

Training plan

This training plan is designed for an runner who is used to running for around 45 minutes, or more, is running fairly regularly, and wants to make the step up to Half Marathon distance. The plan starts with 1 and a half hours of running a week and progresses to around 4. The last 2 weeks are reduced volume and intensity (taper) so that you feel ready to race and your body is sufficiently recovered.

The most important things to remember in your training are consistency, and recovery. If you are feeling tired/ill and unable to do some sessions then you may need to adjust the plan slightly. Don't try and cram workouts in, if you missed a few sessions then it won't make too much difference to your overall fitness, as long as you do most of the sessions to the best of your ability.

Pacing

When pacing the sessions, make sure that you work at the intensity that is specified. If you go harder you will be too tired to complete subsequent workouts, and if you go too easy then you will not get the benefit of the workout. The exception is if you are feeling tired/ill. If you are tired/ill then do not attempt to complete the session that day, rest and recover.

In each workout I have specified a RPE (rate of perceived effort) and heart rate zone. If you know your zones then use them. There will be tests to establish your zones if you need/want to, and to monitor your progress throughout the plan.

Testing

If you find out your threshold heart rate by doing the test in week 4 then you can input the data in to the calculator link below to find out your zones.

<https://www.britishcycling.org.uk/membership/article/20120925-Power-Calculator-0>

If you use Garmin connect then there is also a calculator on there. Don't worry if they are slightly different, as long as you are working in around the right area you will get the benefit from the session.

Timing

I have specified times in the plan rather than mileage, so the units specified are always in minutes/hours.

As the race is off road it is tougher than a road run. Whenever you can, try to replicate the race conditions by running off road or on the course. The sessions are designed to be progressive.

Strength and Conditioning/Cross training

There are rest days in the plan which can be used to cross train or do strength and conditioning work. It is always useful to incorporate some different types of exercise into a plan to promote different patterns of movement and help with injury prevention, just make sure you can still do the sessions after, so choose low impact and easy activities.

I hope you enjoy the training plan, if you do have any questions then just email me info@ltrcoaching.co.uk
Good luck!

love the rain, live your dream

Half Marathon Training plan Narberth Nobbler.

