



Swindon Half Marathon

TRAINING PLAN



Advanced Plan

For the more experienced half-marathon runner, this Plan is for those runners used to following a schedule; setting goals and targets; and running a higher mileage. You can probably regularly run 5Km/parkrun in less than 22 minutes, and may have a coach at your running club who will be offering additional advice to help you aim for the goal you have set yourself. You may have a tried and tested plan that you can adapt and adjust.

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| w/c | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------|--------|---|------------------|---|------------------|---|---|
| Week 1 01/07/2019 | | 8 miles EASY, w/ 4 x 2 min INTERVALS | S&C ROUTINE 1 | 6 miles (4 x 5mins) THRESHOLD | S&C ROUTINE 2 | X-Training, or parkrun w/ INTERVALS | 60 minutes LSR |
| Week 2 08/07/2019 | | 8 miles EASY w/ 3 x 2 min INTERVALS | S&C ROUTINE 2 | 6-8 miles (4-6 x 5mins) THRESHOLD | S&C ROUTINE 1 | X-Training, or parkrun w/ INTERVALS | 1 hour 15 minutes LSR, w/ 15 mins at Race Pace |
| Week 3 15/07/2019 | | 8-10 miles EASY w/ 6 x 2 min INTERVALS | S&C ROUTINE 1 | 6-8 miles (4-6 x 5mins) THRESHOLD | S&C ROUTINE 2 | X-Training, or parkrun w/ INTERVALS | 1 hour 30 minutes LSR |
| Week 4 22/07/2019 | | 5 miles EASY | S&C ROUTINE 2 | 4 miles EASY | S&C ROUTINE 1 | X-Training, or parkrun w/ INTERVALS | 1 hour 30 minutes LSR w/ 30 mins at Race Pace |
| Week 5 29/07/2019 | | 7-8 miles EASY w/ 4 x 2 min INTERVALS | S&C ROUTINE 1 | 6-8 miles (4-6x5mins) THRESHOLD | S&C ROUTINE 2 | X-Training, or parkrun w/ INTERVALS | 60 minutes LSR |
| Week 6 05/08/2019 | | 8-10 miles EASY | S&C ROUTINE 2 | 6-8 miles (4-6x5mins) THRESHOLD | S&C ROUTINE 1 | X-Training, or parkrun w/ INTERVALS | 1 hour 30 minutes LSR, w/ 30 mins at Race Pace |

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|-----------------------|--------|--|------------------|---------------------------------------|------------------|---|---|
| Week 7 12/08/2019 | | 5 miles EASY | S&C ROUTINE 1 | 5 miles Easy | S&C ROUTINE 2 | X-Training, or parkrun w/ INTERVALS | 1 hour 45 minutes LSR |
| Week 8 19/08/2019 | | 8-10 miles EASY w/ 6 x 2 min INTERVALS | S&C ROUTINE 2 | 6-8 miles (4-6x5mins) THRESHOLD | S&C ROUTINE 1 | X-Training, or parkrun w/ INTERVALS | 2 hours LSR, w/ 45mins at Race Pace |
| Week 9 26/08/2019 | | 8-10 miles EASY w/ 6 x 2 min INTERVALS | S&C ROUTINE 1 | 6-8 miles (4-6x5mins) THRESHOLD | S&C ROUTINE 2 | X-Training, or parkrun w/ INTERVALS | 2 hours LSR |
| Week 10 02/09/2019 | | 8-10 miles EASY w/ 6 x 2 min INTERVALS | S&C ROUTINE 2 | 6-8 miles (4-6x5mins) THRESHOLD | S&C ROUTINE 1 | X-Training, or parkrun w/ INTERVALS | 1 hour 30 minutes LSR w/ 30 mins at Race Pace |
| Week 11 09/09/2019 | | 7-8 miles EASY w/ 4 x 2 min INTERVALS | S&C ROUTINE 1 | 6-8 miles (4-6x5mins) THRESHOLD | S&C ROUTINE 2 | X-Training, or parkrun w/ INTERVALS | 60 minutes LSR |
| Week 12 16/09/2019 | | 4-5 miles EASY, w/ 3 miles at Race Pace | S&C ROUTINE 2 | 6 miles EASY | S&C ROUTINE 1 | |  |

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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

| <u>Routine 1</u> | <u>Routine 2</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 |