



Half marathon beginner training plan

By Phil Robertson - Fitness Aspirations

Welcome to the team

Thank you so much for signing up to run a half marathon for Pancreatic Cancer UK.

This plan has been designed by Fitness Aspirations Limited. It is for a beginner or novice runner who is looking to complete their first half-marathon and to enjoy the day.

Before starting the plan, you should be able to run or run/walk for 30 minutes. An example of a run/walk ratio would be running for 4 minutes and walking for 1 minute. Walk any hills early on in training if you need to. We have included a four week lead-in plan to get you ready for the 12 weeks of progressive training.

Your training needs to fit in with your availability each week. Think carefully about your work, family and social commitments.

“Structure your training into a busy lifestyle, maximizing its benefits while reducing your chances of injury.”



Fitness Aspirations is led by Phil Roberton.

Phil has worked closely with a large number of charities over the past 10 years, helping charity runners achieve their aims, educating them around his concept of PreFormance®.

Phil has a Sports Science Degree and numerous qualifications including NLP and Biomechanics Coaching. Phil juggles a young family and the business whilst maintaining a fit and healthy lifestyle.



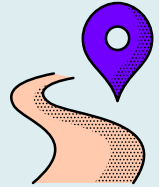
@PhilRoberton

Sports Science BSc / Level 5 Biomechanics Coach /
NLP Practitioner / Clinical Hypnotherapist

Understanding the plan

Long runs

These combine a long run with some quality speed work. A slight acceleration at the end of the long run can help create the “on the day feeling”. Not a sprint, but the pace you think you might try and hold. A long run for a half marathon is relative to your goals and training history. If your run is going to be longer than 90 minutes then you need to think about taking some water and fuel on your run.



Intervals

Whether they're short or long, interval sessions are designed to be tough. They are designed to push you out of your comfort zone in a controlled manner. There are many forms of interval training but the goal, quite simply, is to repeatedly raise the heart rate up & down. If you've never done intervals before, then you can start by doing four or five sets of three minute blocks. Each block would be made up of a two minute run, one minute walk. Just build up a block per session.

Steady/recovery

These runs make up the bulk of your workouts. Your effort is low and you should be able to hold a conversation during these runs. Eventually as your training builds up the speed of these runs will naturally increase.



Why are my long runs on the weekend?

The brain has this amazing ability to become accustomed to patterns. Most Half-Marathons happen on the weekend therefore you may want to try and replicate this in your training.

What should I do when I'm not running?

Keeping yourself active is important to your recovery. Keeping the body moving helps to move blood and keep muscles healthy. Walking is a great thing to do every day, even if it's for 10 minutes, taking the stairs instead of the escalator and working on your core exercises can all help prepare you for the next session.



Disclaimer:

Always warm up adequately before any workout and immediately cease any exercise which results in pain or discomfort. Consult a doctor before beginning any new exercise regime. Whilst this plan has been designed to be appropriate, and of benefit to runners, Fitness Aspirations Ltd (and Pancreatic Cancer UK) shall not be held responsible for any loss or injury that is incurred through the use of the information or exercises within this document. In using the information contained within this document, you hereby agree to the above terms.

How to measure the output of my sessions

There are a number of ways to measure the intensity of our training sessions.

A great way for most of us to measure the level of our output, is using a RPE scale. A Rate of Perceived Exertion. The RPE scale is a rating scale ranging from 1 to 10. The numbers on the scale correspond to descriptive statements that rate how hard or difficult you find an exercise or physical activity.

Use the table below to get an understanding of your training efforts, and make sure to keep track on your RPE for your workouts using your training plan.

RPE (1-10)	Description	Heart rate
2-4	Normal / nearly normal breathing. Should make up the bulk of your training. Would encourage nasal only breathing.	60-70%
4-6	Heavy breathing but can still hold a conversation. Still fairly comfortable, the pace is controlled, and can become challenging with more time.	70-80%
6-8	Nearly uncomfortable, and certainly can after time. Short of breath, but can still speak a sentence.	80-85%
8-9	Breathing very challenging and can only speak a few words at once. Can't maintain for long.	85-90%
10	As hard as you can go, and no ability to talk. Rarely reached in training, but certainly as you reach the finishing line of your race.	90-100%

This is just a guide as there are a number of individual factors (such as fitness, age, stress levels, etc) which can affect heart rate & perceived exertion.

