



Congleton Half Marathon Training Plan:

For runners aiming to finish under 90 minutes



	W/C	Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Notes
Week 1:	15 - Jul	40 mins easy	5x3 mins hard (90 sec)	40 mins easy	40 mins medium	Rest	3x10 mins at target HM pace (3 mins)	80 mins medium	All workouts & races should include 15 mins easy warm-up & cool-down runs
Week 2:	22 - Jul	40 mins easy	4x4 mins hard (2 mins)	50 mins easy	50 mins medium	Rest	Parkrun or 20 min hard	90 mins medium	Get used to the pattern - don't push too hard the first couple of weeks
Week 3:	29 - Jul	40 mins easy	5x3 mins hard (90 sec)	40 mins easy	30 mins medium incl. 5x1 mins at 10k race effort (1 min)	Rest	25 mins easy incl. 4x20 sec relaxed strides	Race or 20 mins easy, 30 mins hard, 20 mins easy	
Week 4:	5 - Aug	30 mins easy	60 mins easy	40 mins easy	50 mins progression	Rest	4x10 mins at target HM pace (3 mins)	100 mins medium	Important to bank the gains from racing - focus on recovery in the first part of the week after a race
Week 5:	12 - Aug	40 mins easy	5x3 mins hard (90 sec)	40 mins easy	30 mins medium incl. 5x1 mins at 10k race effort (1 min)	Rest	25 mins easy incl. 4x20 sec relaxed strides	Race or 20 mins easy, 35 mins hard, 20 mins easy	
Week 6:	19 - Aug	Rest or 30 mins easy	40 mins easy	Rest	40 mins easy incl. 4x20 sec relaxed strides	Rest	40 mins easy incl. 4x20 sec relaxed strides	60 mins medium	Recovery week - don't worry about any hard running!
Week 7:	26 - Aug	40 mins easy	5x4 mins hard (2 mins)	50 mins easy	50 mins progression	Rest	4x10 mins at target HM pace (3 mins)	Congleton HM course recce or 100 mins medium	N.B. If struggling to hit HM pace or it is too easy consider revising your target
Week 8:	2 - Sep	40 mins easy	6x3 mins hard (90 sec)	40 mins easy	70 mins medium	Rest	Parkrun or 20 min hard	110 mins medium	
Week 9:	9 - Sep	40 mins easy	4x4 mins hard (2 mins)	40 mins easy	30 mins medium incl. 5x1 mins at 10k race effort (1 min)	Rest	25 mins easy incl. 4x20 sec relaxed strides	Race or 20 mins easy, 40 mins hard, 20 mins easy	If you do a race this week save something for your target race in 3 weeks time!
Week 10:	16 - Sep	30 mins easy	60 mins easy	40 mins easy	50 mins progression	Rest	5x10 mins at target HM pace (3 mins)	90 mins medium	
Week 11:	23 - Sep	40 mins easy	5x3 mins hard (90 sec)	40 mins easy	60 mins medium	Rest	Parkrun or XC Race or 20 mins hard	60 mins medium	Take an extra day rest or recovery if required
Week 12:	30 - Sep	30 mins easy	3x4 mins hard (2 mins)	Rest or 30 mins easy	30 mins medium incl. 5x1 mins at 10k effort (1 min)	Rest	25 mins easy incl. 4x20 sec relaxed strides	Congleton Half Marathon	Taper week

Effort Guide:

Easy:	As comfortable as you can make it and still run normally. Avoid medium and high intensity running if at all possible. Easy to have a conversation. (HR Zone 1-2)
Medium:	You have to think about maintaining the effort but it shouldn't be hard. Breathing more noticeable but conversation still comfortable (HR Zone 2-3) At least one of the medium runs each week should include hills similar to those on the Congleton Half Marathon course.
Hard:	Uncomfortable but you can maintain it for the planned duration. May be intense on shorter reps and up steeper hills (HR Zone 4-5)
Progression:	Start easy and gradually wind it up every 5mins so the last 5mins is hard. Be careful not to go too hard too early! This will make you stronger at the end of races.
Other races & park runs:	Focus on not going off too hard. Instead aim to finish strong.