



*EILISH MCCOLGAN'S*

# **HALF MARATHON STARTER**

**12 WEEK TRAINING PLAN**

## Week 1

DAY	ACTIVITY	EILISH'S TIPS
MON	REST	
TUE	10 min run/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	15 min run/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.
SAT	REST	
SUN	15 min run/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.

## Week 2

MON	REST	
TUE	10 min run/walk	This is your third training session in five days so take it easy if you are tired or sore from the previous session. The idea is to build up gradually.
WED	REST	
THURS	REST	
FRI	10 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.
SAT	REST	
SUN	20 min easy run	You're up to 20 minutes of running today. Try to keep your pace nice and constant so that you finish running the same speed as you started.

## Week 3

DAY	ACTIVITY	EILISH'S TIPS
MON	REST	
TUE	15 min easy run	
WED	REST	
THURS	REST	
FRI	15 min easy run	The training is starting to build up now. Keep focused on your goal and try to keep to your training routine.
SAT	REST	
SUN	20 min easy run	

## Week 4

MON	REST	
TUE	15 min easy run	
WED	REST	
THURS	REST	
FRI	20 min easy run	
SAT	REST	
SUN	25 min easy run	As your runs increase try to find new running routes to keep things interesting.

## Week 5

DAY	ACTIVITY	EILISH'S TIPS
MON	REST	
TUE	20 min easy run	
WED	REST	
THURS	REST	
FRI	20 min easy run	
SAT	10 min easy run	
SUN	30 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 6

MON	REST	
TUE	15 min easy run	
WED	REST	
THURS	30 min easy run	
FRI	REST	
SAT	10 min easy run	
SUN	40 min easy run	You're well on your way to reaching your goal now. Keep these longer runs nice and relaxed. The key is to finish the run feeling as though you could run a little further if needed.

## Week 7

DAY	ACTIVITY	EILISH'S TIPS
MON	REST	
TUE	20 min easy run	
WED	REST	
THURS	25 min easy run	
FRI	REST	
SAT	15 min easy run	
SUN	50 min easy run	Try to keep your hands at waist level, right about where they might lightly brush your hip. Your arms should be at a 90 degree angle, with your elbows at your sides. Keep your posture straight and erect. Your head should be up, your back straight, and shoulders level.

## Week 8

MON	REST	
TUE	15 min easy run	
WED	REST	
THURS	30 min easy run	
FRI	REST	
SAT	10 min easy run	
SUN	60 min easy run	Up to 60 minutes of running 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 steady rate.

## Week 9

DAY	ACTIVITY	EILISH'S TIPS
MON	REST	
TUE	20 min easy run	
WED	REST	
THURS	30 min easy run	
FRI	REST	
SAT	15 min easy run	
SUN	70 min easy run	These long runs are essential for building your endurance so that you can comfortably complete the full distance in a few weeks time. Keep them steady and if the weather is hot think about your hydration.

## Week 10

MON	REST	
TUE	20 min easy run	
WED	REST	
THURS	20 min easy run	
FRI	REST	
SAT	20 min easy run	
SUN	80 min easy run	This is the longest run 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	15 min easy run	Just a couple of weeks 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.
WED	REST	
THURS	20 min easy run	
FRI	REST	
SAT	10 min easy run	
SUN	40 min easy run	

## Week 12

MON	REST	
TUE	20 min easy run	Keep your final few training runs easy if you are racing within the week. You can't gain by training hard so the key is to stay fresh and get ready for event day.
WED	REST	
THURS	15 min easy run	
FRI	REST	
SAT	10 min easy run	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	<b>Event Day</b>	Don't go off too fast, pace yourself and be proud of your achievements so far and enjoy your big day!