

14 week Half Marathon Improver's schedule:

You should do the improver schedule if you plan to run 4 times per week and would consider yourself to be a regular runner.

Monday is day for 'miles in the bank'. Just do the running. Tuesday is day for quality intended to help you run faster. Thursday is for building your tolerance to race pace and the weekend for developing your stamina to go the distance! Wednesday and Sat or Sun are 'active recovery' days. Friday is a total rest day.

Remember, if it's easier for your own situation you can change the days of the schedule around to best fit with your specific needs. So, instead of running Monday, Tuesday, Thursday and Saturday, you might run Monday, Wednesday, Friday and Sunday. The type of running should stay the same, just on different days of the week.

14 weeks to go:

M	5 mins easy walk, 15mins easy run, 5mins easy walk
T	5mins brisk walk, 20mins easy run, 5mins brisk walk
W	
Th	25mins easy running
F	
S	40mins easy running
S	

13 weeks to go:

M	20mins easy run
T	40mins easy run
W	
Th	30mins easy run
F	
S	50mins easy run
S	

12 weeks to go:

M	30mins easy run
T	10mins easy run, (2min tempo pace, 2 mins walk/run) x 6 10mins easy run
W	
Th	5mins easy run, 20mins steady run, 10mins faster, 5mins easy run.
F	
S	60mins easy run
S	

11 weeks to go:

M	40mins easy running
T	10min easy run, (3min fast run, 2min easy run.) Repeat 5x. 10min easy run
W	
Th	5mins easy running, 15mins steady run, 5mins faster run, 10mins easy.
F	
S	70mins easy
S	

10 weeks to go:

M	35mins easy running
T	10mins easy, (4mins tempo pace, with 2mins jog rec) x 5. 10mins easy run
W	
Th	5mins easy running, 10min steady run, 10min tempo run, 5min faster run, 10min easy run.
F	
S	80mins easy running
S	

9 weeks to go:

M	40mins easy running
T	10mins easy: Hills: 5 x 60secs hills tempo, with a jog down rec. 10mins easy jog.
W	
Th	10mins easy running, (5mins steady, 5mins tempo, 2mins jog) x 3. 10mins easy
F	
S	90mins easy running
S	

8 weeks to go: Race week or a lighter training week

M	40mins easy
T	Rest
W	30mins easy
Th	Rest
F	20mins easy
S	Rest
S	Race a 10k/5mile road race

7 weeks to go:

M	40mins easy
T	10mins easy run. Hills: 7 x 60secs hill, jog down to recover. 10mins easy
W	
Th	10mins easy. (4 x 10mins tempo running, 2.5 min jog/walk rec) 10mins easy
F	
S	1 hour 40mins easy
S	

6 weeks to go:

M	40mins easy running
T	10min easy, fartlek run for 40min, run hard up hills. Run 10min easy.
W	
Th	10min easy run, (5min fast run, 2min easy run) Repeat 5x. 10min easy
F	
S	1 hour 50mins easy
S	

5 weeks to go: Low intensity week

M	30mins easy running
T	60mins easy running
W	
Th	40mins easy running
F	
S	2 hours easy running- time on feet.
S	

4 weeks to go:

M	40mins easy running
T	Jog 15min easy, (3min fast run, 1min easy run, 2min fast run, 1min easy run, 1min fast run, 1min easy run) Repeat 2x. 15min easy run.
W	
Th	10min easy run. 40min at 'tempo' pace, run 10min easy
F	
S	90mins (30mins easy, 30mins at your half marathon pace, 30mins easy)
S	

3 weeks to go:

M	30mins easy run
T	10min easy, (6min fast run, 2min easy run) Repeat 4x. 10min easy run
W	
Th	40mins steady run
F	
S	90mins easy running
S	

2 weeks to go:

M	20mins easy running
T	Run 10min easy. (3min fast run, 2min easy run) Repeat 3x. Walk 5min brisk. (3min hard run, 2min easy run) Repeat 2x. 10min easy run.
W	
Th	Run 5min easy. Run 20min at half Marathon race pace, run 10min easy.
F	
S	1 hour easy running
S	

1 week to go: A light week to make sure you feel energized on the start line.

M	Rest
T	Jog 10min easy, (run 3min at Half marathon race pace, 3min easy.) Repeat 2x. Jog 10min easy
W	15mins easy
Th	Rest
F	10mins easy
S	Rest
S	Half marathon race: Good luck!