

# NSPCC MK Half Marathon Improver Training Plan

Wk	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>1</b>	Rest	<p>Warm up: 10 min easy run at 2-3/10 effort</p> <p>Main Session: 5 mins, 4 mins, 3 mins, 2 mins, 1 min with 90 secs recovery. Work between 6/10 &amp; 8-9/10 aim to get faster as you go through</p> <p>Cool down: 5-10 min easy run at 2-3/10 effort</p>	<p>Run or XT Session: 40-50 min easy run at 2-3/10 effort</p>	Rest	<p>Warm up: 10-20 min easy run at 2-3/10 effort</p> <p>Main Session: 4 sets of 6 minutes at 7/10 effort with 90-120s jog recovery</p> <p>Cool down: 10-15 min easy run at 2-3/10 effort</p>	<p>Run Session: 30-45 min easy run at 2-3/10 effort</p>	<p>Run Session: 70-85 min easy run – 2-3/10 build to steady 4-5/10 if you feel good</p>
<b>2</b>	Rest	<p>Warm up: 10 min easy run at 2-3/10 effort</p> <p>Main Session: 12 x 1 min strong at 8/10, 60-75s steady at 4-5/10</p> <p>Cool down: 5-10 min easy run at 2-3/10 effort</p>	<p>Run or XT Session: 40-50 min easy run at 2-3/10 effort</p>	Rest	<p>Run Session: 45-60 min easy run at 2-3/10 effort</p>	<p>80-90 minutes to include 4 x 10 mins half marathon pace with 3 mins easy at 2-3/10 between each. Everything else 2-3/10</p>	<p>Run Session: 30-45 min easy run at 2-3/10 effort</p>
<b>3</b>	Rest	<p>Warm up: 10 min easy run at 2-3/10 effort</p> <p>Main Session: 6 mins, 5 mins, 4 mins, 3 mins, 2 mins, 1 min with 90 secs recovery. Work between 6/10 &amp; 8-9/10 aim to get faster as you go through</p> <p>Cool down: 5-10 min easy run at 2-3/10 effort</p>	<p>Run or XT Session: 40-50 min easy run at 2-3/10 effort</p>	Rest	<p>Warm up: 10-20 min easy run at 2-3/10 effort</p> <p>Main Session: 3 sets of 8 minutes at 7/10 effort with 90-120s jog recovery</p> <p>Cool down: 10-15 min easy run at 2-3/10 effort</p>	<p>Run Session: 30-45 min easy run at 2-3/10 effort</p>	<p>Run Session: 80-90 min easy run – 2-3/10 build to steady 4-5/10 if you feel good</p>

4	Rest	<p>Warm up: 10 min easy run at 2-3/10 effort</p> <p>Main Session: 5 minutes at 7/10, 2 minute jog, then 6 x 2 mins at 8-9/10 with 90s rest</p> <p>Cool down: 5-10 min easy run at 2-3/10 effort</p>	<p>Run or XT Session: 45-60 min easy run at 2-3/10 effort</p>	Rest	<p>Warm up: 10-20 min easy run at 2-3/10 effort</p> <p>Main Session: 5 sets of 5 minutes at 7/10 effort with 90-120s jog recovery</p> <p>Cool down: 10-15 min easy run at 2-3/10 effort</p>	<p>Run Session: 30-45 min easy run at 2-3/10 effort</p>	<p>Run Session: 90-105 min easy run – 2-3/10 build to steady 4-5/10 if you feel good</p>
5	Rest	<p>Warm up: 10 min easy run at 2-3/10 effort</p> <p>Main Session: 15 x 1 minute strong at 8/10, 60-75s steady at 4-5/10</p> <p>Cool down: 5-10 min easy run at 2-3/10 effort</p>	<p>Run or XT Session: 30 min easy run at 2-3/10 effort</p>	Rest	<p>Run Session: 30 min easy run at 2-3/10 effort</p>	<p>5km-8km time trial or a 30-45 min easy run or rest if tired</p>	<p>Run Session: 60-75 mins at 2-3/10 effort</p>
6	Rest	<p>Warm up: 10 min easy run at 2-3/10 effort</p> <p>Main Session: 2 sets of 4 mins, 3 mins, 2 mins, 1 min with 90 secs easy recovery or rest. Work between around 8/10 aim to get faster as you go through</p> <p>Cool down: 5-10 min easy run at 2-3/10 effort</p>	<p>Run or XT Session: 45-60 min easy run at 2-3/10 effort</p>	Rest	<p>Run Session: 45-60 min easy run at 2-3/10 effort</p>	<p>90-120 minutes to include 4 x 10-15 mins half marathon pace with 3 mins easy at 2-3/10 between each. Everything else 2-3/10</p>	<p>Run Session: 30-45 min easy run at 2-3/10 effort</p>
7	Rest	<p>Warm up: 10 min easy run at 2-3/10 effort</p> <p>Main Session: 6-8 x 3 mins at 8/10 with 2 mins rest</p> <p>Cool down: 5-10 min easy run at 2-3/10 effort</p>	<p>Run or XT Session: 45-60 min easy run at 2-3/10 effort</p>	Rest	<p>75 mins with 45-60 minutes run as 3 mins at 7-8/10, 3 mins at 5/10 with no rest</p>	<p>Run Session: 40-55 min easy run at 2-3/10 effort</p>	<p>Run Session: 90-120 min easy run – 2-3/10 build to steady 4-5/10 if you feel good</p>

