

# YOUR 12-WEEK RACE FOR LIFE HALF MARATHON INTERMEDIATE TRAINING PLAN

Training plan  
created by **runningwithus**



	MON	TUE	WED	THUR	FRI	SAT	SUN
<b>WEEK 1</b> The goal for this week is to set a good routine. Ring fence the training time in your diary and decide when is best to train.	Download our <b>Fit in 5 workout and Stretching Guide online to help support this training plan and smash your half marathon in 12 weeks!</b>	<b>30 min easy run</b> The running this week should be at easy, conversational pace.	<b>Rest</b> If you haven't already, set up your JustGiving page. It's the easiest way to get sponsorship.	<b>30 min easy run</b> Don't force the pace! Take it slow.	<b>Rest</b> You've got 16 weeks to go so we'll be building up slowly. Enjoy these rest days while you can.	<b>Rest or Cross training</b> 20–30 min aerobic cross training at easy effort. How about aerobics, cycling or rowing?	<b>40 min long run</b> Take it easy, you've got 11 weeks still to go! But if you're careful now you'll soar to the finish.
<b>WEEK 2</b> This week we tackle our first 'threshold run'. This is fast, should make talking very difficult and be at 80% of your Maximum heart rate.	<b>Rest + Fit in 5</b> You can find the <b>Fit in 5 workout at <a href="http://raceforlife.org/training">raceforlife.org/training</a></b> . Do 45–60 secs of each exercise then repeat 2–3 times.	<b>30 min easy run</b> Share your goal with family and friends and see if they want to keep you company in training.	<b>Rest</b> Download our FREE <b>Race for Life app</b> from <a href="http://raceforlife.org/app">raceforlife.org/app</a> for fundraising ideas, training tips and to track your progress.	<b>Threshold run</b> <ul style="list-style-type: none"> <li>• 30 min total:</li> <li>• 3 min at threshold (fast!)</li> <li>• 3 min jog/walk recovery</li> <li>• Repeat 4 times</li> </ul>	<b>Rest</b>	<b>Rest or Cross training</b> 20–30 min easy cross training. Try out swimming or aquarobics to avoid pressure on your joints.	<b>50 min long run</b> Remain at a conversational pace throughout. Don't go overboard, it's only week 2.
<b>WEEK 3</b> You might start to notice a fatigue building. Make sure you stretch after each run and focus as hard on your recovery as you do training.	<b>Rest + Fit in 5</b> Aim to complete about 20 minutes of exercises.	<b>30 min easy run</b> Get this in early before work and you'll feel awesome all day!	<b>Rest</b> Aim for 8 hours sleep. Not possible? Try to get an extra 15–30 min more than normal every night this week.	<b>Threshold run</b> <ul style="list-style-type: none"> <li>• 40 min total:</li> <li>• 5 min warm up</li> <li>• 4 x (4 min at threshold/ 3 min jog recovery)</li> <li>• 5 min easy finish</li> </ul> Enjoy the buzz of some faster running!	<b>Rest</b> Ban smart phones and tablets from the bedroom and avoid caffeine or alcohol late at night.	<b>Rest or Cross training</b> 20–30 minute aerobic cross training at easy effort.	<b>60 min long run</b> Run at a speed so you can also chat. For many this will be 30–60 seconds a mile slower than you plan to run on race day.
