



EILISH MCCOLGAN'S

**HALF MARATHON
INTERMEDIATE**

12 WEEK TRAINING PLAN

Week 1

DAY	ACTIVITY	EILISH'S TIPS
MON	REST	
TUE	20 min easy run	How fast is easy running? An easy run is moving along at a pace where you could hold a short conversation with someone running next to you.
WED	REST	
THURS	20 min easy run	
FRI	REST	
SAT	20 min easy run	At this stage the key is to get into a routine of training. Try to stick to the plan as much as possible, but it's fine to switch days around to fit in with your lifestyle.
SUN	30 min easy run	

Week 2

MON	REST	
TUE	4 x 5 min @ your HM pace; 3 min jog / walk recovery	Interval training involves alternating periods of high-intensity effort with periods of low-intensity effort, which is called the recovery. In this case the 3mins are the higher intensity periods and the 2mins the recovery.
WED	REST	
THURS	20 min easy run	
FRI	REST	
SAT	20 min easy run	
SUN	40 min easy run	

Week 3

DAY	ACTIVITY	EILISH'S TIPS
MON	REST	
TUE	40 min easy run	
WED	REST	
THURS	6 x 3 min; alternate between your 10K & HM pace; 2 min recovery	Alternating paces will keep you on your toes! Performing a session alternating between two different paces is a great and fun way to stress a few systems in the same workout.
FRI	REST	
SAT	20 min easy run	
SUN	30 min easy run	Easy runs are a great way to build aerobic strength, which is the foundation for your best performances from 5k to the marathon, while also serving as active recovery following harder sessions.

Week 4

MON	REST	
TUE	30 min easy run	
WED	REST	
THURS	25 min steady with 10 min warm up & warm down	A steady paced run should be comfortably hard, faster than an easy run but not as fast as interval or tempo work.
FRI	REST	
SAT	30 min easy run	
SUN	50 min easy run	

Week 5

DAY	ACTIVITY	EILISH'S TIPS
MON	REST	
TUE	30 min easy run	
WED	REST	
THURS	4 x 3 min efforts @ your 5K pace; 2.5 min jog / walk recovery	Make sure you warm-up prior to interval sessions and races. The warm-up prepares the body for activity, as well as helping to prevent injury to muscles, which can be more susceptible to injury when cold.
FRI	REST	
SAT	30 min easy run	
SUN	60 min easy run	

Week 6

MON	REST	
TUE	30 min easy run	Wearing the right running shoes can help with comfort and injury prevention. A specialist running store can advise you on the right running shoes for your foot type and running style.
WED	REST	
THURS	30 min easy run	
FRI	REST	
SAT	10 min easy run	
SUN	40 min easy run	Recovery is key to ensure training adaptations and prevent injuries associated with over use. Therefore after today's run rest is important to ensure training adaptations occur.

Week 7

DAY	ACTIVITY	EILISH'S TIPS
MON	REST	
TUE	30 min easy run	
WED	REST	
THURS	20 min @ your HM goal pace; Jog 3 min; 15 min @ your HM goal pace	Longer efforts at goal pace are great for improving strength and endurance while also training the body to run at goal pace. Pace yourself and don't go off too fast.
FRI	REST	
SAT	25 min easy run	
SUN	40 min easy run	

Week 8

MON	REST	
TUE	30 min easy run	
WED	REST	
THURS	25 min steady run	Try running with someone or a group just a bit quicker than you to help push you on and get the most from your training.
FRI	REST	
SAT	30 min easy run	
SUN	60 min easy run	As the volume of your training increases, remember to keep your energy levels up by eating well and getting a good night's sleep when you can.

Week 9

DAY	ACTIVITY	EILISH'S TIPS
MON	REST	
TUE	30 min easy run	
WED	REST	
THURS	Acceleration Run: 10 min @ your HM goal pace; 5 min @ your 10K pace	This session needs concentration. When you step up to your 10K pace do so at a controlled rate and maintain it rather than just running really hard for the rest of the run. Think about your pace and try to stay relaxed and confident that you will be able to sustain your speed for the full distance in a race situation.
FRI	REST	
SAT	30 min easy run	
SUN	80 min easy run	If you run on roads, make sure you're running in the opposite direction of cars. You'll be much safer if you can see cars coming at you rather than having them at your back.

Week 10

MON	REST	
TUE	40 min easy run	
WED	REST	
THURS	35 min steady run with last 5 min hard	Runs with a period of harder pace work at the end are great for teaching the body to run fast on tired legs.
FRI	REST	
SAT	20 min easy run	
SUN	20 min easy run	Fatigue or soreness should fade within a day, even after long runs. If you have lingering pain, take an extra day off.

Week 11

DAY	ACTIVITY	EILISH'S TIPS
MON	REST	
TUE	30 min easy run	
WED	REST	
THURS	3 x 6 min @ your HM pace; 2 min recovery	Hitting race pace prior to a race is a great confidence boost while also getting the body used to the pace required in the race.
FRI	REST	
SAT	30 min easy run	
SUN	45 min easy run	Replenish fluids immediately after a run

Week 12

MON	REST	
TUE	35 min easy run	
WED	REST	
THURS	20 min easy run	You can't gain by training hard in the last week so the key is to stay fresh and get ready for event day.
FRI	REST	
SAT	10 min easy run or rest	A short run the day before the race will not tire you out or negatively impact your performance in any way. It helps by getting the muscles loose and the body prepared to run hard the following day.
SUN	Event Day	Don't go off too fast, pace yourself and be proud of your achievements so far and enjoy your big day!