

EXAMPLE TRAINING PROGRAMMES

BEGINNER HALF MARATHON/ LONG RUN

PURDUE
PERFORMANCE 
running for you

[LTB]


TRAINING PLAN FOCUS

The aim with this particular training plan is to process your client from being able to run from 1 hour to increasing their endurance with the goal being 2 hours or running a Half Marathon.

KEY POINTS

The biggest focus for all clients when starting any training plan is to look long term and focus on consistency with their running and weeks training. For this particular plan the goal is running x3 per week, it is totally ok for the client to change the days to suit their lifestyle, but it is advised they have at least one rest day between running day.

As the runs get longer in volume your client might find the first few longer weekend runs tough mentally and physically, it is giving them confidence that this is ok and very normal. What tends to happen is after the first few longer runs the volume feels easier and their confidence improves.

Within this particular endurance training plan, one of the key focus points is increasing the client's long runs. It is important to make sure the client is fuelling and hydrating well the day before and morning of a long run, so they can have as much energy as possible. It is also advised that the client, when running over 75min, starts to practise with running specific gels or bars. This will also help with energy levels and ensuring they stay fuelled while running longer distances.

Try to get your client to plan their long run routes each week, having the route planned ahead of running really can make the long runs feel easier when out, as most people then focus on completing the loop rather than looking at their watch every 5 minutes.

As long as the client is running in a safe environment, it is also advised to listen to music or a pod cast while out on their long run, this again makes the runs more enjoyable and manageable to start.

WEEK 1

	Training	Key Notes
Monday	40min Relaxed Paced Run + 10min stretching	Starting the new programme with a controlled 40min easy run, focus over the next few weeks in progressing miles and volume in a controlled way.
Tuesday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Wednesday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Thursday	30min Relaxed Paced Run + 10min stretching	Mid-week relaxed 30min run, aiming to then progress the volume a little over the weekend.
Friday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Saturday	50min Relaxed Paced Run + 10min stretching	Building weekend running volume over the weekends as most clients have more time to run longer. Have a good run today enjoy banking a longer run of 50min.
Sunday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.

WEEK 2

	Training	Key Notes
Monday	30min Routine Easy Monday Paced Run + 10min stretching	Routine, easier Monday run this week; legs may be tired post Saturday's longer run so please focus on keeping relaxed today running at a slower pace.
Tuesday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Wednesday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Thursday	45min Relaxed Paced Run + 10min stretching	Nothing too fancy today for the mid-week easy run, aiming to run relaxed in pace and bank 45min volume. Can then focus on a longer run Sunday.
Friday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Saturday	60min Controlled Focus Long Run + 10min stretching	Keeping the progression in long run volume this weekend with a relaxed 60min long run. To make your run a little easier try to pick your running route before heading out.
Sunday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.

WEEK 3

	Training	Key Notes
Monday	30min Active Recovery Monday Run + 10min stretching	Using today's run as an easier active recovery run post 60min long run last weekend. The goal being to run at a slower pace, giving your legs a chance to recover, while still banking some good miles to start the week.
Tuesday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Wednesday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Thursday	30min PROGRESSION Run (Flat running Route) + 10min stretching	Adding in this week a slight new dimension with training. Mixing the easier running up with a controlled progression run. The goal for the day is to make the last 10min of this 30min run faster. No pressure on setting any specific paces. Start the first 20min nice and relaxed and then as you hit the last 10min focus on a steady pick up (NOT SPRINTING). Keeping the pick-up section steady will then keep the run in your endurance zone.
Friday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Saturday	60min Relaxed Longer Run + 10min stretching	Keeping the progression in long run volume this weekend with a relaxed 60min long run. To make your run a little easier try to pick your running route before heading out.
Sunday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.

WEEK 4

	Training	Key Notes
Monday	40min Relaxed Paced Run + 10min stretching	Starting week 4 with a controlled 40min run, we have set the run at 40min, so you have to run a good volume on tired legs today. This is good practise at running on heavy legs and will also help with muscle adaptation.
Tuesday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Wednesday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Thursday	30min Relaxed Paced Run + 10min stretching	Mid-week controlled 30min easy run, making today the easier run of the week so you can recover a little and then focus on a bigger long run over the weekend.
Friday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Saturday	70min Saturday Long Relaxed Paced Run + 10min stretching	Pushing some good endurance this weekend with a controlled Saturday long run, legs may feel tired with the volume but the more you run these longer runs the easier and more adjusted you will feel.
Sunday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.

