



EXAMPLE TRAINING PROGRAMMES

INTERMEDIATE HALF MARATHON

PURDUE
PERFORMANCE 
running for you

[LTB]


TRAINING PLAN FOCUS

Upping the running volume with a more endurance / long run / Half Marathon training plan. The main focus with this particular plan is to build the client's running volume and get them used to running more miles and also running more on tired legs.

KEY POINTS

A key point over the next 8 weeks is the progression in weekend long runs. It is important to make sure your clients are keeping the pace of these runs relaxed. Some weeks they will feel better than others, it is totally ok to feel tired during these longer runs as they are at the end of each training week.

The longer you run, the more energy is required so it is very important to let the clients know it is key to go into the long runs well fuelled and hydrated. A good dinner the night before and a decent pre run breakfast will help with this. It can also help from week one if your client starts to practise some fuelling while out on their long run. A good start is to try and take a gel with them on the long runs. Over the course of the 8 weeks they can then work out what works best for them personally.

Again, with this programme, if it works with timing, it is ok to extend the plan by a couple of weeks and let them repeat a week or two, building more fitness and confidence. This plan can also be adjusted to suit the athletes predicted or goal time. The key changes are to either increase or decrease the paces in the interval sessions and tempo runs.

WEEK 1

	Training	Key Notes
Monday	5 Mile Relaxed Monday Run + 10min easy stretching	Starting the first week for the endurance block with a relaxed 5 miles easy run. Aiming to keep your pace easy please.
Tuesday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Wednesday	Endurance Interval Session: 1mile Easy Run Warm Up 10min Stretching + 2x10sec strides (walk back recovery) 2mile Interval - 4min recovery 2mile Interval - 4min recovery 1mile Easy Warm Down	Focusing today on running a good interval session at slightly faster than Half marathon pace. The pace goal is to try and run around an 8:00min mile for both of the 2 mile intervals. It is ok for the recovery to be a walk or easy jog, whatever you feel more comfortable with. Please try to stick to a flat running route. We will be looking to build endurance as the training block progresses.
Thursday	3 Mile Recovery Run + 10min easy stretching	Keep your run easy today, legs will be feeling tired from the session yesterday. The easy run will help aid recovery.
Friday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Saturday	8 Mile Easy Long Run + 10min stretching	Finishing the week off with a relaxed 8-mile long run. Legs will be feeling tired from the session in the week so please ensure your pace is easy today.
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	5 Mile Relaxed Monday Run + 10min easy stretching	Aiming to keep the run easy in pace today, the week's focus is a good session and longer run over the weekend. There are 3 runs this 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	6 Mile Progression Endurance Run + 10min post run stretching 3 Mile Easy 3 Miles Endurance Pace	Use the 6-mile progress run today as your faster based training day. The goal today is to run the first 3 miles nice and relaxed at your easy run pace. Then, on the final 3 miles, you can progress your pace towards 8:20min mile so you are running at tempo endurance pace, just below Half Marathon pace. The 6 miles should be continuous and if you can run on a flat route.
Friday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Saturday	10 Mile Easy Long Run + 10min stretching	Finishing the week with a longer run focus of 10 miles. The goal for the day is time on your feet and banking 10 miles of volume. Ignore the pace and try to run relaxed and to feel on the day.
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	4 Mile Easy Monday Run + 10min stretching	Nothing too fancy to start the week, banking a relaxed pace 4-mile run. Next focus is a good session on Wednesday.
Tuesday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Wednesday	Speed Endurance Interval Session: 1mile Easy Run Warm Up 10min Stretching + 2x15sec strides (walk back recovery) 5x 1km – 2min recovery 4min recovery 1mile Easy Warm Down	A very good staple speed endurance session today of 5x1km, the goal for the session is to try and run the 5x1km at a slightly faster than race HM pace. Looking to run around 8:00min mile would be a great session. It is important on the first x2 1km to control your pace and make sure they are not too fast. Please run the 1kms on a flat running route if possible. It is always good to keep some faster than race pace running in your training as this will then help HM race pace feel easier.
Thursday	4 Mile Easy Recovery Run + 10min stretching	Keeping your run easy today, legs will be feeling tired from the session yesterday. Upping the volume to 4 miles to increase the weeks mileage.
Friday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Saturday	10 Mile Easy Long Run + 10min stretching	The same routine as last week, finishing the week off with a relaxed 10-mile-long run. Legs may be tired from the week's training so please focus on keeping your pace relaxed.
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	5 Mile Easy Paced Monday Run + 10min stretching	Start the week with a relaxed 5 miles. Aiming to stick to x3 running days this week but getting some good volume and quality in.
