



EILISH MCCOLGAN'S

**HALF MARATHON
RUN/WALK**

12 WEEK TRAINING PLAN

Week 1

DAY	ACTIVITY	EILISH'S TIPS
MON	REST	
TUE	6 x (1 min run, 1 min walk)	If you're just starting out, take it easy! Any new activity takes some getting used to. It's important not to push yourself too hard because you will feel sore tomorrow. Build up gradually.
WED	REST	
THURS	REST	
FRI	20 min brisk walk	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.
SAT	REST	
SUN	1 mile (alt. 1 min run, 1 min walk)	Alternating periods of running and walking is a great way of safely increasing intensity, while reducing stresses and strains associated with doing too much of any one repetitive motion too soon.

Week 2

MON	REST	
TUE	6 x (1 min run, 1 min walk)	If you're just starting out, take it easy! Any new activity takes some getting used to. It's important not to push yourself too hard because you will feel sore tomorrow. Build up gradually.
WED	REST	
THURS	REST	
FRI	20 min brisk walk	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.
SAT	REST	
SUN	1 mile (alt. 1 min run, 1 min walk)	Alternating periods of running and walking is a great way of safely increasing intensity, while reducing stresses and strains associated with doing too much of any one repetitive motion too soon.

Week 3

DAY	ACTIVITY	EILISH'S TIPS
MON	REST	
TUE	25 min brisk walk	
WED	REST	
THURS	REST	
FRI	5 x (3 min run, 2 min walk)	Find new ways to keep your runs fresh and interesting. Try exploring new routes, such as the routes on Great Run Training.
SAT	REST	
SUN	3 miles (alt. 2 min run, 1 min walk)	3 miles (alt. 2 min run, 1 min walk)

Week 4

MON	REST	
TUE	25 min brisk walk	If you're just starting out, take it easy! Any new activity takes some getting used to. It's important not to push yourself too hard because you will feel sore tomorrow. Build up gradually.
WED	REST	
THURS	REST	
FRI	6 x (3 min run, 2 min walk)	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.
SAT	REST	
SUN	4 miles (alt. 2 min run, 1 min walk)	You're up to 4-miles now. Remember to relax and keep your running pace at a nice easy rate.

Week 5

DAY	ACTIVITY	EILISH'S TIPS
MON	REST	
TUE	25 min brisk walk	
WED	REST	
THURS	REST	
FRI	6 x (3 min run, 2 min walk)	
SAT	REST	
SUN	5 miles (alt. 2 min run, 1 min walk)	You should be getting into good shape now and hopefully enjoying your running! If your struggling for motivation try to find other like minded people to run with.

Week 6

MON	REST	
TUE	30 min brisk walk	
WED	REST	
THURS	REST	
FRI	9 x (alt. 2 min easy, 2 min walk)	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.
SAT	REST	
SUN	6 miles (alt. 3 min run, 1 min walk)	

Week 7

DAY	ACTIVITY	EILISH'S TIPS
MON	REST	
TUE	30 min brisk walk	
WED	REST	
THURS	REST	
FRI	6 x (4 min run, 1 min walk)	With the longer sessions you have done, this run should feel comfortable and you should finish feeling like you could run for longer.
SAT	REST	
SUN	7 miles (alt. 3 min run, 1 min walk)	

Week 8

MON	REST	
TUE	30 min brisk walk	
WED	REST	
THURS	REST	
FRI	7 x (4 min run, 1 min walk)	You have another long session in two days, so keep it easy today.
SAT	REST	
SUN	8 miles (alt. 3 min run, 1 min walk)	Up to 8-miles of exercising now. You've come a long way since that start of your plan so well done for reaching this point. Remember to relax and keep your running pace at a nice easy rate.

Week 9

DAY	ACTIVITY	EILISH'S TIPS
MON	REST	
TUE	30 min brisk walk	
WED	REST	
THURS	REST	
FRI	7 x (2 min run, 1 min walk)	
SAT	REST	
SUN	5 miles (alt. 3 min run, 1 min walk)	You have an easy week this week, designed to allow your body to recover. Remember rest is an important part of your training.

Week 10

MON	REST	
TUE	30 min brisk walk	
WED	REST	
THURS	REST	
FRI	7 x (4 min run; 1 min walk)	You have another long session in two days, so keep it easy today.
SAT	REST	
SUN	10 miles (alt. 3 min run, 1 min walk)	This is the longest session in your training plan. You're not expected to be able to complete the half marathon distance in this run as you're still building up gradually. Come the end of the plan you will be able to push on and complete the distance.

Week 11

DAY	ACTIVITY	EILISH'S TIPS
MON	REST	
TUE	30 min brisk walk	
WED	REST	
THURS	REST	
FRI	5 x (4 min run; 1 min walk)	Just nine days to go if you have a race at the end of your training plan. Your training will start to 'taper' now getting a little easier to have you fresh for race day.
SAT	REST	
SUN	5 miles (alt. 3 min run, 1 min walk)	You can't gain by training hard so the key is to stay fresh and get ready for event day.

Week 12

MON	REST	
TUE	30 min brisk walk	
WED	REST	
THURS	REST	
FRI	10 min walk, 4 x (3 min run, 1 min walk)	A short run two days before a 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 the following day.
SAT	REST	
SUN	Event Day	Don't go off too fast, pace yourself and be proud of your achievements so far and enjoy your big day!