8	Rest	<p>Warm up: 10 min easy run at 2-3/10 effort</p> <p>Main Session: 10 mins, 8 mins, 6 mins, 2 mins working between 6-8/10 with 2 min jogged recovery</p> <p>Cool down: 5-10 min easy run at 2-3/10 effort</p>	<p>Run or XT Session: 45-60 min easy run at 2-3/10 effort</p>	Rest	<p>Warm up: 10-20 min easy run at 2-3/10 effort</p> <p>Main Session: 6 sets of 5 minutes at 7/10 effort with 90-120s jog recovery</p> <p>Cool down: 10-15 min easy run at 2-3/10 effort</p>	<p>Run Session: 40-55 min easy run at 2-3/10 effort</p>	<p>Run Session: 90-120 min easy run – 2-3/10 build to steady 4-5/10 if you feel good</p>
9	Rest	<p>Warm up: 10 min easy run at 2-3/10 effort</p> <p>Main Session: 6 minutes at 7/10 effort, 2 minute jog, then 5 x 3 minutes at 8/10 with 90s rest, 2 minute jog, then 6 minutes at 7/10 effort.</p> <p>Cool down: 5-10 min easy run at 2-3/10 effort</p>	<p>Run or XT Session: 40-50 min easy run at 2-3/10 effort</p>	Rest	<p>Run Session: 40-55 min easy run at 2-3/10 effort</p>	<p>90-105 minutes to 2 x 20-25 minutes at half marathon pace with 5 minutes easy between. Everything else 2-3/10.</p>	<p>Run Session: 30-45 min easy run at 2-3/10 effort</p>
10	Rest	<p>Warm up: 10 min easy run at 2-3/10 effort</p> <p>Main Session: 10 x 75s at 5km effort with 60s rest, 2-3 min recovery then 10 mins 6-7/10 effort</p> <p>Cool down: 5-10 min easy run at 2-3/10 effort</p>	<p>Run or XT Session: 45-60 min easy run at 2-3/10 effort</p>	Rest	<p>60-75 mins with 45 minutes run as 3 mins at 7-8/10, 3 mins at 5/10 with no rest</p>	<p>Run Session: 40-50 min easy run at 2-3/10 effort</p>	<p>Run Session: 50-60 mins at 3-4/10 effort</p>
11	Rest	<p>Warm up: 10 min easy run at 2-3/10 effort</p> <p>Main Session: 4-5 sets of 2 minutes at 7/10 effort with 90 sec jog recovery</p>	<p>Run or XT Session: 30-40 mins easy at 2-3/10</p>	Rest	<p>Run Session: 20-30 mins at 2-3/10</p>	<p>Half Marathon Race!! Good Luck!</p>	Rest

		Cool down: 5-10 min easy run at 2-3/10 effort					
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### **The plan**

This plan is aimed at runners who have some experience with longer races. You might have run a half before and are looking to improve, or perhaps you are confident and experienced at running 10kms and are looking to step up. You should feel able to tackle a continuous, easy paced run of around 70 minutes and have some experience of structure interval type training.

### **Completing the plan**

The majority of the sessions are runs, but you can replace with cardiovascular cross training using a bike, rowing machine, swimming or elliptical trainer. You might see cross training included in the plan to – these are labelled as ‘XT’. Take ownership of the plan and adapt it to suit your situation, background and needs. If you need to swap days run not to do two runs harder than 6/10 effort on back to back days. It’s fine to add more running but always remember you need to recover well to progress and you are better to do a little less than too much. If you are tired, sore, have a cold or are worried about a niggle stop, rest and if necessary, speak to a physio or medical expert. Only start on this training plan if you feel confident in your health and we always recommend undergoing a medical checkup with a professional before undertaking any running training plan.

### **Guiding your effort**

The plan is written to time and perceived effort to make it flexible for runners at different levels, running over different terrain and in different weather conditions. As you build confidence you will learn what the right pace is for you on the 0-10 scale of rate of perceived exertion (RPE).

<b>RPE scale</b>	<b>What it might feel like....</b>
0	You’re still in bed...
1	Brisk walking for some, very easy jogging for others. Able to fully chat away with no effort.
2-3	Easy running, able to hold conversation, you might have consciously work to slow down. Gentle, relaxed, feeling like you could run forever.
4-5	Steady running. Able to speak but in shorter sentences. You might hear yourself breathing but could still keep going for between 75 minutes – 2 hours.
6-7	Controlled discomfort. A pace you could hold for around 60 mins in a race. You should be able to speak 2-3 words at a time. Cruising at speed.
8-9	Working hard at 3km-10km effort. You have to focus and work to maintain pace. You’ll be breathing strongly and will feel like you need the recovery between efforts.
10	Working very hard. A effort you can sustain for only short periods before you effort feels unsustainable.