

PRE CONDITIONING

Important not to increase mileage too quickly, this phase is to build up strength & get into your routine.

LONG

The LONG run is the most important in this phase, build your week around it & pick a day with less commitments.

TAPERING

Lowering mileage building up to race day to avoid burnout. **NO SPEED IN TAPERING PHASE – SWITCH TO RECOVERY RUNS.**

FRONT RUNNER HALF MARATHON - 16 WEEK BEGINNER PLAN

| | MON | TUES | WED | THURS | FRI | SAT | SUN | |
|---------|------|-------------------------------------|------|-------------------------------------|------|--------------------|-------------------------------------|-------------|
| | | SPEED | | RECOVERY | | | LONG | TOTAL TIME |
| Week 1 | REST | 20 Minutes - Run 3 Min, Walk 2 Min | REST | 20 Minutes - Run 2 Min, Walk 3 Min | REST | Parkrun (Optional) | 25 Minutes - Run 2 Min, Walk 3 Min | 65 Minutes |
| Week 2 | REST | 20 Minutes - Run 3 Min, Walk 2 Min | REST | 20 Minutes - Run 2 Min, Walk 3 Min | REST | Parkrun (Optional) | 35 Minutes - Run 2 Min, Walk 3 Min | 75 Minutes |
| Week 3 | REST | 20 Minutes - Run 3 Min, Walk 2 Min | REST | 20 Minutes - Run 2 Min, Walk 3 Min | REST | Parkrun (Optional) | 45 Minutes - Run 2 Min, Walk 3 Min | 85 Minutes |
| Week 4 | REST | 20 Minutes - Run 3 Min, Walk 2 Min | REST | 20 Minutes - Run 2 Min, Walk 3 Min | REST | Parkrun (Optional) | 25 Minutes - Run 2 Min, Walk 3 Min | 65 Minutes |
| Week 5 | REST | 30 Minutes - Run 3 Min, Walk 2 Min | REST | 30 Minutes - Run 3 Min, Walk 2 Min | REST | Parkrun (Optional) | 50 Minutes - Run 3 Min, Walk 2 Min | 110 Minutes |
| Week 6 | REST | 30 Minutes - Run 3 Min, Walk 2 Min | REST | 30 Minutes - Run 3 Min, Walk 2 Min | REST | Parkrun (Optional) | 60 Minutes - Run 3 Min, Walk 2 Min | 120 Minutes |
| Week 7 | REST | 30 Minutes - Run 3 Min, Walk 2 Min | REST | 30 Minutes - Run 3 Min, Walk 2 Min | REST | Parkrun (Optional) | 70 Minutes - Run 3 Min, Walk 2 Min | 130 Minutes |
| Week 8 | REST | 30 Minutes - Run 3 Min, Walk 2 Min | REST | 30 Minutes - Run 4 Min, Walk 1 Min | REST | Parkrun (Optional) | 50 Minutes - Run 3 Min, Walk 2 Min | 110 Minutes |
| Week 9 | REST | 30 Minutes - Run 3 Min, Walk 2 Min | REST | 30 Minutes - Run 4 Min, Walk 1 Min | REST | Parkrun (Optional) | 80 Minutes - Run 4 Min, Walk 1 Min | 140 Minutes |
| Week 10 | REST | 30 Minutes - Run 3 Min, Walk 2 Min | REST | 30 Minutes - Run 4 Min, Walk 1 Min | REST | Parkrun (Optional) | 90 Minutes - Run 4 Min, Walk 1 Min | 150 Minutes |
| Week 11 | REST | 30 Minutes - Run 3 Min, Walk 2 Min | REST | 30 Minutes - Slow jog full duration | REST | Parkrun (Optional) | 100 Minutes - Run 4 Min, Walk 1 Min | 160 Minutes |
| Week 12 | REST | 30 Minutes - Run 3 Min, Walk 2 Min | REST | 30 Minutes - Slow jog full duration | REST | Parkrun (Optional) | 80 Minutes - Run 4 Min, Walk 1 Min | 140 Minutes |
| Week 13 | REST | 30 Minutes - Run 3 Min, Walk 2 Min | REST | 30 Minutes - Slow jog full duration | REST | Parkrun (Optional) | 120 Minutes - Run 4 Min, Walk 1 Min | 180 Minutes |
| Week 14 | REST | 30 Minutes - Slow jog full duration | REST | 30 Minutes - Slow jog full distance | REST | Parkrun (Optional) | 80 Minutes - Slow jog full duration | 140 Minutes |
| Week 15 | REST | 30 Minutes - Slow jog full distance | REST | 30 Minutes - Slow jog full distance | REST | Parkrun (Optional) | 60 Minutes - Slow jog full duration | 120 Minutes |
| Week 16 | REST | 30 Minutes - Slow jog full distance | REST | 30 Minutes - Slow jog full distance | REST | REST | RACE DAY | |

SPEED 5 Minute Intervals (3 Fast (8/10 effort), 2 Slow (2/10 effort).

TOP TIP #1 USE MARKERS (e.g. 15 lampposts Fast, 5 Slow) if you don't have a watch/app.

TOP TIP #2 RUN WITH OTHERS – will take your mind off the run & help to push you.

RECOVERY SLOW – light jogging to loosen the legs – pace is not important.

TOP TIP #1 STAY LOCAL – avoid out & back routes in case you need to stop.

TOP TIP #2 AIM IS TO RECOVER – if something hurts, don't be a hero, rest up!

LONG Easy pace to build endurance – this run is all about time on your feet.

TOP TIP #1 STAY HYDRATED & PRACTICE USING ENERGY GELS/ BARS/CHEWS – consume before start & every 30 minutes after start.

TOP TIP #2 TRY OUT DIFFERENT ROUTES – will help prevent boredom & make the run more enjoyable.

PARK RUN Free 5k timed run every Saturday 9am in different locations:

Swansea Bay, Llanelli Coast, Gnoll Park, Porthcawl, Llyn Llech Owain