

BATH HALF MARATHON 2022 - INTERMEDIATE TRAINING PROGRAMME

| Week beg | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Total mins running |
|-----------|--|--|-----------|---|--------|------------------|--------|--------------------|
| 06-Dec-21 | 5 mins easy walk, 15 mins easy run, 5 mins easy walk. 25 mins total | 5 mins brisk walk, 20 mins easy run, 5 mins brisk walk. 30 mins total | | 25 mins easy run | | 40 mins easy run | | 120 |
| 13-Dec-21 | 20 mins easy run | 40 mins easy run | | 30 mins easy run | | 50 mins easy run | | 140 |
| 20-Dec-21 | 30 mins easy run | 10 mins easy run, (2 min tempo pace, 2 mins walk/run) x 6, 10 mins easy run. 44 mins total | | 5 mins easy run, 20 mins steady run, 10 mins faster, 5 mins easy run. 40 mins total | | 60 mins easy run | | 174 |
| 27-Dec-21 | 40 mins easy run | 10 min easy run, (3 min fast run, 2 min easy run) x 5, 10 min easy run. 45 mins total | | 5 mins easy run, 15 mins steady run, 5 mins faster run, 10 mins easy. 35 mins total | | 70 mins easy run | | 190 |
| 03-Jan-21 | 35 mins easy run | 10 mins easy, (4 mins tempo pace, with 2 mins jog rec) x 5, 10 mins easy run. 50 mins total | | 5 mins easy running, 10 min steady run, 10 min tempo run, 5 min faster run, 10 min easy run. 40 mins total | | 80 mins easy run | | 205 |

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| 10-Jan-21 | 40 mins easy run | 10 mins easy. Hills: 5 x 1 min hills tempo, with a jog down recovery, 10mins easy jog. 35 mins total | | 10 mins easy running, (5 mins steady, 5 mins tempo, 2 mins jog) x 3, 10mins easy. 56 mins total | | 90 mins easy run | | 221 |
| 17-Jan-21 Easy week or short race week | 40 mins easy run | | 30 mins easy | | 20 mins easy | Race a 10k/5 mile road race | | 150 |
| 24-Jan-21 | 40 mins easy run | 10 mins easy run. Hills: 7 x 1 min hill, jog down to recover. 10mins easy. 40 mins total | | 10 mins easy. (4 x 10 mins tempo running, 2.5min jog/walk recover), 10 mins easy. 70 mins total | | 1 hour 40 mins easy | | 250 |
| 31-Jan-21 | 40 mins easy run | 10 min easy, fartlek run for 40 min, run hard up hills. Run 10 min easy. 60 mins total | | 10 min easy run, (5 min fast run, 2 min easy run) x5, 10 min easy. 55 mins total | | 1 hour 50 min easy | | 265 |
| 07-Feb-21 Easy week | 30 mins easy run | 60 mins easy run | | 40 mins easy running | | 2 hours easy run - time on feet | | 250 |

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| 14-Feb-21 | 40 mins easy running | 60 mins easy run | | Jog 15 min easy, (3 min fast run, 1 min easy run, 2 min fast run, 1 min easy run, 1 min fast run, 1 min easy run) Repeat 2 x, 15 min easy run. 48 mins total | | 90 mins (30 mins easy, 30 mins at your half marathon pace, 30 mins easy) | | 238 |
| 21-Feb-21 | 30 mins easy running | 10 min easy, (6 min fast run, 2 min easy run) Repeat 4 x, 10 min easy run. 44 mins total | | 40 mins steady run | | 90 mins easy run | | 204 |
| 28-Feb-21 | 30 mins easy running | Run 10 min easy. (3 min fast run, 2 min easy run) Repeat 3 x. Walk 5 min brisk. (3 min hard run, 2 min easy run) Repeat 2x. 10 min easy run. 50 mins total | | Run 5 min easy then 20 min at half marathon race pace then 10 min easy. 35 mins total | | 60 mins easy run | | 175 |
| 07-Mar-21 | | Jog 10 min easy, (run 3 min at half marathon race pace, 3 min easy.) Repeat 2x. Jog 10 min easy. 32 mins total | 15 mins easy run | | 10 mins easy run | | RACE DAY | 57 + RACE!! |