

BATH HALF MARATHON - BEGINNER TRAINING PROGRAMME

Week beg	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total running minutes
RW - 13	30 mins brisk walk		30 mins brisk walk			10 mins walk, 20 mins easy run, 10 mins walk. 40 mins total		100 (some walking)
RW - 12	(10 mins easy run, 10 mins walk) x 2. 40 mins total		30 mins brisk walk			10 mins walk, 20 mins easy run, 10 mins walk. 40 mins total		110 (some walking)
RW - 11	30 mins easy run		5 mins easy run then (3 mins brisk run, 3 mins easy run/walk) x 3. Then 5 mins easy run. 28 mins total			40 mins easy run		98
RW - 10	35 mins easy run		5 mins easy run then (4 mins fast run, 3 mins easy run/walk) x 4. Then 5 mins easy run. 38 mins total			45 mins easy run		118
RW - 9	40 mins easy run		30 mins easy run			50 mins easy run		120

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RW - 8	45 mins easy run		30 mins easy run			55 mins easy run		130
RW - 7	40 mins easy run		5 mins easy run then (2 min fast run, 2 min easy run) x 6. Then 5 mins easy run. 34 mins total			65 mins easy run		139
RW - 6	40 mins easy run		5 mins easy run then 20 min tempo run. Then 5 mins easy run. 30 mins total			75 mins easy run		145
RW - 5	45 mins easy run		5 mins easy run then (6 min tempo run, 3 min easy run) x 4. Then 5 mins easy run. 46 mins total			90 mins easy run (walk every 30 minutes if you need to)		181
RW - 4	30 mins easy run		30 mins easy run			Race a 10k this weekend or do a 60 min tempo (sustained) run		120

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Week beg	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total running minutes
RW - 3	45 mins easy run		10 mins easy then (3 min steady, 1 min faster, 2 min jog) x 4. Then 10 mins easy. 44 mins total			1 hour 50 mins easy run (take walk break if you need too)		199
RW - 2	50 mins easy run		10 min easy run, then (2 min fast run, 2 min very easy run) x 8. Then 10 min easy run. 44 mins total			90 mins easy run		184
RW - 1	20 mins easy run		10 mins easy run, 25 mins at your half marathon pace, 10 mins easy run, 45 mins total			50 mins easy run		115
Race week (RW)	30 mins easy run		20 mins easy run		10 mins easy run		RACE DAY	60 + RACE!!