



# Swindon Half Marathon

## TRAINING PLAN



## Intermediate Plan

To follow this plan we recommend that you've been running regularly (2-3 x a week) for a few months. You may have already completed a half-marathon or 10 mile race. You can regularly run 5km/parkrun in less than 30 minutes and have a 10km time of approximately 60 minutes. This Plan involves training on at least four days a week with some faster paced running. If you have completed a half marathon before, you may have things that work well for you that can be used to adjust and adapt these plans.

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w/c	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 18/06/2018		4 miles EASY	S&C ROUTINE 1	4 miles EASY		X-Training, Alt. S&C Routine, or parkrun EASY	45 minutes LSR
Week 2 25/06/2018		4 miles EASY	S&C ROUTINE 2	4 miles (x5mins) THRESHOLD		X-Training, Alt. S&C Routine, or parkrun EASY	60 minutes LSR
Week 3 02/07/2018		5 miles EASY	S&C ROUTINE 1	3 miles (1x5mins) THRESHOLD		X-Training, Alt. S&C Routine, or parkrun EASY	60 minutes LSR
Week 4 09/07/2018		5 miles EASY	S&C ROUTINE 2	4 miles (2x8mins) THRESHOLD		X-Training, Alt. S&C Routine, or parkrun EASY	1 hour 15 minutes LSR
Week 5 16/07/2018		4-5 miles EASY	S&C ROUTINE 1	5 miles (4x5mins) THRESHOLD		X-Training, Alt. S&C Routine, or parkrun EASY	45 minutes LSR
Week 6 23/07/2018		5 miles EASY	S&C ROUTINE 2	5 miles (4x5mins) THRESHOLD		X-Training, Alt. S&C Routine, or parkrun EASY	1 hour 15 minutes LSR

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Week 7 30/07/2018		5 miles EASY, w/ 3 x 2 min INTERVALS	S&C ROUTINE 1	5 miles (3x8mins) THRESHOLD		X-Training, Alt. S&C Routine, or parkrun EASY	1 hour 30 minutes LSR
Week 8 06/08/2018		5 miles EASY w/ 3 x 2 min INTERVALS	S&C ROUTINE 2	5 miles (3x5mins) THRESHOLD		X-Training, Alt. S&C Routine, or parkrun EASY	1 hour 30 minutes LSR w/ 30 mins at Race Pace
Week 9 13/08/2018		7-8 miles EASY w/ 4 x 2 min INTERVALS	S&C ROUTINE 1	5 miles (3x8mins) THRESHOLD		X-Training, Alt. S&C Routine, or parkrun EASY	2 hours LSR
Week 10 20/08/2018		5 miles EASY w/ 3 x 2 min INTERVALS	S&C ROUTINE 2	4 miles (3x5mins) THRESHOLD		X-Training, Alt. S&C Routine, or parkrun EASY	1 hour 30 minutes LSR w/ 30 mins at Race Pace
Week 11 27/08/2018		7-8 miles EASY w/ 4 x 2 min INTERVALS	S&C ROUTINE 1	5 miles (3x8mins) THRESHOLD		X-Training, Alt. S&C Routine, or parkrun EASY	60 minutes LSR
Week 12 03/09/2018		4-5 miles EASY	S&C ROUTINE 2	4 miles (2x5mins) THRESHOLD			

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### TRAINING DEFINITIONS

#### LSR

Long, Slow Runs are designed to build your endurance, improve aerobic capacity, develop your strength, and get you accustomed to spending time on your feet. Don't worry too much about your pace on long runs and if you feel like taking short walk breaks every once in a while, that's okay.

#### EASY

Easy runs will be at an easy/comfortable pace, sometimes described as "talking" pace, and are designed to encourage consistency. You may feel a little full of energy, but stay under control and save that added effort for your runs later in the week.

#### THRESHOLD

THRESHOLD runs are designed to develop the ability to run faster. These runs vary from runner to runner, but for this training plan you will run 1 mile EASY warm-up, followed by "X" number of 5 mins at **THRESHOLD PACE** (see Pace Guides below), with 5-min EASY jog recovery between to recover, followed by 1 mile slow cool-down. If you have no target Race Pace, run approx. 10-20% quicker than EASY pace. Distances listed may be approximate, depending on pace.

*Sample session;*

*1 mile SLOW*

*5 minutes THRESHOLD – 5 minutes EASY recovery x 2*

*1 mile SLOW*

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## INTERVALS

These are periods of high intensity, hard effort fast running mixed with periods of recovery. The point of an interval session is to run fast, then recover, then repeat. This type of training helps boost maximal oxygen uptake, improves stamina, improves running economy and makes race pace feel easier! Intervals should be run at 80-95% maximal effort, with recovery being at least 200% of the time of the hard running. Sample session; 5Km Session - Run 1k at your target 5k pace. Take 50% of the time it takes you to run the 1k as recovery (walk or jog, for example, for a 5min 1k effort take 2.5minutes recovery).

## S&C

All Exercises can be found in Video format at: [www.DC-InjuryClinic.co.uk/Videos](http://www.DC-InjuryClinic.co.uk/Videos)

<u><a href="#">Routine 1</a></u>	<u><a href="#">Routine 2</a></u>
Hamstring Curls/Chair Raise (3 sets of 8-12 repetitions)	Runners Touch (2 x 1 minute on EACH LEG)
Calf Raises (3 x 8-12)	Hip Abduction (3 x 8-12)
Reverse Lunges (2 x 1 minute on EACH LEG)	Glute & Hamstring Bridge (2 x 25 seconds Hold of each)
Step-Ups (2 x 1 minute on EACH LEG)	Heel Drops (3 x 8-12)
Push-Ups (3x 8-12)	Side Plank (2 x 30 seconds – 1 minute)

## X-Training

Low impact cross training such as walking, yoga, Pilates or swimming.

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### PACE GUIDES

2 hours 30 minutes	Minute per Mile
Race Pace	11:25
Easy Pace	12:45 – 13:30
Threshold	10:45
Intervals	10

2 hours 15 minutes	Minute per Mile
Race Pace	10:15
Easy Pace	11:45 – 12:30
Threshold	9:50
Intervals	9:05

2 hours	Minute per Mile
Race Pace	9.10
Easy Pace	10 – 10:30
Threshold	8:50
Intervals	8:10

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1 hours 50 minutes	Minute per Mile
Race Pace	8.20
Easy Pace	9:45-10:20
Threshold	8:05
Intervals	7:30

1 hour 40 minutes	Minute per Mile
Race Pace	7:35
Easy Pace	8:45 - 9:30
Threshold	7:25
Intervals	6:50

1 hour 30 minutes	Minute per Mile
Race Pace	6:50
Easy Pace	8:05 – 8:35
Threshold	6:40
Intervals	6:10