

RUN, WALK HALF MARATHON

12 WEEK TRAINING PLAN

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

WEEK 1

MON	TUE	WED	THU	FRI	SAT	SUN
REST	1 minute of easy running followed by 1 minute of easy walking, repeated 6 times.	REST	REST	20 minutes of brisk walking.	REST	1 minute of easy running followed by 1 minute of easy walking, for a total distance of 1 mile.

WEEK 2

MON	TUE	WED	THU	FRI	SAT	SUN
REST	20 minutes of brisk walking.	REST	REST	1 minute of easy running followed by 1 minute of easy walking, repeated 10 times.	REST	1½ minutes of easy running followed by 1½ minutes of easy walking, for a total distance of 2 miles.

WEEK 3

MON	TUE	WED	THU	FRI	SAT	SUN
REST	25 minutes of brisk walking.	REST	REST	1 minute of easy running followed by 1 minute of easy walking, repeated 10 times.	REST	1½ minutes of easy running followed by 1½ minutes of easy walking, for a total distance of 2 miles.

WEEK 4

MON	TUE	WED	THU	FRI	SAT	SUN
REST	25 minutes of brisk walking.	REST	REST	3 minutes of easy running followed by 2 minutes of easy walking, repeated 5 times.	REST	2 minutes of easy running followed by 1 minute of easy walking, for a total distance of 3 miles.

WEEK 5

MON	TUE	WED	THU	FRI	SAT	SUN
REST	25 minutes of brisk walking.	REST	REST	3 minutes of easy running followed by 2 minutes of easy walking, repeated 6 times.	REST	2 minutes of easy running followed by 1 minute of easy walking, for a total distance of 4 miles.

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WEEK 6

MON	TUE	WED	THU	FRI	SAT	SUN
REST	25 minutes of brisk walking.	REST	REST	3 minutes of easy running followed by 2 minutes of easy walking, repeated 6 times.	REST	2 minutes of easy running followed by 1 minute of easy walking, for a total distance of 5 miles.

WEEK 7

MON	TUE	WED	THU	FRI	SAT	SUN
REST	30 minutes of brisk walking.	REST	REST	2 minutes of easy running followed by 2 minutes of easy walking, repeated 9 times.	REST	3 minutes of easy running followed by 1 minute of easy walking, for a total distance of 6 miles.

WEEK 8

MON	TUE	WED	THU	FRI	SAT	SUN
REST	30 minutes of brisk walking.	REST	REST	4 minutes of easy running followed by 1 minutes of easy walking, repeated 6 times.	REST	3 minutes of easy running followed by 1 minute of easy walking, for a total distance of 7 miles.

WEEK 9

MON	TUE	WED	THU	FRI	SAT	SUN
REST	30 minutes of brisk walking.	REST	REST	4 minutes of easy running followed by 1 minutes of easy walking, repeated 7 times.	REST	3 minutes of easy running followed by 1 minute of easy walking, for a total distance of 8 miles.

WEEK 10

MON	TUE	WED	THU	FRI	SAT	SUN
REST	30 minutes of brisk walking.	REST	REST	4 minutes of easy running followed by 1 minutes of easy walking, repeated 7 times.	REST	3 minutes of easy running followed by 1 minute of easy walking, for a total distance of 10 miles.

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WEEK 11

MON	TUE	WED	THU	FRI	SAT	SUN
REST	30 minutes of brisk walking.	REST	REST	4 minutes of easy running followed by 1 minutes of easy walking, repeated 5 times.	REST	3 minutes of easy running followed by 1 minute of easy walking, for a total distance of 5 miles.

WEEK 12

MON	TUE	WED	THU	FRI	SAT	SUN
REST	30 minutes of easy walking.	REST	REST	30 minutes of easy walking.	REST	EVENT DAY. GOOD LUCK!



The University of Manchester