<b>WEEK 4</b> If you're demotivated, use your Season Pass for a Race for Life event! A race the next day can really reinvigorate your motivation.	<b>Rest + Fit in 5</b> Consider adding an extra 15–20 seconds to each exercise.	<b>45 min easy run</b> If the weather is bad make sure you get inside quickly after and change into dry clothes.	<b>Rest</b> Throughout training, resting is just as important as racking up the miles. Take it seriously so your muscles can heal and grow.	<b>Threshold run</b> <ul style="list-style-type: none"> <li>• 40 min total</li> <li>• 5 min warm up</li> <li>• 4 x (5 min at threshold/ 2 min jog recovery)</li> <li>• 5 min easy finish</li> </ul>	<b>Rest</b> Have you planned your first bake sale or quiz? You'll find tips and materials in our fundraising packs at <a href="http://raceforlife.org/fundraise">raceforlife.org/fundraise</a> to make it a success.	<b>Cross training</b> 30 min cross training a week will help prevent boredom from only running.	<b>75 min long run</b> <ul style="list-style-type: none"> <li>• 23 min easy run</li> <li>• 2 min walk recovery</li> <li>• Repeat 3 times</li> </ul>
<b>WEEK 5</b> Let's make this week all about healthy eating! Check out our nutrition advice on our website.	<b>Rest + Fit in 5</b> Don't avoid these exercises! Core strength and muscle conditioning will really help at the end of your half marathon.	<b>40 min easy run</b> Don't forget to stretch straight after while your muscles are still warm. You'll feel much less stiff the next day.	<b>Rest</b> Make sure you are getting a good range of vitamins and minerals to support your body to get stronger.	<b>45 min easy run</b> Take some photos while you're out and share them online with #PinkArmy then remind people to donate to your JustGiving page!	<b>Rest</b> Flexibility is a key part of feeling you can run well. Consider treating yourself to a sports massage to help your muscles recover.	<b>Cross training</b> If the weather is good then hop on a bike and get those legs moving!	<b>60 min long run</b> It's time for a shorter run this week to give your muscles a break now you're at the halfway point.
<b>WEEK 6</b> Now is a good time to look to set an intermediate target of a 5k or 10k race in the next couple of weeks and work out your pre-race routine.	<b>Rest + Fit in 5</b> Try some of the 'progressions' on your core exercises this week and really push yourself.	<b>30 min easy run</b> <ul style="list-style-type: none"> <li>• 20 min steady</li> <li>• 10 min at threshold pace</li> </ul>	<b>Cross training</b> 30 mins aerobic cross training or pilates	<b>Threshold run</b> <ul style="list-style-type: none"> <li>• 45 min total</li> <li>• 10 min warm up</li> <li>• 4 x (5 mins at threshold/ 2 min jog or walk recovery)</li> <li>• 5 min jog finish</li> </ul>	<b>Rest</b> Like our Facebook page at <a href="http://facebook.com/raceforlife">facebook.com/raceforlife</a> and follow <a href="https://twitter.com/raceforlife">@raceforlife</a> on Twitter.	<b>Cross training</b> 30 min at an easy level. Look for a local aerobics class to get your heart rate up.	<b>75 min long run</b> Back to business. 75 min easy pace run? Simple. You've got this.

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<b>WEEK 7</b> Train with others where you can (clubs, Run England groups) and schedule in some 10k events to keep you motivated.	<b>Rest + Fit in 5</b> Continue with your core & conditioning plan as you have been. Maybe try and add an extra <b>Fit in 5</b> session this week.	<b>45–50 min easy run</b> Take advantage of long daylight hours and try to run early morning. You'll feel amazing the rest of the day!	<b>Rest</b> If you're coming a long way to take part be sure to book travel and accommodation for you and your supporters ready for the day.	<b>Progression run</b> <ul style="list-style-type: none"> <li>• 45 min total</li> <li>• 15 min easy run</li> <li>• 15 min steady (slightly faster)</li> <li>• 15 min nearing threshold</li> </ul>	<b>Rest</b> Check your emails – we'll be sending you loads of useful tips to help with fundraising, training and preparation for the big day.	<b>Cross training</b> 30 mins cross training	<b>90 min long run</b> Take it easy, it's a Sunday after all. Think duration not distance.
<b>WEEK 8</b> Focus on the cause. Stress can build quickly if you do not feel you are on top of your fundraising.	<b>Rest + Fit in 5</b> Keep in a good routine of practicing your core & conditioning exercises.	<b>40 min easy run</b> Get up. Get dressed. 40 min easy run. Done.	<b>Rest</b> Take photos of your kit or fundraising events and share them online alongside your JustTextGiving code!	<b>Progression run</b> <ul style="list-style-type: none"> <li>• 45 min total</li> <li>• 15 min easy</li> <li>• 15 min steady (slightly faster)</li> <li>• 15 min nearing threshold</li> </ul>	<b>Rest</b> Visit <a href="http://cruk.org">cruk.org</a> to find out more about the amazing work we can do with the money you raise.	<b>Cross training</b> Get your mates on board and have a laugh at a local Zumba or Step class.	<b>1hr 40 min long run</b> Go at an easy pace and walk a little bit every 20–30 mins if necessary.
