

8 Week Half Marathon Training Plan

Day	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Monday	50 min run	Weights	Day off	Day off	30 Min Run	Day off	8 x 400 10k pace	Day off
Tuesday	40 min Run	Day off	Fartleck 45 min	Hill session	Weights	Hill session	Weights	40 min run
Wednesday	Weights	6 x 200 10k pace	1hr run	Weights	5 x 400 10k pace	Weights	hill session	Weights
Thursday	Day off	Weights	Weights	Day off	1hr run	Day off	Day off	20 min run easy
Friday	50 min run	50 min run	Day off	1.20 run	Day off	2HR TT	1 hr fartleck	Day off
Saturday	Intro Hills	Day off	7 x 200 10k pace	Weights	Hill session	Day off	Day off	Day off
Sunday	Day off	Hill session	45 min run	Day off	Day off	40 min easy	1.10 run easy	Race