



# Congleton Half Marathon Training Plan:

For beginners (assumes C25K or Parkrun completed)



	W/C	Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Notes
<b>Week 1:</b>	15 - Jul	Rest	20 mins easy run	Rest	20 mins easy run	Rest	Rest	25 mins easy run	Get used to the training pattern - don't push too hard or try to increase the volume too much in the first couple of weeks
<b>Week 2:</b>	22 - Jul	Rest	30 mins easy run (maybe with club)	Rest	20 mins easy run	Rest	Parkrun or 25-30 mins at best pace	Rest	
<b>Week 3:</b>	29 - Jul	Rest	30 mins easy run (maybe with club)	Rest	20 mins easy + 5 mins a bit faster	Rest	Rest	30 mins easy run	Try to include some hills in the Tuesday runs
<b>Week 4:</b>	5 - Aug	Rest	40 mins easy run (maybe with club)	Rest	30 mins easy run	Rest	Parkrun or 25-30 mins at best pace	Rest	Run Parkruns at an even pace and finish strongly. Don't forget to warm-up and cool-down
<b>Week 5:</b>	12 - Aug	Rest	50 mins easy run (maybe with club)	Rest	20 mins easy + 10 mins a bit faster	Rest	Rest	60 mins easy run	The varied pace Thursday run this week allows you to test yourself a bit more
<b>Week 6:</b>	19 - Aug	Rest	50 mins easy run (maybe with club)	Rest	40 mins easy run	Rest	Parkrun or 25-30 mins at best pace	Rest	
<b>Week 7:</b>	26 - Aug	Rest	50 mins easy run (maybe with club)	Rest	20 mins easy + 15 mins a bit faster	Rest	Rest	75 mins easy run	The Sunday long run really starts to increase now.
<b>Week 8:</b>	2 - Sep	Rest	40 mins easy run (maybe with club)	Rest	40 mins easy run	Rest	Parkrun or 25-30 mins at best pace	Rest	
<b>Week 9:</b>	9 - Sep	Rest	60 mins easy run (maybe with club)	Rest	20 mins easy + 20 mins a bit faster	Rest	Rest	90 mins easy run	The toughest week of training - do this and you will do the half!
<b>Week 10:</b>	16 - Sep	Rest	30 mins easy run (maybe with club)	Rest	40 mins easy run	Rest	Parkrun or 25-30 mins at best pace	Rest	
<b>Week 11:</b>	23 - Sep	Rest	50 mins easy run (maybe with club)	Rest	20 mins easy + 10 mins a bit faster	Rest	Rest	75 mins easy run	Don't push this last long run hard - save it for the race!
<b>Week 12:</b>	30 - Sep	Rest	30 mins easy run (maybe with club)	Rest	20 mins easy + 5 mins a bit faster	Rest	Rest	<b>Congleton Half Marathon</b>	Very important to reduce training this week but keep ticking over

### Other guidance:

<b>Easy:</b>	Means as comfortable as you can make it and still run. On longer runs try to keep running but don't worry if you need some breaks. The time on feet is equally as important as the pace.
<b>Hills:</b>	This course has some and it will help enormously if you can include some in your runs. The downhill are equally beneficial preparation.
<b>Races &amp; Parkruns:</b>	Allow enough time for a 10mins easy warm-up before and cool-down afterwards. Try to not go off too hard. Instead aim to finish strong.
<b>Other activities:</b>	Light gym sessions and other exercise such as cycling or swimming are beneficial but don't overdo them. Try to avoid any hard workout within 72 hours of a race.
<b>Illness &amp; injuries:</b>	Don't try to run through these. Just miss a run. In many cases you will be fine for the next run. If you need more time off start back with a reduced run and gradually return to the plan.
<b>Company is good:</b>	Running with more experienced runners once a week for example at the local club will help massively but try to stick to the plan where possible.