sat	Hills	8M (inc 12 x 200m hill)	Mile	65 mins	6/10
Sun	Long run	15M	7:15	1hr 50	9/10
Total		53-57M		6hrs 30 – 7hrs	

Week 11

This Week's Target

For this week's 10K target race we are suggesting a flat-out effort: As long as you take it easy after the 10K, the effort will enhance your half-marathon prospects the following week.

Day	Session	Distance	Pace	Time	Intensity
Mon	Easy	4M	7:45	31 mins	3/10
Tue	Speedwork	3 x 3K, 200m jog (8M total)	10K	60 mins	8/10
Wed	Steady	8M	7:00	56 mins	6/10
Thu	Fartlek	7M (inc 3M fartlek)	5:30-8:00	55 mins (20 mins fartlek)	7/10
Fri	Rest or slow	4M	7:30	30 mins	3/10

Sat	Easy	4M	7:45	31 mins	3/10
Sun	Race	10K (plus 2M warm-up/1M cool-down)	5:45	target: 35:45 (plus 24-min jog)	10/10
Total		40-44M		5hrs – 5hrs 30	

Week 12

Day	Session	Distance	Pace	Time	Intensity
Mon	Easy	4M	7:45	31 mins	3/10
Tue	Speedwork	10 x 400m, 200m jog (6M total)	5K	50 mins	8/10
Wed	Steady	5M	7:00	35 mins	5/10
Thu	Easy	5M (inc 6 x 150m strides)	7:30	40 mins	6/10
Fri	Rest or slow	4M	7:30	30 mins	3/10
Sat	Easy	3M	7:45	23 mins	3/10
Sun	1/2M Race	(plus 1M warm-up/1M cool-down)	6:05	target: 1:19:42 (plus 15-min jog)	10/10
Total		38-42M		4hrs 30 – 5hrs	

Hints and tips

Run walk method – Practice run / walking three or four times a week and the length of the walks will gradually become shorter. You can complete a ½ marathon by run / walking

Do I need to run more than 13 miles in my training? No. If you are just looking to get round the distance you should be capable on the day if you have only ran 10 miles or so previously. If however you are looking to try and achieve a good time or you are a fast and experienced runner you should definitely be running more than the 13 miles in your training.

Pace – Avoid sudden bursts of speed, try to keep your pace to a steady and reasonable speed. It is a long distance so you don't want to burn out.

Re-fuel – As it is a long race you want to re-fuel as you go, it is more vital to keep hydrated and fuelled than during a shorter race. Ideally drink 400ml of energy drink before the race and then keep it topped up at regular intervals throughout the run.

Tapering – Two week before race day start to taper off your training, slow it down. Your last really long run, perhaps your

longest before race day should be three weeks before. Then start to wind down the volume and intensity of your training but not the frequency.

(All plans have been based on expert trainers tips from Runners world)