



# HALF MARATHON TRAINING GUIDE



**SHELTER**



## Want to last the course? Set up a routine you know you'll stick to.

Before all interval and hill sessions, try a 10-15min easy warm up followed by the drills [in this video](#). For all other runs, use a short mobility routine before you start the run [as shown here](#).

All runs are structured by time and effort as opposed to distance. This is easier for you. Running by distance does not take into account varied terrain, weather and mood. Running by time is more consistent.

### Key

#### Fartlek

Loosely translates as 'speed play', these are continuous runs where you vary your pace and effort for set periods of time.

#### Strides

Short 20 sec relaxed sprints, focusing on tall posture and a fast smooth turnover of steps. Run 5-6 sprints with a jog/walk back to your starting position after each one.

#### Short hills

A steep climb that takes 30-40 sec to run up. Run these at a fast pace/effort. Walk back to the bottom after each one.

#### Long hills

A climb that takes 60-80 sec to run up. More of a grind - run these at steady pace/effort. Slowly jog back to the bottom after each one.

#### Strength: core

60 secs of each of these six exercises in turn = one round. See plan for number of rounds. (Video link: [Let's Get Running Core Workout](#))

#### Strength: legs

10-15 reps of each of these six exercises in turn = one round. (If in gym substitute leg press for squats or lunges.) (Video link: [Runners Conditioning Workout](#))

### Pace guide for all plans

#### Run Gear 1 (G1)

Easy conversation pace, if you aren't able to talk, slow down!

#### Gear 2 (G2)

Breathing starts to get a little more strained but you can still manage a short sentence. Comfortably hard or 7 out of 10/70% effort.

#### Gear 3 (G3)

Breathing is deep but rhythmical - working hard, 75% to 80%. For more experienced runners this would be roughly 10K race pace.

#### Gear 4 (G4)

Hard running - could say a word or so. Less control over breathing. Probably only maintain this for 10 mins before slowing down significantly. Feel the lactic burn! 85% effort.

#### Gear 5 (G5)

Flat out sprinting. Wouldn't be able to speak at all! 10-20 sec all out effort.

# HALF MARATHON BEGINNER

For those who are fairly new to the running scene. Get all the basics you need to get to the finish line smoothly.



Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
01	Strength session: legs	Rest	20 mins @ G1	Rest	Rest	25 mins @ G1	Rest
02	Strength session: core	Rest	25 mins @ G1+ Strides	Rest	Rest	35 mins @ G1	Rest
03	30 mins @ G1+ Strides	Rest	35 mins @ G1	Rest	Rest	45 mins @ G1	Rest
04	Short hills session (6 reps)	Rest	35 mins @ G1	Rest	Strength session: legs x2	55 mins @ G1	Rest
05	40 mins @ G1	Rest	Fartlek: 10 mins @ G1/10 mins @ G2/5 mins @ G1/10 mins @ G3/5 mins @ G1	Rest	Strength session: core x2	55 mins @ G1	Rest
06	50 mins @ G1	Rest	Long hills session (6 reps)	Rest	Rest	5K ParkRun! Visit <a href="http://ParkRun.com">ParkRun.com</a> to find your local run	Rest
07	35 mins @ G1	Rest	Interval session: 8 x 2 mins @ G4, 2 mins rest in between each	Rest	Strength session: legs x3	90 mins @ G1	Rest
08	45 mins @ G1	Rest	Fartlek: 15 mins @ G1/10 mins @ G2/10 mins @ G3/10 mins @ G2/5 mins @ G1	Optional 30 mins @ G1	Strength session: core x3	50 mins @ G1	Rest
09	45 mins @ G1	Rest	Interval session: 6 x 3 mins @ G4, 2 mins rest in between each	Optional 30 mins @ G1	Rest	Fartlek: 60 mins @ G1	Rest
10	50 mins @ G1	Rest	Fartlek: 15 mins @ G1/20 mins @ G2/10 mins @ G3, G5/5 mins G1	Rest	Strength session: legs x2	1 hour 45 mins @ G1	Rest
11	30 mins @ G1	Rest	Fartlek: 10 mins @ G1/20 mins @ G2/20 mins @ G3	Rest	Strength session: core x2	50 mins @ G1	Rest
12	30 mins @ G1+ Strides	Rest	Rest	20 mins @ G1	Rest	Rest	<b>RACE DAY!</b>

# HALF MARATHON INTERMEDIATE

For those who are looking to take a step up, vary their training and improve their time.



Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
01	35 mins @ G1	Rest	30 mins @ G1 + Strides	Rest	Rest	Strength session: legs x2	40 mins @ G1
02	40 mins @ G1	Rest	Short hills session (6 reps)	Rest	Rest	Strength session: core x2	50 mins @ G1
03	45 mins @ G1	Rest	Speed interval session: 5 x (run 75 secs, rest 45 secs, run 45 secs) Rest for 4 mins between each set. Run intervals in G4/G5	Rest	Rest	Strength session: legs x3	60 mins @ G1
04	45 mins @ G1	Rest	Long hills session (8 reps)	Rest	Rest	Strength session: legs x3	Progression: 30 mins @ G1, 20 mins @ G2, 10 mins @ G3
05	50 mins @ G1	Rest	Interval session: 7 x 3 mins @ G4, 2 mins rest in between each	Rest	Strength session: core x3	Fartlek: 20 mins @ G1 / 7 mins @ G3 / 3 mins @ G1 / 7 mins @ G3, 3 mins @ G1 / 7 mins @ G3 / 10 mins @ G1	80 mins @ G1
06	50 mins @ G1	Rest	Fartlek: 20 mins @ G1 / 10 mins @ G2 / 5 mins @ G1 / 10 mins @ G3 / 10 mins @ G1	Rest	Strength session: legs x3	5K ParkRun! Visit <a href="http://ParkRun.com">ParkRun.com</a> to find your local run	80 mins @ G1
07	50 mins @ G1	Rest	Interval session: 3 x (3 mins 30 run @ G4, 2 mins rest, 2 mins 30 run @ G4, 1 min 30 rest, 1 min run @ G5) Between each round take only 45 secs rest!	Rest	Strength session: core x3	Fartlek: 20 mins @ G1 / 10 mins @ G2 / 5 mins @ G1 / 10 mins @ G3 / 10 mins @ G1	90 mins @ G1
08	55 mins @ G1	Rest	Interval session: 7 x 4 mins @ G4, 2 mins rest in between each	Rest	Strength session: legs x3	50 mins @ G1	Fartlek: 30 mins @ G1 / 20 mins @ G2 / 10 mins @ G1 / 10 mins @ G3 / 10 mins @ G1
09	60 mins @ G1	Rest	Interval session: 3 x 9 mins @ G3, 3 mins jog between each	Rest	Strength session: core x3	50 mins @ G1	Fartlek: 60 mins @ G1 / 30 mins @ G2
10	50 mins @ G1	Rest	Progression: 20 mins @ G1, 20 mins @ G2, 20 mins @ G3	Rest	45 mins @ G1 + Strides	Rest	1 hour 45 mins @ G1
11	50 mins @ G1	Rest	10 mins @ G1, 30 mins @ G2 + Strides	Rest	Rest	ParkRun or fast 5K Timetrial (can you beat week 6 time?)	40 mins @ G1
12	35 mins @ G1	Rest	30 mins @ G1 + Strides	Rest	Optional 20 mins @ G1	Rest	<b>RACE DAY!</b>

# HALF MARATHON ADVANCED

For experienced 10K runners,  
searching for that elusive PB.



Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
01	40 mins @ G1	Rest	35 mins @ G1+ Strides	Rest	50 mins @ G1	Strength session: legs x2	60 mins @ G1
02	50 mins @ G1	Rest	Short hills session (8 reps)	Rest	Progression run: 20 mins @ G1, 10 mins @ G2, 5 mins @ G3	Strength session: core x2	70 mins @ G1
03	<b>Fartlek:</b> 25 mins @ G1/ 5 mins @ G2/ 3 mins @ G1/ 5 mins @ G3/ 3 mins @ G1/ 5 mins @ G3/ 10 mins @ G1	Rest	50 mins @ G1	Rest	Strength session: legs x3	Speed interval session: 6x(run 75 secs, rest 45 secs, run 45 secs) Rest for 4 mins between each set. Run intervals @ G5	Progression: 30 mins @ G1, 20 mins @ G2, 15 mins @ G3
04	50 mins @ G1	Rest	Long hills session (8 reps)	Rest	Strength session: core x3	Rest	90 mins @ G1
05	60 mins @ G1	Rest	Interval session: 7 x 3 mins @ G4, 90 secs rest in between each	Rest	Strength session: legs x4	50 mins @ G1	<b>Fartlek:</b> 30 mins @ G1/ 20 mins @ G2/ 10 mins @ G1/ 10 mins @ G3/ 10 mins @ G1
06	50 mins @ G1	Rest	Interval session: 3 x (4 mins run @ G3, 2 mins rest, 3 mins run @ G3, 1 min 30 rest, 1 min run @ G4) Then take only 45 secs rest between each round!	Rest	30 mins @ G1 + Strides	5K ParkRun! Visit <a href="http://ParkRun.com">ParkRun.com</a> to find your local run	1 hour 40 mins @ G1
07	60 mins @ G1	Rest	Interval session: 10 mins @ G3, 3 mins rest, 5 x 1 min @ G4 with 1 min rest between, 3 mins rest, 10 mins @ G3	Rest	Optional 35 mins @ G1 + Strength session: core x3	Rest	<b>Fartlek:</b> 30 mins @ G1/ 20 mins @ G2/ 10 mins @ G1/ 20 mins @ G3/ 10 mins @ G1

# HALF MARATHON ADVANCED

For experienced 10K runners,  
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Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
08	65 mins @ G1	Rest	<b>Interval session:</b> 5 x 5 mins @ G4, 2 mins rest in between each	<b>35 mins @ G1</b> + <b>Strength</b> <b>session:</b> legs x 3	Rest	Rest	<b>1 hour 50 mins @</b> G1
09	60 mins @ G1	Rest	<b>Interval session:</b> 3 x 9 mins @ G3, 3 mins jog between each	<b>40 mins @ G1</b> + <b>Strength</b> <b>session:</b> core x 3	Rest	<b>50 mins @ G1</b>	<b>Fartlek:</b> 30 mins @ G1/ 10 mins @ G2/ 10 mins @ G3/ 10 mins @ G2/ 20 mins @ G1
10	50 mins @ G1	Rest	<b>Progression:</b> 20 mins @ G1, 10 mins @ G2, 5 mins @ G3	<b>40 mins @ G1</b> + <b>Strength</b> <b>session:</b> legs x 3	Rest	<b>Speed interval</b> <b>session:</b> 6 x (run 75 secs, rest 45 secs, run 45 secs) Rest for 4 mins between each set. Run intervals in @ G5	<b>1 hour 45 mins @</b> G1
11	50 mins @ G1	Rest	<b>Fartlek:</b> 10 mins @ G1/ 30 mins @ G2+ <b>Strides</b> , 10 mins @ G2	<b>Optional 40</b> <b>mins @ G1+</b> <b>Strength</b> <b>session :</b> core x 3	Rest	<b>5K ParkRun!</b> Visit <a href="http://ParkRun.com">ParkRun.com</a> to find your local run	<b>50 mins @ G1</b>
12	35 mins @ G1	Rest	<b>30 mins @ G1+</b> Strides	Rest	<b>Optional:</b> <b>20 mins @ G1</b>	Rest	<b>RACE DAY!</b>



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