<b>WEEK 9</b> Consider looking into a massage this week. It will help you recover and make these last few weeks less painful!	<b>Rest + Fit in 5</b> If you are really tired, or work or family life has got extra stressful then remain flexible. Take extra rest if you need to.	<b>45 min easy run</b> Only you know your body. Take care of yourself, go easy and rest completely if you need.	<b>Rest</b> Make sure you really are resting. Hours of walking round shops or climbing to the top of city landmarks is not resting!	<b>Threshold run</b> <ul style="list-style-type: none"> <li>• 45 min total</li> <li>• 5 min warm up</li> <li>• 5 x (5 min at threshold/ 2 min jog or walk recovery)</li> <li>• 5 min easy finish</li> </ul>	<b>Rest</b> Boost your fundraising by hosting a girls' night with manicures, a classic film or dinner. Download a pack online to get planning.	<b>Cross training</b> Have you tried rowing or using the cross-trainer at the gym yet?	<b>1 hr 50 min long run</b> Sip water slowly throughout and take some energy gels with you so you can get used to refueling along your route.
<b>WEEK 10</b> This week sees your longest run before race day, so make sure you're well fueled with your pre-race breakfast.	<b>Rest + Fit in 5</b> You have a great routine in place, keep going with the core and conditioning work, it will pay off on race day.	<b>30 min easy run</b> Don't push too hard – you've got a long run at the weekend you need to be ready for!	<b>Rest</b> You should have received Pack 2! Make sure you read all the essential information and are prepared for event day.	<b>Progression run</b> <ul style="list-style-type: none"> <li>• 60 min total</li> <li>• 20 min easy</li> <li>• 20 min steady</li> <li>• 20 min easy</li> </ul>	<b>Rest</b> Finalise your choice of kit for the day and make sure it is well practiced in...new socks on race morning are never a good idea!	<b>Cross training</b> 30 mins cross training	<b>2 hr long run</b> Plan a new route in advance. It will prevent boredom and push your body out of its comfort zone with new hills to tackle.
<b>WEEK 11</b> You are really close now, so look after your body. Eat healthily and always change into dry clothes after training.	<b>Rest + Fit in 5</b>	<b>40 min easy run</b> You're training is nearly over but don't let adrenaline over excite you. Take it slow right from the start.	<b>Rest</b> You've been working hard! Treat yourself to a special 'Well Done' dinner (or get someone else to cook for you!)	<b>Threshold run</b> <ul style="list-style-type: none"> <li>• 40 min total</li> <li>• 5 min warm up</li> <li>• 6 x (3 min at threshold/ 3 min easy)</li> </ul>	<b>Rest</b> Make sure you've shared your JustGiving page!	<b>Cross training</b> 30 mins cross training. Swimming is ideal at this stage, the low impact means slim chance of injury.	<b>60 min long run</b> Only 1 week to go! Be very careful on this run not to push too hard. Just keep your legs ticking over.
<b>WEEK 12</b> This week less is more. Your focus should be on feeling fresh for the half marathon.	<b>Rest</b> Take a deep breath. Yes you have done enough training. Yes you are prepared.	<b>30 min easy run</b> Do the last 10 min at your ideal half marathon pace.	<b>Rest</b> Chase those last minute donations. Remind everyone you're taking on a half marathon in just 4 days!	<b>25 min easy run</b> You've been amazing the last 12 weeks! It's gone so quickly and now you're ready to take on a Race for Life Half Marathon.	<b>Rest</b> Eat. Sleep. That is all.	<b>15 min easy run</b> Shake off last minute nerves and then spend time stretching. Tomorrow you're helping beat cancer sooner!	<div style="background-color: #e91e63; color: white; padding: 10px; border-radius: 50%; text-align: center;"> <b>RACE DAY!!</b>            Good luck in your  <b>HALF MARATHON!</b> </div>