



HALF MARATHON TRAINING PLAN

This 10 week plan is designed for runners who can already comfortably run 5K and are ready to build the endurance needed for the Clyde Classic Half Marathon. You'll train three times each week, with easy running, some controlled faster efforts and a long run that gradually builds to 17K.

Space out the runs across the week and keep most of your running at an easy, comfortable pace. The aim isn't to run 21.1K in training, it's to build enough endurance and confidence to arrive at race day ready to complete and enjoy your Half Marathon.

Week	Run 1	Run 2	Long Run
1 <i>Let's go</i>	5K easy	5K easy	7K
2 <i>Show up</i>	5K easy	6K easy	9K
3 <i>Trust the process</i>	6K easy	5K easy	7K
4 <i>Build confidence</i>	6K easy + 1 min hard / 1 min easy x 5	7K easy	10K
5 <i>You're getting stronger</i>	7K easy + 2 min comfortably hard / 1 min easy x 4	6K easy	13K
6 <i>Lace up your shoes</i>	6K easy	8K easy	10K
7 <i>Believe in yourself</i>	7K easy + 4 x 2 min comfortably hard / 1 min easy	7K easy	15K
8 <i>You are doing awesome</i>	7K easy	8K easy	17K
9 <i>Training is done</i>	6K easy	5K very easy	12K
10 <i>You've got this</i>	5K very easy	REST	RACE DAY