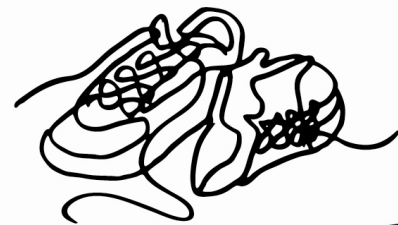


Your half marathon

Suggested training plan



Running feels great, running for Mind feels even better. As part of our running team you'll get to know first-hand just how positive it feels to train and exercise in the great outdoors, while feeling great in the knowledge that your efforts will be helping people with mental health problems get the support they need.

The training plan below is designed for novice runners aiming to finish the half marathon with no time goal. It is important to follow a plan as it will keep your training on track and you'll enjoy your half marathon even more. It's best to stick to a training plan that's suitable for your ability, so if this plan is not challenging enough, you can find more plans to download free of charge on the Runners World website runnersworld.co.uk.

We wish you the best of luck with your training and hope you feel great in the process!

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	10 min easy jog	Rest	Rest	10 min easy jog	Rest	Rest	20 min walk/jog
Week 2	Rest	10 min jog	Rest	15 min jog	Rest	Rest	15-20 min jog
Week 3	Rest	15 min jog	Rest	10 min jog	Rest	Rest	20 min jog
Week 4	10 min very easy	Rest	Rest	20 min steady	Rest	Rest	30 min jog
Week 5	Rest	20 min easy	Rest	20 min easy	Rest	Rest	35 min easy
Week 6	Rest	20 min easy	Rest	30 min easy	Rest	Rest	40-45 min very easy pace
Week 7	20 min easy/ steady	Rest	30 min steady	Rest	10 min easy jog	Rest	50-55 min continuous jog-run
Week 8	Rest	20 min steady	Rest	10 min steady	Rest	10 min very easy jog	5k race or timed run, jog warm up
Week 9	10 min easy recovery run	Rest	35 min steady	Rest	35 min steady	Rest	65 min steady
Week 10	Rest	35 min easy jog	Rest	45 min brisk pace	20 min recovery jog	Rest	75 min walk-jog
Week 11	20 min easy jog	Rest	40 min fast	Rest	Rest	20 min jog	85 min easy pace
Week 12	20 min recovery jog	Rest	55 min steady	Rest	Rest	20 min, very easy jog	10k race pace
Week 13	20 min very easy	Rest	60 min brisk	Rest	45 min easy pace	Rest	Easy 100 min jog
Week 14	Rest	50 min steady	Rest	50 min steady	Rest	10 min easy jog	100-120 min
Week 15	Rest	Rest	50 min ready	35 min easy	Rest	15 min easy jog	60 min comfortable pace
Week 16	20 min easy jog	Rest	40 min comfortable	Rest	Rest	10-15 min very easy jog	Your event!