

8 Week Half Marathon Plan for Progression Group

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Harriers Progression Club Run or 6 miles Solo Approx. 9 min miles	Harriers Club Speed Session (See Website for session details)	Rest	Harriers Club Run Or Solo Steady 5 miles	Rest	Park Run or Tempo 4 miles	7- 8 miles LSR
Week 2	Harriers Progression Club Run or 6 miles Solo Approx. 9 min miles	Harriers Club Speed Session (See Website for session details)	Rest	Harriers Club Run Or Solo Steady 5 miles + 4x 150m Strides	Rest	Progressive 4	8 miles LSR
Week 3	Harriers Progression Club Run or 6 miles Solo Approx. 9 min miles	Harriers Club Speed Session (See Website for session details)	Rest	Harriers Club Run Or Solo Steady 5 miles + 4x 150m Strides	Rest	10x 45 second hills	8-10 Miles LSR
Week 4	Harriers Progression Club Run or 6 miles Solo Approx. 9 min miles	Harriers Club Speed Session (See Website for session details)	30 Mins Recovery/ Supplementary training	Harriers Club Run with 3 miles tempo Or Solo Steady 5 miles + 4x 150m Strides	Rest	Park Run or Tempo 4 Miles	10 Miles LSR with 4 miles at race pace
Week 5	Harriers Progression Club Run or 6 miles Solo Approx. 9 min miles	Harriers Club Speed Session (See Website for session details)	30 Mins Recovery/ Supplementary training	Harriers Club Run Or Solo Steady 5 miles + 4x 150m Strides	Rest	Progressive 4	10-12 Miles LSR
Week 6	Harriers Progression Club Run or 6 miles Solo Approx. 9 min miles	Harriers Club Speed Session (See Website for session details)	30 Mins Recovery/ Supplementary training	Harriers Club Run Or Solo Steady 6 miles	Rest	Park Run or 10x 2 mins long hills	7- 10 Miles LSR with 5 miles at race pace
Week 7	Harriers Progression Club Run or 6 miles Solo Approx. 9 min miles	Harriers Club Speed Session (See Website for session details)	30 Mins Recovery/ Supplementary training	Harriers Club Run with 3 miles tempo Or Solo Steady 7 miles + 4x 150m Strides	Rest	Park Run or Tempo 4 Miles	8 Miles LSR
Week 8	Harriers Progression Club Run or 6 miles Solo Approx. 9 min miles	Easy 4 miles	Rest	Easy 4 miles + 5x 100m Strides	Rest	Easy 3-4 miles	Race Day

Note For All Sessions Marked Red: 2 Mile Warm up + 4x10s strides and 1-2 miles Cool Down either side of sessions

Suggestions for Speed Sessions:

- 5-6x 4mins @ 10k pace. 90 Seconds Recovery
- 6-8 x 3 mins @ 5k pace. 90 Seconds Recovery
- 3-5 x 8 mins @ 10k pace. 2 mins recovery
- 2x 2 mins. 2x 3 mins. 2x 4 mins Pyramid. 90 Seconds Recovery
- 10x 45 Seconds Hill sprints. Jog back recovery
- 6-8 x 2 mins Long hill reps @ consistent pace. Jog back recovery

Glossary:
 LSR – Long Steady Run
 Strides - Sprint Medium to maximum effort
 Tempo – Medium Effort

This plan forms a basis of 8 weeks training and can be tailored to suit your individual training needs. Please contact us if you require more info or would like to know how to change this plan around to suit you.