Week 1 to 4

If you want to build up a base before you start the full 12 week training plan follow this 4 week plan.

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
WEEK 1							
Session Type	Run	Rest	Run	Rest	Run	Rest	Run
Training	10 min easy		10 min easy		10 min easy		15 min easy
WEEK 2							
Session Type	Run	Rest	Run	Rest	Run	Rest	Run
Training	10 min easy		10 min easy		10 min easy		20 min easy
WEEK 3							
Session Type	Run	Rest	Run	Rest	Run	Rest	Run
Training	15 min easy		15 min easy		20 min steady		20 min steady
WEEK 4							
Session Type	Run	Rest	Run	Rest	Run	Rest	Run
Training	20 min easy		20 min steady		20 min steady		30 min steady



Week 1 to 12

Now you're ready to start your 16 week training plan.

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
WEEK 1							
Session Type	Rest	Run	Rest	Run	Rest	Run/rest	Run
Training		2 miles tempo		2 miles tempo		20 min easy	3 miles
WEEK 2							
Session Type	Rest	Run	Rest	Run	Rest	Run/rest	Run
Training		2 miles tempo		2 miles tempo		20 min easy	4 miles
WEEK 3							
Session Type	Rest	Run	Gym/rest	Run	Rest	Run/rest	Run
Training		2 miles tempo	Core, legs, glute / cross training	2 miles tempo		20 min easy	5 miles
WEEK 4							
Session Type	Rest	Run	Gym/rest	Run	Rest	Run/rest	Run
Training		3 miles tempo	Core, legs, glute / cross training	3 miles tempo		20 min easy	6 miles
WEEK 5							
Session Type		4 miles tempo	Core, legs, glute / cross training	Interval - 4x400m (with 1 minute recovery between intervals) or 20 min Fartlek		20 min easy	6 miles
Training		30 min	Core, legs, glute / cross training	30 min		25 min	75 min
WEEK 6							
Session Type	Rest	Run	Gym/rest	Run	Rest	Run/rest	Run
Training		4 miles tempo	Core, legs, glute / cross training	Interval - 4x400m (with 1 minute recovery between intervals) or 20 min Fartlek		20 min easy	6 miles

Week 1 to 12 (continued)

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
WEEK 7							
Session Type	Rest	Run	Gym/rest	Run	Rest	Run/ rest	Rest
Training		4 miles tempo	Core, legs, glute / cross training	Interval - 6x400m (with 60second recovery between intervals) / or 30 min Fartlek		20 min easy	7 miles
WEEK 8							
Session Type	Rest	Run	Gym/rest	Run	Rest	Run/ rest	Run
Training		4 miles tempo	Core, legs, glute / cross training	Interval - 4x600m (with 1 minute recovery between intervals) or 30 min Fartlek		20 min easy	8 miles
WEEK 9							
Session Type	Rest	Run	Gym/rest	Run	Rest	Run/ rest	Run
Training		4 miles tempo	Core, legs, glute / cross training	Interval - 6x600 with 1 minute recovery between intervals) or 30 min Fartlek		20 min easy	9 miles
WEEK 10							
Session Type	Rest	Run	Gym/rest	Run	Rest	Rest	Run
Training		4 miles tempo	Core, legs, glute / cross training	Interval - 8x600m (with 1 minute recovery between intervals) or 40 min Fartlek			11 miles
WEEK 11							
Session Type	Rest	Run	Gym/rest	Run	Rest	Run	Run
Training		4 miles tempo	Core, legs, glute / cross training	Interval - 6x600m (with 1 minute recovery between intervals) or 30 min Fartlek		2 miles	6 miles
WEEK 12							
Session Type	Rest	Run	Rest	Run	Rest	Rest	Run
Training		4 miles easy		2 miles easy			13.1 miles



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