

STARTER HALF MARATHON 12 WEEK TRAINING PLAN





EVENT DATE: SUNDAY 20 MAY 2018 GREATRUN.ORG/MANCHESTER

MON	TUE	WED	THU	FRI	SAT	SUN
REST	Mix up periods of running with walking for a total of 10 minutes.	REST	REST	Mix up periods of running with walking for a total of 15 minutes.	REST	Mix up periods of running with walking for a toto of 10 minutes.
VEE	K 2					
MON	TUE	WED	THU	FRI	SAT	SUN
REST	Mix up periods of running with walking for a total of 15 minutes.	REST	REST	10 minutes of easy running.	REST	20 minutes of easy running.
VEE	K 3					
MON	TUE	WED	THU	FRI	SAT	SUN
REST	15 minutes of easy running.	REST	REST	20minutes of easy running.	REST	20 minutes of easy running.
VEE	K 4					
MONI		WED	THU	EDI	C.4=	ALINI.
MON	TUE	WED	Inu	FRI	SAT	SUN
REST	15 minutes of easy running.	REST	REST	20minutes of easy running.	REST	20 minutes of easy running.
	15 minutes of easy running.			20minutes of		20 minutes of
REST	15 minutes of easy running.			20minutes of		20 minutes of
rest VEE	15 minutes of easy running.	REST	REST	20minutes of easy running.	REST	20 minutes of easy running.
VEE!	15 minutes of easy running. TUE 15 minutes of easy running.	REST WED	THU 20 minutes of	20minutes of easy running.	REST SAT 10 minutes of easy	20 minutes of easy running. SUN 25 minutes of
VEEL MON REST	15 minutes of easy running. TUE 15 minutes of easy running.	REST WED	THU 20 minutes of	20minutes of easy running.	REST SAT 10 minutes of easy	20 minutes of easy running. SUN 25 minutes of
VEEL MON REST	15 minutes of easy running. 5 TUE 15 minutes of easy running.	WED REST	THU 20 minutes of easy running.	20minutes of easy running. FRI REST	SAT 10 minutes of easy running.	20 minutes of easy running. SUN 25 minutes of easy running.
VEEL MON REST	15 minutes of easy running. TUE 15 minutes of easy running. TUE 15 minutes of easy running.	WED REST	THU 20 minutes of easy running. THU 20 minutes of	20minutes of easy running. FRI REST	SAT 10 minutes of easy running. SAT 10 minutes of easy	20 minutes of easy running. SUN 25 minutes of easy running. SUN 40 minutes of
VEE MON REST VEE MON REST	15 minutes of easy running. TUE 15 minutes of easy running. TUE 15 minutes of easy running.	WED REST	THU 20 minutes of easy running. THU 20 minutes of	20minutes of easy running. FRI REST	SAT 10 minutes of easy running. SAT 10 minutes of easy	20 minutes of easy running. SUN 25 minutes of easy running. SUN 40 minutes of



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MON	TUE	WED	THU	FRI	SAT	SUN
REST	20 minutes of easy running.	REST	30 minutes of easy running.	REST	10 minutes of easy running.	60 minutes d easy running
VEE	< 9					
MON	TUE	WED	THU	FRI	SAT	SUN
REST	20 minutes of easy running.	REST	30 minutes of easy running.	REST	15 minutes of easy running.	70 minutes o easy running
VEE	< 10					
MON	TUE	WED	THU	FRI	SAT	SUN
REST	20 minutes of easy running.	REST	20 minutes of easy running.	REST	20 minutes of easy running.	80 minutes o easy running
VEE	K 11					
MON	TUE	WED	THU	FRI	SAT	SUN
REST	15 minutes of easy running.	REST	20 minutes of easy running.	REST	10 minutes of easy running.	40 minutes d easy running
VEE	< 12					
MON	TUE	WED	THU	FRI	SAT	SUN
REST	20 minutes of easy running.	REST	15 minutes of easy running.	REST	10 minutes of easy running, or rest if you prefer.	EVENT DAY GOOD LUCK



The University of Manchester