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	Endurance Interval Session: 1.5mile Easy Run Warm Up 10min Stretching + 2x15sec strides (walk back recovery) 4x1mile – 2min recovery 4min recovery 1mile Easy Warm Down	Back into a good endurance-based session today of 4x1mile. Goal for the session being to push some good running pace starting at HM pace and then finishing faster. Looking to start and run the 1st 1 mile at around 8:20min mile. You can then focus on trying to increase your pace a little on each 1-mile finishing on a pace around 8:00/7:55min mile. Have a good session and please run on a flat loop.
Friday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Saturday	11 Mile Easy Endurance Run + 10min stretching	Building endurance a little this weekend by pushing the long run up to 11 miles. However, please focus on keeping the pace easy as legs will be tired still from the mile intervals earlier in the week.
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	4 Mile Easy Paced Monday Run + 10min stretching	Sticking to x4 runs this week but aiming to enjoy x4 controlled runs with the goal to get some good running volume for the week. Have a good run today and please keep the pace relaxed.
Tuesday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Wednesday	7 Mile Mid-Week Longer Run + 10min stretching	Switching the faster based session today for a mid-week longer run so you can bank some good running and time on your feet. Any issues drop this to 6 miles.
Thursday	4 Mile Controlled Thursday Run + 10min stretching	Keeping your run easy today, legs will be feeling tired from the session yesterday. The easy run will help aid recovery.
Friday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Saturday	10 Relaxed Easy Long Run + 10min stretching	Finishing the week again with a controlled 10-mile-long run. This will be a great finish to a bigger milage running week.
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	4 Mile Relaxed Monday Run + 10min stretching	Starting the week with a relaxed 4-mile easy run, back to a harder / faster session on Thursday this 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	5 Mile Endurance Interval Session: 1mile Easy Run Warm Up 10min Stretching + 2x15sec strides (walk back recovery) 5Mile Progressive Tempo 4min recovery 1mile Easy Warm Down	Aiming to bank a longer endurance session today of 5 miles. The goal for the 5 miles is to start at HM pace for 3 miles and then see if you can progress the last 2 miles closer to 8min mile (8:20 – 8:00min mile). These longer endurance runs are great for base fitness and strength development. It is important to please run the 5-mile tempo section on a flat running route.
Friday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Saturday	12 Sunday Endurance Easy Long Run + 10min stretching	Finishing the week with a progression in endurance with a 12-mile-long run. Have a good long run today and try to pick your route before you head out. The focus is time on the feet. 😊
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	4 Mile Relaxed Monday Run + 10min stretching	Keeping the run to 4 miles today as legs may be tired from last weekend's 12 mile longer run. Keep your pace relaxed today.
Tuesday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Wednesday	30min Based Endurance Interval Session: 1.5mile Easy Run Warm Up 10min Stretching + 3x15sec strides (walk back recovery) 3x10min – 2min recovery 4min recovery 1mile Easy Warm Down	Sticking to a more endurance-based session again this week, today's session will be the last harder running day ahead of next week's Half Marathon. The simple yet effective focus today is to try and run the 3x10min at a pace of 8:100/00 min mile, this pace is faster than HM pace so will give you a great endurance boost ahead of the race. It is always better to start the first 10min a little slower and progress your pace, this helps ensure you don't start too fast and get slower.
Thursday	4 Mile Recovery Thursday Run + 10min stretching	Keeping your run easy today, legs will be feeling tired from the session yesterday. The easy run will help aid recovery. Any issues drop the volume to 3 miles.
Friday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Saturday	9Mile Controlled Endurance Easy Long Run + 10min stretching	Dropping the long run volume today to 9 miles so you can still bank some good running but then head into the race week feeling a little fresher.
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	4 Mile Relaxed Monday Run + 10min stretching	Making sure this week to keep all runs nice and easy as you head towards the weekend's HM. Save the big push for Saturday.
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	3 Mile Relaxed Thursday Run + 10min stretching	Tapering off the miles today with a relaxed 3-mile easy run, these slower miles will help prep and shake the legs out ahead of the harder long run on Saturday.
Friday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.
Saturday	HALF MARATHON DAY 1:50 - Aim	Ready to rock today, have a great run and enjoy the 13 miles today, you have trained hard and are ready for a strong run. It is important to keep an eye on your pace and make sure the first 6 miles are not too fast. GOOD LUCK
Sunday	REST DAY	No Running today – Try to include some relaxed stretching if you can as this will help muscle recovery.