



RUNMUMS

RUNMUMS Fast Half Marathon Training Programme

This advanced running plan is designed to get you running a fast Half Marathon in twelve weeks. At this stage you will probably already be doing a minimum of 30-35 miles a week and have previously completed a half-marathon or something similar before and want to take your running up to the next level.

Just a few things to bear in mind:

- Follow our RUNMUMS Advanced Fast Half Marathon programme and make a commitment to run five times a week for 12 weeks. It does not matter which days you run but allow at least one rest day between each run when you first begin.
- Each of the five runs is designed:
 - Two easy/steady runs designed to run at a conversational pace. So, if in doubt slow down.
 - One tempo run operating a race pace heart and effort or slightly higher.
 - Two slightly harder sessions to try and get the heart rate up by including some hills and/or speed work. Try and maintain good form and pace. It will feel harder, but it will make you stronger.
 - One longer run on or off-road. These are designed as slow, steady, gradual increases in your weekly mileage.
- Always start with a 5-minute warm-up jog or walk with some dynamic stretches.
- Always finish with a 5-10 stretching programme.
- Rest and recovery days are just as important as run days; without them you will not improve. It allows your muscles to recover and build up strength.
- An option for your two rest days is to stretch or cross train such as biking, swimming, walking, Pilates, depending on how your body feels, but do not do too much that you burn yourself out.
- Depending on if you've got a target date, then don't be afraid to repeat a week or drop back a week. Everyone is different.
- You can start at any stage depending on your current level of fitness.
- The programme is only a guide so please feel free to make any minor changes or swap the days around.

Why not help with the motivation by entering one of our virtual events here:

<https://shop.runmums.com>

Happy running.
Love RUNMUMS

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	40-mins easy run. Weights session.	1-mile warmup, 8 x 3 min hard runs (HR above 80%), 2-min jog recovery in between, 1-mile cool-down.	45-min steady/easy run. Weights programme.	1-mile warm-up, 6-mile tempo, 1-mile cool-down	Core strength and stretch	1-mile jog warm-up. Stretch. Run 2 sets x 7 hills (200-250m hill). Jog down to recover and walk between each set. 1-mile cool-down.	10-mile steady run off road if possible
2	40-mins easy run. Weights session	1-mile warmup, 9 x 3 min hard runs (HR above 80%), 2-min jog recovery in between, 1-mile cool-down.	8-mile easy run. Weights programme.	1-mile warm-up, 6.5-mile tempo, 1-mile cool-down	Core strength and stretch	1-mile jog warm-up. Stretch. 40-mins of fartlek, set off at easy pace, picking it up to faster for stretches varying from 20 secs-2mins, slow to easy to recover, 1-mile jog.	12-mile steady run off road if possible
3	45-mins easy run. Weights session	1-mile warmup, 6 x 5 min hard runs (HR above 80%), 2-min jog recovery in between, 1-mile cool-down.	8-mile easy run. Weights programme.	1-mile warm-up, 6.5-mile tempo, 1-mile cool-down	Core strength and stretch	1-mile jog warm-up. Stretch. Run 2 sets x 7 hills (200-250m hill). Jog down to recover and walk between each set. 1-mile cool-down.	12-mile steady run off road if possible
4	45-mins easy run. Weights session	1-mile warmup, 10 x 3 min hard, 2-min jog recovery in between, or 4 sets x 1000m, 800m, 600m with 200m jog recovery between each rep, 1-mile cool-down.	8-mile easy run. Weights programme.	1-mile warm-up, 7-mile tempo, 1-mile cool-down	Core strength and stretch	1-mile jog. Stretch. 45-mins of fartlek. 1-mile jog.	13-mile steady run off road if possible
5	45-mins easy run. Weights	1-mile warmup, 5 x 6 min hard runs (HR above	8-mile easy run. Weights programme.	1-mile warm-up, 7-mile tempo, 1-mile cool-down	Core strength and stretch	1-mile jog warm-up. Stretch. Run 2 sets x 8 hills (200-250m hill). Jog down to	14-mile steady run off road if possible

	session	80%), 2-min jog recovery in between, 1-mile cool-down.				recover and walk between each set. 1-mile cool-down.	
6	45-mins easy run. Weights session	1-mile warmup, 3 sets x 4 min, 3 min, 2 min hard, 2-min jog recovery in between, or 6 sets x 800m and 6 x 600m with 200m jog recovery between each rep, 1-mile cool-down.	8-mile easy run. Weights programme.	1-mile warm-up, 4-mile tempo if racing Saturday or 6.5-mile tempo if not racing, 1-mile cool-down	Core strength and stretch	10k-race or 45-mins of fartlek inc 1-mile warmup and cool-down.	14-mile steady run off road if possible
7	45-mins easy run. Weights session	1-mile warmup, 5 x 6 min hard runs (HR above 80%), 2-min jog recovery in between, 1-mile cool-down.	8-mile easy run. Weights programme.	1-mile warm-up, 2-mile faster than race pace, 1-mile slower than race pace, 2-miles faster than race pace, 1-mile slower than race pace, 1-mile faster, 1-mile cool-down	Core strength and stretch	1-mile jog warm-up. Stretch. Run 2 x sets of 8 hills (200-250m hill). Jog down to recover and walk between each set. 1-mile cool-down.	15-mile steady run off road if possible
8	45-mins easy run. Weights session	1-mile warmup, 8 x 1,000m reps, 2-min jog recovery in-between, or 8 x 4 mins hard effort, 2-min jog recovery in-between, 1-mile cool-down.	9-mile easy run. Weights programme.	1-mile warm-up, 7-mile tempo, 1-mile cool-down	Core strength and Stretch	1-mile jog. Stretch. 50-mins of fartlek. 2-mile jog.	13-mile steady run off road if possible
9	45-mins easy run. Weights session	1-mile warm-up, Mixed tempo run. 2-mile faster than target race pace, 1-	8-mile easy run. Weights programme.	1-mile warm-up, 5 x 3 min at 70-80% of max HR-mile, with 90-sec jog recovery, 1-mile cool-down	Core strength and Stretch	Rest day if racing on Sunday.	10K Race

		mile slower, 2-miles faster, 1-mile cool-down					
10	45-mins easy run. Weights session	1-mile warm-up, 6 x 6-min hard effort, 2-min jog recovery, 1-mile cool-down	8 to 9-mile easy run. Weights programme.	1-mile warm-up, 7 to 8-mile tempo, 1-mile cool-down	Core strength and Stretch	1-mile jog. Stretch. 45-mins of fartlek. 1-mile jog.	13-mile steady run off road if possible
11	45-mins easy run. Weights session	1-mile warm-up, either track: 9 x 1000m at 10k race pace, with 200m jog recovery or 10 x 3 mins hard runs with 90-sec jog recovery, 1-mile cool-down	8-mile easy run. Weights programme.	1-mile warm-up, 6-mile tempo, 4 x 100m strides walk in between to recovery, 1-mile cool-down	Core strength and stretch	1-mile jog warm-up. Stretch. Run 2 x sets of 6 hills (200-250m hill). Jog down to recover and walk between each set. 1-mile cool-down.	10-mile steady run off road if possible
12	Rest or 3 to 4-mile easy. Core strength and conditioning.	1-mile warm-up, 8 x 2 mins controlled at 10k pace with 90-sec recovery, 1-mile cool down.	8-mile easy run. Weights programme.	6-mile easy run	Core strength and stretch	Rest Day	Half Marathon

Congratulations on reaching your Half Marathon GOAL!