Month 1 is about getting some consistency in your running routine

Mon	Tues	Weds	Thur	Fri	Sat	Sun	Total
<p>Either off or easy cross training for example yoga, swimming, gym, depending on how you feel and how used you are to exercising.</p>	<p>Off If possible pay some attention to any niggles by stretching.</p>	<p>Workout description (30mins) Warm up 5 mins. increase heart rate to Z2/RPE 2-3 Run 20 mins Z2/RPE 2-3. Include 4 x 30second pick ups building pace to hard effort. Recover at least 1min between pick ups. Cool down 5 mins gradually ease off your effort and stretch.</p>	<p>Off Allow time for your body to adapt to the new training schedule.</p>	<p>Workout description (20mins) Warm up 5 mins. increase heart rate to Z2/RPE 2-3 Run 10 mins @ RPE 4-6/Z3 Count your cadence for 20s. You should be striking the ground with your right foot about 30 times every 20s. Try and do this several times during your run. Cool down 5 mins gradually ease off your effort and stretch.</p>	<p>Off</p>	<p>Workout description (45mins) Warm up 5 mins. increase heart rate to Z2/RPE 2-3 Run 35 mins @ Z2/RPE 2-3 Cool down 5 mins gradually ease off your effort and stretch.</p>	<p>1h 35 min</p>
<p>Either off or easy cross training for example yoga, swimming, gym, depending on how you feel and how used you are to exercising.</p>	<p>Off</p>	<p>Workout description (30mins) Warm up 5 mins. increase heart rate to Z2/RPE 2-3 Run 20 mins Z2/RPE 2-3. Include 6 x 30second pick ups building pace to hard effort. Recover at least 1min between pick ups. Cool down 5 mins gradually ease off your effort and stretch.</p>	<p>Off</p>	<p>Workout description (25mins) Warm up 5 mins. increase heart rate to Z2/RPE 2-3 Run 15 mins @ RPE 4-6/Z3 Count your cadence for 20s. You should be striking the ground with your right foot about 30 times every 20s. Try and do this several times during your run. Cool down 5 mins gradually ease off your effort and stretch.</p>	<p>Off</p>	<p>Workout description (50mins) Warm up 5 mins. increase heart rate to Z2/RPE 2-3 Run 40 mins Z2/RPE 2-3 Cool down 5 mins gradually ease off your effort and stretch.</p>	<p>1h 45 min</p>
<p>Either off or easy cross training for example yoga, swimming, gym, depending on how you feel and how used you are to exercising.</p>	<p>Off</p>	<p>Workout description (30mins) Warm up 5 mins. increase heart rate to Z2/RPE 2-3 Run 20 mins Z2/RPE 2-3. Include 4 x 60 second pick ups building pace to hard effort. Recover at least 1min between pick ups. Cool down 5 mins gradually ease off your effort and stretch.</p>	<p>Off</p>	<p>Workout description (30mins) Warm up 5 mins. increase heart rate to Z2/RPE 2-3 Run 20 mins @ RPE 4-6/Z3 Count your cadence for 20s. You should be striking the ground with your right foot about 30 times every 20s. Try and do this several times during your run. Cool down 5 mins gradually ease off your effort and stretch.</p>	<p>Off</p>	<p>Workout description (60mins) Warm up 5 mins. increase heart rate to Z2/RPE 2-3 Run 50 mins Z2/RPE 2-3 Cool down 5 mins gradually ease off your effort and stretch.</p>	<p>2h</p>
<p>Either off or easy cross training for example yoga, swimming, gym, depending on how you feel and how used you are to exercising.</p>	<p>Off</p>	<p>Workout description (25mins) Recovery Run, allows your body to absorb training. Run 25 mins @ Z1/RPE 1</p>	<p>Off</p>	<p>Test day (45mins) Try to find a course that is flat and that you can retest on. A track/park run is ideal as you will see your progression, and you will be able to run further/faster during subsequent tests. This can be moved to Saturday if doing a park run. Workout description Warm up 10min. Increase effort level every 2 mins until you are at Z4/RPE 7-8 Run 30mins, broken into 10m then 20m. Make sure you press the lap button to record your heart rate during the 20min interval. This is your Lactate threshold heart rate. (see coaching notes) Cool down 5 mins gradually ease off your effort and stretch.</p>	<p>Off</p>	<p>Workout description (45mins) Warm up 5 mins. increase heart rate to Z2/RPE 2-3 Run 35 mins @ Z2/RPE 2-3 Cool down 5 mins gradually ease off your effort and stretch.</p>	<p>1h 55 min</p>

Half Marathon Training plan Narberth Nobbler.

