



Half Marathon Plan: 12 Weeks

Intermediate Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	REST	DCR Skills Session	REST/ Gym Session/ Cross Training	45 min Endurance Run	REST	ParkRun: 1 km warm up 2 km @ 70% 2 km @ 80% 1 km easy	10km Long Run 2km W/U 2x3mins@50% HMP with 3mins rec 2km W/D
Week 2	REST	DCR Skills Session	REST/ Gym Session/ Cross Training	6km Recovery Run	REST	ParkRun: 1 km warm up 2 km @ 70% 2 km @ 80% 1 km easy	12km Long Run 2km W/U 3x3 mins @70% HMP with 3mims rec 2km W/D
Week 3	REST/ Gym Session/ Cross Training	DCR Skills Session	REST/ Gym Session/ Cross Training	Interval Run: 1 km warm up 3 km @ 70 % 2 km @ 80 % 1 km easy	REST	ParkRun: 5km Run	15km Long Run 2km W/U 2x 4mins @80%HMP with 2mims rec 2km W/D
Week 4	REST	DCR Skills Session	REST/ Gym Session/ Cross Training	8km Recovery Run	REST	ParkRun: 30 mins @ comfortable pace	10km Long Run 2km W/U 3x 4mins @90%HMP with 2mins rec 2km W/D



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Week 5	REST/ Gym Session/ Cross Training	DCR Skills Session	REST/ Gym Session/ Cross Training	Interval Run: 3 km warmup 5 X 2 min effort/ 2 min recovery 3 km cool down	REST	ParkRun: 5km Run	15km Long Run 2km W/U 4x4mins @HMP with 4mis rec 2km W/D
Week 6	REST	DCR Skills Session	REST/ Gym Session/ Cross Training	11km Recovery Run	REST	ParkRun: 1 km warm up 2 km @ 70% 2 km @ 80% 1 km easy	17km Long Run @ comfortable pace
Week 7	REST/ Gym Session/ Cross Training	DCR Skills Session	REST/ Gym Session/ Cross Training	10km Recovery Run	REST	ParkRun: 1 km warm up 2 km @ 70% 2 km @ 80% 1 km easy	19km Long Run 2x8mins @80% 10kmp with 4mins rec
Week 8	REST	DCR Skills Session	REST/ Gym Session/ Cross Training	45 mins @ comfortable pace	REST	Pick up run: 1km easy 1km@hmp 1km@10kmp 1km@hmp 1km easy	11km Long Run 3x8mins @ HMP with 4mins rec



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Week 9	REST	DCR Skills Session	REST/ Gym Session/ Cross Training	Progression run: 2 km easy 3 km @ HMP 3 km @ 10KP 2 km easy	REST	ParkRun: 5km Run	20km Long Run 4x8mins and change of pace only, rec 4mins
Week 10	REST/ Gym Session/ Cross Training	DCR Skills Session	REST/ Gym Session/ Cross Training	8km Recovery Run	REST	ParkRun: 1 km warm up 2 km @ 70% 2 km @ 80% 1 km easy	16km Long Run 6x3mins @ 10kmp with 3 mins rec
Week 11	REST/ Gym Session/ Cross Training	DCR Skills Session	REST/ Gym Session/ Cross Training	8km Recovery Run	REST	ParkRun: 1 km warm up 2 km @ 70% 2 km @ 80% 1 km easy	10km Long Run 4x1min @ 5km pace with 1 min rec
Week 12	REST/ Gym Session/ Cross Training	DCR Skills Session	REST	8km Recovery Run	REST	1km W/U and drills 6x45 strides 1km W/D	RACE DAY



Legend

Long Run

Run between 45 - 60 seconds slower than anticipated race pace. You should be able to hold a conversation comfortably. Key is time on feet not speed!

Recovery Run

An easy 'conversational' pace run to allow your body to actively recover.

DCR Skills Session

Please check Team App for weekly Skills Session info.

HMP (Half Marathon Pace)

The pace you are aiming to run on race day.

10KP (10km Pace)

To find your 10km race pace - look at the time you completed your last 10km race (or PB 10km) and what pace you did to achieve this. Eg; a 60 minutes.

Cross Training

As part of this plan we recommend incorporating rest days and non-impact cross/strength training, on the days you are not running. Pilates, Yoga, bike riding or weights sessions are ideal.



Notes

- These plans are to be treated as weekly not daily. There is no set day each week that we recommend doing these sessions. Training for a half marathon needs to be flexible to accommodate weather conditions (below zero anyone?), how you are feeling and the day-to-day demands of life!
- A key point to remember when training for a half marathon is that you are predominantly training for distance (not speed). This is why long slow runs are so important.
- The DCR Coaching Team are always happy to help. If you have any questions about training for a half marathon, please email dcrcoaching@gmail.com