WEEK 5

	Training	Key Notes
Monday	30min Relaxed Paced Run + 10min stretching	Nothing too fancy to start the week, aiming to head out and enjoy a controlled 30min run, will then be full focus towards then running 45min over the weekend.
Tuesday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Wednesday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Thursday	20min Relaxed Paced Run + 10min stretching	Dropping the volume today to 20min to give the body and mind a refresh ahead of the weekend's 45min run, important not to always increase the running volume every day. Even though the volume is less please still keep the pace easy.
Friday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Saturday	45min Relaxed Paced Run + 10min stretching	Like last Saturday the focus this weekend is pushing volume and running the longest run of the programme so far.
Sunday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.

WEEK 6

	Training	Key Notes
Monday	20min Relaxed Paced Run + 10min stretching	The goal for the week is progressing runs from 20min - 45min. No volume increases over the weekend until next week. Legs may be tired today from the 45min run last weekend but that is ok, running on tired legs gives good muscle adaptation.
Tuesday	REST DAY	No Running today - Try to include some relaxed stretching if you can as this will help muscle recovery.
Wednesday	REST DAY	No Running today - Try to include some relaxed stretching if you can as this will help muscle recovery.
Thursday	30min PROGRESSION Run (Flat running Route) + 10min stretching	Adding back in this week the slightly harder progression run you ran 3 weeks ago. The target being to replicate the progression you completed 3 weeks ago. Aiming to keep the first 20min nice and relaxed in pace and then work to making the last 10min today slightly faster, so you start to work a little harder at a faster pace.
Friday	REST DAY	No Running today - Try to include some relaxed stretching if you can as this will help muscle recovery.
Saturday	45min Relaxed Paced Run + 10min stretching	Nothing new this weekend, heading out and repeating last weekend's 45min, this 2nd 45min run will then set you up well for the next two weeks of volume progression.
Sunday	REST DAY	No Running today - Try to include some relaxed stretching if you can as this will help muscle recovery.

WEEK 7

	Training	Key Notes
Monday	30min Relaxed Paced Run + 10min stretching	Routine relaxed first run of the week. Make sure to have a good stretch post run as this will help aid recovery ahead of the run later in the week.
Tuesday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Wednesday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Thursday	40min Relaxed Paced Run + 10min stretching	Longest mid-week run today of 40min, important to keep the pace easy so you can run the volume but still feel fresh for the longer run over the weekend
Friday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Saturday	90min Weekend Endurance Long Run Focus + 10min stretching	Long run focus for the weekend with a big progression to 90min, try not to over process the volume as you are more than ready to run 90min 😊 Have a good one and enjoy being out there banking some good volume.
Sunday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.

WEEK 8

	Training	Key Notes
Monday	40min Relaxed Paced Run + 10min stretching	Nothing too fancy for the run today please, the goal is to enjoy a relaxed 40min run with the bigger goal for the week progressing the long run over the weekend.
Tuesday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Wednesday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Thursday	30min Relaxed Paced Run + 10min stretching	Sticking to 30min and ensuring to run easy in pace, ready to enjoy the last longer training run before the 2hour run in two weeks. Have a good run today and keep it easy.
Friday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Saturday	105min (1:45) Weekend Endurance Long Run Focus	The last longer training run this weekend before looking to run your first 2hour / 13mile long run in 2 weeks. Have a good long run today and like last week enjoy it and do not over process the volume. Legs may feel tired after 80min but that's ok, keeping relaxed on the last 20min and you will be great.
Sunday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.

WEEK 9

	Training	Key Notes
Monday	30min Relaxed Paced Run + 10min stretching	Starting this easier / taper week with a relaxed 30min run. The aim for the week is to please hold back on pace and running volume so you can then focus on next week feeling good.
Tuesday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Wednesday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Thursday	30min Relaxed Paced Run + 10min stretching	Relaxed mid-week 30min easy run.
Friday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Saturday	45min Cut Back Easy Long Run + 10min stretching	Dropping the volume this week in almost like an easier taper week. The idea with cutting back on the running this week is so you can then head into next week feeling fresher and ready to enjoy your 2 hour long run.
Sunday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.

WEEK 10

	Training	Key Notes
Monday	30min Relaxed Paced Run + 10min stretching	Nothing too fancy today for the easy event week Monday run. It is important today and Thursday's runs are both nice and relaxed, so you can focus on the 2 hours well over the weekend.
Tuesday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Wednesday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Thursday	20min Easy Taper Run + 10min stretching	Starting to taper off the running so that you can feel as fresh as possible for the 2-hour run on Saturday this week. Please make sure your pace is also easy today.
Friday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Saturday	2Hour / Half Marathon Long Run Focus Day + 10min stretching	READY TO GO. All the hard work is done so it is time to enjoy your long run of 2 hours. Make sure to keep relaxed from the off today. Keeping relaxed will allow you to enjoy the run and help the run feel easier. WELL DONE
Sunday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.