Month 2 is about introducing a bit more distance and intensity

Mon	Tues	Weds	Thur	Fri	Sat	Sun	Total
<p>Either off or easy cross training for example yoga, swimming, gym, depending on how you feel.</p>	<p>Off If possible pay some attention to any niggles by stretching.</p>	<p>Workout description (30mins) Warm up 5 mins. increase heart rate to Z2/RPE 2-3 Run 20 mins Z2/RPE 2-3. Include 6 x 30 second hill repetitions. (hills should be steep enough to slow you down, but not so steep that you lose good form) Recover on the descent. Cool down 5 mins gradually ease off your effort and stretch.</p>	<p>Off Allow time for your body to adapt to training</p>	<p>Workout description (30mins) Warm up 5 mins. increase heart rate to Z2/RPE 2-3 Run 20 mins @ RPE 4-6/Z3. Focus on good form and posture while running. Cool down 5 mins gradually ease off your effort and stretch.</p>	<p>Off</p>	<p>Workout description (1h 5 mins) Warm up 5 mins. increase heart rate to Z2/RPE 2-3 Run 55 mins Z2/RPE 2-3 Cool down 5 mins gradually ease off your effort and stretch.</p>	<p>2h 5 min</p>
<p>Either off or easy cross training for example yoga, swimming, gym, depending on how you feel.</p>	<p>Off</p>	<p>Workout description (30mins) Warm up 5 mins. increase heart rate to Z2/RPE 2-3 Run 20 mins Z2/RPE 2-3. Include 8 x 30 second hill repetitions. (hills should be steep enough to slow you down, but not so steep that you lose good form) Recover on the descent. Cool down 5 mins gradually ease off your effort and stretch.</p>	<p>Off</p>	<p>Workout description (45mins) Warm up 5 mins. increase heart rate to Z2/RPE 2-3 Run 2 x 15 mins @ RPE 4-6/Z3 with 5 min recoveries. Cool down 5 mins gradually ease off your effort and stretch.</p>	<p>Off</p>	<p>Workout description (1h 10 mins) Warm up 5 mins. increase heart rate to Z2/RPE 2-3 Run 60 mins Z2/RPE 2-3 Cool down 5 mins gradually ease off your effort and stretch.</p>	<p>2h 25 min</p>
<p>Either off or easy cross training for example yoga, swimming, gym, depending on how you feel.</p>	<p>Off</p>	<p>Workout description (30mins) Warm up 5 mins. increase heart rate to Z2/RPE 2-3 Run 20 mins Z2/RPE 2-3. Include 5 x 60 second hill repetitions. (hills should be steep enough to slow you down, but not so steep that you lose good form) Recover on the descent. Cool down 5 mins gradually ease off your effort and stretch.</p>	<p>Off</p>	<p>Workout description (45mins) Warm up 10m gradually increase HR up to Z3-4/RPE6-7 Main 3 x 5m at threshold (around 5km pace/Z4/RPE 7-8) recover 90s. Run remainder in Z2 Cool down gradually decrease effort and stretch.</p>	<p>Off</p>	<p>Workout description (1h15 mins) Warm up 5 mins. increase heart rate to Z2/RPE 2-3 Run 65 mins Z2/RPE 2-3 Cool down 5 mins gradually ease off your effort and stretch.</p>	<p>2h 30 m</p>
<p>Workout description (45mins) Warm up 5 mins. increase heart rate to Z2/RPE 2-3 Run 25 mins Z2/RPE 2-3 Cool down 5 mins gradually ease off your effort and stretch.</p>	<p>Off</p>	<p>Workout description (25mins) Recovery Run, allows your body to absorb training. Run 25 mins @ Z1/RPE 1</p>	<p>Either off or easy cross training for example yoga, swimming, gym,</p>	<p>Test day (45mins) Try to find a course that is flat and that you can retest on. A track/park run is ideal as you will see your progression, and you will be able to run further/faster during subsequent tests. This can be moved to Saturday if doing a park run. Workout description Warm up 10min. Increase effort level every 2 mins until you are at Z4/RPE 7-8 Run 30mins, broken into 10m then 20m. Make sure you press the lap button to record your heart rate during the 20min interval. This is your Lactate threshold heart rate. (see coaching notes) Cool down 5 mins gradually ease off your effort and stretch.</p>	<p>Off</p>	<p>Workout description (45mins) Warm up 5 mins. increase heart rate to Z2/RPE 2-3 Run 35 mins @ Z2/RPE 2-3 Cool down 5 mins gradually ease off your effort and stretch.</p>	<p>2h 40 min</p>

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Month 3 is about boosting endurance and threshold pace.

