

**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 - 12 WEEK BEGINNER PLAN**

	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL TIME
		SPEED		RECOVERY			LONG	
<b>WEEK 1</b>	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	<b>85 Minutes</b>
<b>WEEK 2</b>	REST	20 Minutes - Run 3 Min, Walk 2 Min	REST	20 Minutes - Run 2 Min, Walk 3 Min	REST	Parkrun (Optional)	50 Minutes - Run 2 Min, Walk 3 Min	<b>90 Minutes</b>
<b>WEEK 3</b>	REST	20 Minutes - Run 3 Min, Walk 2 Min	REST	20 Minutes - Run 2 Min, Walk 3 Min	REST	Parkrun (Optional)	55 Minutes - Run 2 Min, Walk 3 Min	<b>95 Minutes</b>
<b>WEEK 4</b>	REST	20 Minutes - Run 3 Min, Walk 2 Min	REST	20 Minutes - Run 3 Min, Walk 2 Min	REST	Parkrun (Optional)	45 Minutes - Run 3 Min, Walk 2 Min	<b>85 Minutes</b>
<b>WEEK 5</b>	REST	30 Minutes - Run 3 Min, Walk 2 Min	REST	30 Minutes - Run 4 Min, Walk 1 Min	REST	Parkrun (Optional)	60 Minutes - Run 3 Min, Walk 2 Min	<b>120 Minutes</b>
<b>WEEK 6</b>	REST	30 Minutes - Run 3 Min, Walk 2 Min	REST	40 Minutes - Run 4 Min, Walk 1 Min	REST	Parkrun (Optional)	80 Minutes - Run 4 Min, Walk 1 Min	<b>150 Minutes</b>
<b>WEEK 7</b>	REST	30 Minutes - Run 3 Min, Walk 2 Min	REST	40 Minutes - Run 4 Min, Walk 1 Min	REST	Parkrun (Optional)	100 Minutes - Run 4 Min, Walk 1 Min	<b>170 Minutes</b>
<b>WEEK 8</b>	REST	30 Minutes - Run 3 Min, Walk 2 Min	REST	40 Minutes - Run 4 Min, Walk 1 Min	REST	Parkrun (Optional)	60 Minutes - Run 4 Min, Walk 1 Min	<b>130 Minutes</b>
<b>WEEK 9</b>	REST	30 Minutes - Run 3 Min, Walk 2 Min	REST	40 Minutes - Run 4 Min, Walk 1 Min	REST	Parkrun (Optional)	120 Minutes - Run 4 Min, Walk 1 Min	<b>190 Minutes</b>
<b>WEEK 10</b>	REST	30 Minutes - Slow jog full duration	REST	40 Minutes - Slow jog full duration	REST	Parkrun (Optional)	80 Minutes - Slow jog full duration	<b>150 Minutes</b>
<b>WEEK 11</b>	REST	30 Minutes - Slow jog full duration	REST	30 Minutes - Slow jog full duration	REST	Parkrun (Optional)	60 Minutes - Slow jog full duration	<b>120 Minutes</b>
<b>WEEK 12</b>	REST	REST	REST	30 Minutes - Slow jog full duration	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 loosening 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