

MANSFIELD HALF MARATHON TRAINING

BEGINNERS/FIRST TIMERS

This is a 12 week programme to help you run the half marathon for the first time, it allows for a gradual increase in miles, but initially you need to get used to time first before thinking of how far should I run.

You need to warm up and stretch before you do any quicker paced running and follow your session with a cool down period.

During your longer run on a Sunday you need to practice taking on a drink this can be done by either having someone follow you on a bike, run a looped course so you can pick up a drink on each circuit or take a drink with you.

Running in company always helps to make the training that much easier so try and find someone to run with even if they only do a few miles with you or you can always come to MANSFIELD HARRIERS & A.C. on a Tuesday and Thursday evenings.

The Sunday morning runs during June will be based from Berry Hill starting at 8:30 so that you can run part of the course and get used to the finish area.

Week 1 April 5th – 11th

Monday: 20 minutes steady jogging (alternating with brisk walking breaks)
Tuesday: Rest or some form of Cross Training
Wednesday: 20 – 30 minutes steady jogging (alternating with brisk walking)
Thursday: Rest
Friday: 10 minutes of jogging – alternating 2 lampposts of quicker paced
Running- 1 lamppost of walking/jogging for 10 mins, then warm
Down for 10mins.
Saturday: Rest
Sunday: 30 minutes of running

Week 2 April 12th- 18th

Monday: Rest or Cross Training
Tuesday: 30 minutes- 10 mins warm up – 5 x 1 minute quick pace/ 1 minute
Jog or walk in between- 10 minutes warm down.
Wednesday: Rest
Thursday : 30- 35 minute run.
Friday: Rest
Saturday: 15 – 20 minutes steady jog.
Sunday: 45 minutes of steady running take on water

Week 3 April 19th – 25th

Monday: Rest
Tuesday: 30- 40 minute run include plenty of hills!
Wednesday: Rest
Thursday: 10 minutes of steady jogging- 20 mins of lampposts- 10 mins warm
Down
Friday: Rest
Saturday: 20 mins steady run.
Sunday: 45 minutes (minimum) of running

Week 4 April 26th – 2nd May

Monday: Rest or Cross Training
Tuesday: 30- 40 minute run including hills – work on your pace up the hills
Wednesday: Rest
Thursday: 10 minutes warm up- 10 x 1 min brisk pace-1 min walk/jog in
Between- 10mins warm down.
Friday: Rest
Saturday: 15 – 20 mins steady jog
Sunday: 45- 50 minutes running

Week 5 May 3rd- 9th

Monday: Rest or Cross Training
Tuesday: 40 minutes- 10 mins warm up, 4-6 x 1/2mile with 2 mins jog/walk
Between, 10 mins warm down
Wednesday: Rest or 20 minutes easy run
Thursday: 40 minutes – include 10 mins of lampposts
Friday: Rest
Saturday: 15- 20 mins steady
Sunday: 60 minutes (minimum) to 70 min run

Week 6 May 10th- 16th

Monday: Rest or Cross Training
Tuesday: 45 mins- 10 mins warm up, 3 x 1mile with 3 mins walk/ jog
Between, 10 mins warm down
Wednesday: Rest or 20 mins easy jog
Thursday: 45 minutes run- finish last 10 mins at a quick pace
Friday: Rest
Saturday: 20 mins easy jog
Sunday: 70 mins – 75/80 minute run include some hills

Week 7 May 17th – 23rd

Monday: Rest or Cross Training
Tuesday: 45 minutes- 15 mins warm up, 12 x 400mtrs with 1minute jog,
10 minutes warm down
Wednesday: Rest or 20 minutes steady run
Thursday: 45-50 minutes run include plenty of hills, work on pace up the
hill
Friday: Rest or Cross Training
Saturday: 20 minutes easy run or rest
Sunday: 75 - 90 minutes run (take on water)

Week 8 May 24th - 30th

Monday: Rest or Cross Training
Tuesday: 45-50 minutes- warm up 10 mins, 8 x 1/2mile, off 2mins jog/walk
10 minutes warm down
Wednesday: Rest or 20 minutes easy run
Thursday: 45- 50 minute run including 20 x 30 seconds fast/ 30 seconds jog
Friday; Rest or Cross Training
Saturday: 20 minutes easy run or rest
Sunday: 90 minutes (minimum) to 105 maximum

Week 9 May 31st - June 6th

Monday: Rest or Cross Training
Tuesday: 50 minutes- warm up 15 mins, 4 x 1 miles, with 3 mins jog/walk
10 mins warm down
Wednesday: Rest
Thursday: 45-50 minutes including hills
Friday: Rest or Cross Training
Saturday: 20 minutes easy run
Sunday: 1hr 45m – 2 hour (make sure you are well hydrated and take
water)

Week 10 June 7th - 13th

Monday: Rest
Tuesday: 45 minutes, 15 mins warm up, 12 x 400mtrs, with 1 min jog/walk
10 mins warm down
Wednesday: Rest or 20 mins easy run
Thursday: 45 minutes- 15 mins warm up, 20 mins at your race pace, 10
mins
Warm down
Friday: Rest or Cross Training
Saturday: Rest or 15-20 mins easy run
Sunday: 2 hour minimum run (this is your Last Long Run before the
race)

Week 11 June 14th – 20th

Monday: Rest
Tuesday: 45-50 mins- 15 mins warm up, 8 x 1/2miles with 2 mins jog/walk,
10 mins warm down
Wednesday: Rest or 20 mins easy run
Thursday: 40 mins- 15 mins warm up, 10 x 1 mins with 30 seconds jog/walk,
10 mins warm down
Friday: Rest
Saturday: 15- 20 mins easy run or rest
Sunday: 90 mins maximum (practice your race day plans, have a light Breakfast, wear your kit and shoes, even go out at race time to
10:00 to see how you feel and take water with you)

Week 12 June 21st- 27th

Monday: Rest
Tuesday: 30 mins easy run
Wednesday: Rest
Thursday: 30 mins easy run- finish with some fast strides
Friday: Rest or 15mins easy run
Saturday: Rest or 15 mins easy run
Sunday: HALF MARATHON RACE- Warm up with 10 mins of light Jogging and strides, then go for it and enjoy.

If at any time during your training you need to stop due to illness or injury start back from the week where you stopped NOT where you should be.

Do not try to put in any extra training especially in the last two weeks for any you have missed.

You can change runs/ sessions around to suite your own life/work/home situation, also you may want to enter races during your training, so just Change the long run into something like this: 2 miles warm up, 10k race, 1-2 miles warm down.

There are plenty of local road races to enter just look on the MANSFIELD HARRIERS & A.C. Website.