Mon	Tues	Weds	Thur	Fri	Sat	Sun	Total
<p>Either off or easy cross training for example yoga, swimming, gym, depending on how you feel and how used you are to exercising.</p>	<p>Off or Very easy run up to 40 minutes in Z1/RPE1</p>	<p>Workout description (30mins) Warm up 5 mins. increase heart rate to Z2/RPE 2-3 Run 20 mins Z2/RPE 2-3. Include 5 x 60 second hill repetitions. Recover on the descent. Cool down 5 mins gradually ease off your effort and stretch.</p>	<p>Off Allow time for your body to adapt to training</p>	<p>Workout description (45mins) Warm up 10mins gradually increase HR up to Z3-4/RPE6-7 Main 3 x 5mins at threshold (around 5km pace/Z4/RPE 7-8) recover 90s. Run remainder in Z2 Cool down 5 mins gradually decrease effort and stretch.</p>	<p>Off</p>	<p>Workout description (1h15 mins) Warm up 5 mins. increase heart rate to Z2/RPE 2-3 Run 65 mins Z2/RPE 2-3 Cool down 5 mins gradually ease off your effort and stretch.</p>	<p>2h 30 min</p>
<p>Workout description (45mins) Warm up 5 mins. increase heart rate to Z2/RPE 2-3 Run 20 mins Z2/RPE 2-3, 10 mins Z3/RPE 3-4 5mins Z4 RPE 7-8 Cool down 5 mins gradually ease off your effort and stretch.</p>	<p>Off</p>	<p>Workout description (30mins) Warm up 5 mins. increase heart rate to Z2/RPE 2-3 Run 20 mins Z2/RPE 2-3. Include 6 x 60 second hill repetitions. Recover on the descent. Cool down 5 mins gradually ease off your effort and stretch.</p>	<p>Off</p>	<p>Workout description (45mins) Warm up 10mins gradually increase HR up to Z3-4/RPE 6-7 Main 5mins @10k pace(RPE 7-8/ mid Z4) 2m recovery 3mins @5k pace (RPE 8-9/ high Z4 high)1m recovery 10mins @ half marathon pace.(RPE 7 low to mid Z4) Run remainder in Z2/RPE 2-3 Cool down 5 mins gradually decrease effort and stretch.</p>	<p>Off</p>	<p>Workout description (1h 20mins) Warm up 5 mins. increase heart rate to Z2/RPE 2-3 Run 70 mins Z2/RPE 2-3 Cool down 5 mins gradually ease off your effort and stretch.</p>	<p>3h 20 min</p>
<p>Either off or easy cross training for example yoga, swimming, gym, depending on how you feel and how used you are to exercising.</p>	<p>Off or Very easy run up to 40 minutes in Z1/RPE1</p>	<p>Workout description (30mins) Warm up 5 mins. increase heart rate to Z2/RPE 2-3 Run 20 mins Z2/RPE 2-3. Include 8 x 60 second hill repetitions. Recover on the descent. Cool down 5 mins gradually ease off your effort and stretch.</p>	<p>Off</p>	<p>Workout description (45mins) Warm up 10mins gradually increase HR up to Z3-4/RPE6-7 Main 4 x 5mins at threshold (around 5km pace/Z4/RPE 7-8) recover 90s. Run remainder in Z2 Cool down 5 mins gradually decrease effort and stretch.</p>	<p>Off</p>	<p>Workout description (1h 30mins) Warm up 5 mins. increase heart rate to Z2/RPE 2-3 Run 80 mins Z2/RPE 2-3 Cool down 5 mins gradually ease off your effort and stretch.</p>	<p>2h 45 m</p>
<p>Workout description (45mins) Warm up 5 mins. increase heart rate to Z2/RPE 2-3 Run 20 mins Z2/RPE 2-3, 10 mins Z3/RPE 3-4 5mins Z4 RPE 7-8 Cool down 5 mins gradually ease off your effort and stretch.</p>	<p>Off</p>	<p>Workout description (25mins) Recovery Run, allows your body to absorb training. Run 25 mins @ Z1/RPE 1</p>	<p>Either off or easy cross training for example yoga, swimming, gym,</p>	<p>Test day (45mins) Try to find a course that is flat and that you can retest on. A track/park run is ideal as you will see your progression, and you will be able to run further/faster during subsequent tests. This can be moved to Saturday if doing a park run. Workout description Warm up 10min. Increase effort level every 2 mins until you are at Z4/RPE 7-8 Run 30mins, broken into 10m then 20m. Make sure you press the lap button to record your heart rate during the 20min interval. This is your Lactate threshold heart rate. (see coaching notes) Cool down 5 mins gradually ease off your effort and stretch.</p>	<p>Off</p>	<p>Workout description (60mins) Warm up 5 mins. increase heart rate to Z2/RPE 2-3 Run 50 mins @ Z2/RPE 2-3 Cool down 5 mins gradually ease off your effort and stretch.</p>	<p>2h 55 min</p>

Half Marathon Training plan Narberth Nobbler.

Month 4 is about consolidating your training and preparing to race!

