

Your 8-week half-marathon training plan

WEEK	MON	TUES	WEDS	THURS	FRI	SAT	SUN
WEEK 1	Sprints/HIIT 6x Football field sprint followed by walk back recovery after each sprint.	Mobility/Rest	5K run Medium to fast pace (60-75% effort)	Mobility/Rest	Intervals 4x 4 minutes at your 5k pace followed by 2.5 minutes rest.	Mobility/Rest	LSD 40 minutes LSD run (Long Steady Duration Cardio) Aim for 6-7k
WEEK 2	Sprints/HIIT 7x Football field sprint followed by walk back recovery after each sprint.	Mobility/Rest	5K run Medium to fast pace (60-75% effort)	Mobility/Rest	Intervals 4x 4 minutes at your 5k pace followed by 2.5 minutes rest.	Mobility/Rest	LSD 40 minutes LSD run (Long Steady Duration Cardio) Aim for 7-7.5k
WEEK 3	Sprints/HIIT 8x Football field sprint followed by walk back recovery after each sprint.	Rest/ Mobility	5-6K run Medium to fast pace (75% effort)	Rest/massage	Intervals 5x 4 minutes at your 5k pace followed by 2.5 minutes rest.	Mobility/ Rest	LSD 45 minutes LSD run (Long Steady Duration Cardio) Aim for 7-8.5k
WEEK 4 De-load week will aid in recovery and prevent on set of overtraining	Sprints/HIIT 6x Football field sprint followed by walk back recovery after each sprint.	Mobility/Rest	6K run Steady to medium pace (60%)	Mobility/Rest	Intervals 2 x 4 minutes at your 5k pace followed by 2.5 minutes rest. 15-20 minute steady run to finish.	Mobility/Rest	LSD 50 minutes LSD run (Long Steady Duration Cardio) Aim for 8-9k

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WEEK 5	Sprints/HIIT 10x Football field sprint followed by walk back recovery after each sprint.	Mobility/Rest	6k run As fast as possible	Rest/Massage	Intervals 6x 4 minutes at your 5k pace followed by 2.5 minutes rest.	Mobility/Rest	LSD 55 minutes LSD run (Long Steady Duration Cardio) Aim for 8-9.5k
WEEK 6	Sprints/HIIT 10x Football field sprint followed jog back recovery after each sprint.	Rest/ Mobility	6-7k run As fast as possible	Mobility/Rest	Intervals 6x 4 minutes at your 5k pace followed by 2-2.5 minutes rest.	Mobility/Rest	LSD 60 minutes LSD run (Long Steady Duration Cardio) Aim for 9 -10k
WEEK 7	Sprints/HIIT 10x Football field sprint followed jog back recovery after each sprint.	Mobility/Rest	6-7k run As fast as possible	Rest/Massage	Intervals 6x 4 minutes at your 5k pace followed by 2 minutes rest.	Mobility/ Rest	LSD 50- 55 minutes LSD run (Long Steady Duration Cardio) Aim for 8.5-10k
WEEK 8	Sprints/HIIT 10x Football field sprint followed jog back recovery after each sprint.	Mobility/Rest	Rest/Mobility or Massage	6-7k Run (as fast as possible)	Rest or Very Steady Run Steady 40 minute run or full rest	Active Rest (Short dog walk/ House work)	RACE DAY

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Note - The training volume of this programme is high and thus maximum distance you'll cover in one session will only be around 6-8 miles. The plan is designed with a beginner in mind and for someone who's running their first 10k. For most of this training you must also listen to your body. It is not about pushing yourself to the limit during every session. Recovery is also extremely important to allow your muscles time to recover and return stronger. If you do not allow yourself rest days/easier days then you will not get stronger and your body will become more prone to injury or illness.

Understanding The Programme

Mobility - Use this session to do extra work on your flexibility/mobility. For example; static stretches or foam rolling. I would focus on the muscles used most during running e.g Hip flexors, quadriceps, calves, hamstrings and glutes. It may also be helpful to foam roll/stretch or massage the front of your shins to prevent the on-set of shin splints or to reduce the pain if you are unfortunate enough to suffer from them – buying a good pair of running shoes tailored to your foot and gait would also be extremely useful and further prevent the risk of injury

De-load weeks and Week 8 - You may realise you are doing less during these weeks. These will aid in your recovery and can be seen as 'active rest' weeks. You will still gain a lot out of these weeks fitness wise, but try not to overdo it and add more in across these weeks. Sometimes less is more and when it comes to 10k-training recovery is key!

Week 8 will be your taper week to allow for optimal recovery and get your body hungry for your 10k.

Intervals - Intervals teach your body to run fast. This is where you get your speed in. Make sure your hard effort is faster than talking pace but sustainable. On weeks 6 and 7 the recovery gets shorter. This is to challenge your aerobic capacity more in the lead up to your race. Make sure you walk or if possible jog the recovery. This session should ideally be completed on a field so you can stay in the same area. This may also allow you to calculate the distance covered in each sprint bout/set.

Sprints/HITT- HIIT is a great way at working two different energy systems of the body. It'll help improve and increase your fitness levels and ability to recover. It's important that you put 100% of your effort into each and every set. Sprint the long length of a football pitch or similar distance, once complete walk back to your start position. Notice this changes in week 6 to a jog back recovery. You could also try this up a hill for approximately 70-100m.

Steady run- Steady runs are an incredibly important part of your active recovery. They help to get the blood flowing through your muscles, pushing out the waste products from the hard sessions. These should be a very steady talking pace. This is the time to really enjoy your running.