

## BATH HALF MARATHON 2022 - BEGINNER TRAINING PROGRAMME

Week beg	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total running minutes
06-Dec-21	30 mins brisk walk		30 mins brisk walk			10 mins walk, 20 mins easy run, 10 mins walk. <b>40 mins total</b>		100 (some walking)
13-Dec-21	(10 mins easy run, 10 mins walk) x 2. <b>40 mins total</b>		30 mins brisk walk			10 mins walk, 20 mins easy run, 10 mins walk. <b>40 mins total</b>		110 (some walking)
20-Dec-21	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. <b>28 mins total</b>			40 mins easy run		98
27-Dec-21	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. <b>38 mins total</b>			45 mins easy run		118
03-Jan-21	40 mins easy run		30 mins easy run			50 mins easy run		120

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10-Jan-21	45 mins easy run		30 mins easy run			55 mins easy run		130
17-Jan-21	40 mins easy run		5 mins easy run then (2 min fast run, 2 min easy run) x 6. Then 5 mins easy run. <b>34 mins total</b>			65 mins easy run		139
24-Jan-21	40 mins easy run		5 mins easy run then 20 min tempo run. Then 5 mins easy run. <b>30 mins total</b>			75 mins easy run		145
31-Jan-21	45 mins easy run		5 mins easy run then (6 min tempo run, 3 min easy run) x 4. Then 5 mins easy run. <b>46 mins total</b>			90 mins easy run (walk every 30 minutes if you need to)		181
07-Feb-21 (easier week)	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
14-Feb-21	45 mins easy run		10 mins easy then (3 min steady, 1 min faster, 2 min jog) x 4. Then 10 mins easy. <b>44 mins total</b>			1 hour 50 mins easy run (take walk break if you need too)		199
21-Feb-21	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. <b>44 mins total</b>			90 mins easy run		184
28-Feb-21	20 mins easy run		10 mins easy run, 25 mins at your half marathon pace, 10 mins easy run, <b>45 mins total</b>			50 mins easy run		115
07-Mar-21	30 mins easy run		20 mins easy run		10 mins easy run		RACE DAY	60 + RACE!!