Mon	Tues	Weds	Thur	Fri	Sat	Sun	Total
<p>Either off or easy cross training for example yoga, swimming, gym, depending on how you feel and how used you are to exercising.</p>	<p>Off or Very easy run up to 40 minutes in Z1/RPE1</p>	<p>Workout description (30mins) Warm up 5 mins. increase heart rate to Z2/RPE 2-3 Run 20 mins Z2/RPE 2-3. Include 8 x 60 second hill repetitions. Recover on the descent. Cool down 5 mins gradually ease off your effort and stretch.</p>	<p>Off Allow time for your body to adapt to training</p>	<p>Workout description (45mins) Warm up 10mins gradually increase HR up to Z3-4/RPE 6-7 Main 5mins @10k pace(RPE 7-8/ mid Z4) 2m recovery 3mins @5k pace (RPE 8-9/ high Z4 high)1m recovery 10mins @ half marathon pace.(RPE 7 low to mid Z4) Run remainder in Z2/RPE 2-3 Cool down 5 mins gradually decrease effort and stretch.</p>	<p>Off</p>	<p>Workout description (1h 45 mins) Warm up 5 mins. increase heart rate to Z2/RPE 2-3 Run 1h 35mins Z2/RPE 2-3 Cool down 5 mins gradually ease off your effort and stretch.</p>	<p>3h</p>
<p>Workout description (60mins) Warm up 5 mins. increase heart rate to Z2/RPE 2-3 Run 25 mins Z2/RPE 2-3, 15 mins Z3/RPE 3-4 10 mins Z4 RPE 7-8 Cool down 5 mins gradually ease off your effort and stretch.</p>	<p>Off</p>	<p>Workout description (30mins) Warm up 5 mins. increase heart rate to Z2/RPE 2-3 Run 20 mins Z2/RPE 2-3. Include 4 x 3 min hill repetitions. Recover on the descent. Cool down 5 mins gradually ease off your effort and stretch.</p>	<p>Off or Very easy run up to 40 minutes in Z1/RPE1</p>	<p>Workout description (45mins) Warm up 10mins gradually increase HR up to Z3-4/RPE 6-7 Main 5mins @10k pace(RPE 7-8/ mid Z4) 2m recovery 3mins @5k pace (RPE 8-9/ high Z4 high)1m recovery 10mins @ half marathon pace.(RPE 7 low to mid Z4) Run remainder in Z2/RPE 2-3 Cool down 5 mins gradually decrease effort and stretch.</p>	<p>Off</p>	<p>Workout description (up to 120mins) Warm up 5 mins. increase heart rate to Z2/RPE 2-3 Run up to 1h 50 mins Z2/RPE 2-3 Cool down 5 mins gradually ease off your effort and stretch.</p>	<p>4h 15 min</p>
<p>Either off or easy cross training for example yoga, swimming, gym, depending on how you feel and how used you are to exercising.</p>	<p>Off or Very easy run up to 40 minutes in Z1/RPE1</p>	<p>Workout description (30mins) Warm up 5 mins. increase heart rate to Z2/RPE 2-3 Run 20 mins Z2/RPE 2-3. Include 8 x 60 second hill repetitions. Recover on the descent. Cool down 5 mins gradually ease off your effort and stretch.</p>	<p>Off</p>	<p>Workout description (45mins) Warm up 10m gradually increase HR up to Z3-4/RPE6-7 Main 4 x 5m at threshold (around 5km pace/Z4/RPE 7-8) recover 90s. Run remainder in Z2 Cool down gradually decrease effort and stretch.</p>	<p>Off</p>	<p>Workout description (45mins) Warm up 5 mins. increase heart rate to Z2/RPE 2-3 Run 35 mins Z2/RPE 2-3 Cool down 5 mins gradually ease off your effort and stretch.</p>	<p>2h</p>
<p>Either off or easy cross training for example yoga, swimming, gym, depending on how you feel and how used you are to exercising.</p>	<p>Off</p>	<p>Workout description (25mins) Recovery Run, allows your body to absorb training. Run 25 mins @ Z1/RPE 1</p>	<p>Off</p>	<p>Workout description (30mins) Warm up 10m gradually increase HR up to Z3-4/RPE6-7 Main 2 x 3m at race pace. Run remainder in Z2 Cool down gradually decrease effort and stretch.</p>	<p>Off</p>	<p>Race day Time to put all that hard work in to practice, have a great race!</p>	<p>50 min + race</p>

Rate of Perceived effort/RPE (what it feels like)	Heart rate zone
10 Maximum effort, sprint unable to talk, can only sustain this effort for a very short amount of time, (less than 30s) heart rate will not go up to this level during the time of the interval.	Z6 neuromuscular/power
9 Very hard effort, difficult to breathe, can only speak in single words, can only sustain this effort for a short amount of time. (3-8 minutes)	Z5 V02 max/speed
7-8 Hard effort, short of breath but able to speak in a sentence. Can sustain this effort for a about an hour to an hour and a half (roughly olympic distance and sprint triathlon pace)	Z4 Anaerobic/lactate threshold
4-6 Moderate effort, breathing fairly heavily, but can hold a conversation and could continue for several hours at this effort. (roughly half ironman pace)	Z3 Endurance/tempo
2-3 Easy effort that you can maintain for hours. Easy to breathe and maintain conversation. (ironman pace)	Z2 Endurance/Aerobic
1 Very easy effort, low effort needed, easy to breathe, can sustain for a long period of time.	Z1 Recovery/endurance