



# Welcome to The Big Half Training Plans

Complete  
half marathon training plan.

A half marathon certainly doesn't take 'half' the effort. It's a serious endurance running challenge that requires the development of the stamina and strength required to achieve your goal, whether that's to get around for the first time, or get around in your fastest ever time.

**9-week Plan**



# The Vitality bigHalf

## No Half Measures

This nine-week plan features four training runs per week and assumes that you're already a regular runner and can cover at least 5k without stopping. Each week you'll do a mixture of steady running – which is designed to make you stronger and develop your routine – some quality higher intensity running, with the purpose of stretching your boundaries and teaching you to run faster, some continued, sustained effort runs to help you become more economical and some distance runs to boost your stamina and strength. Change the days of the schedule around to best fit with your specific needs. A training plan should always be flexible and adapted to fit your lifestyle, situation and constraints.

# Instructions 4



# Schedule 7





# Instructions

## NINE WEEKS TO HALF MARATHON GLORY

You will develop your endurance through regular, consistent and appropriate training. The amount and type of training that you need to undertake for a successful half marathon will vary considerably and depends on your half marathon target time, your fitness levels, your running history, your ability and your motivation to put the miles in.

Building a strong foundation for your half marathon through weekly running should form the mainstay of your Big Half preparations. If you're looking for that extra edge, to feel fitter and be better than before, or you like to make sure that you're not just going to finish but do it to the best of your ability, then aim to include some mixed-paced runs and sustained efforts or tempo runs in your build-up.

# HOW TO USE THE TRAINING PLAN: TYPES OF RUNNING AND EFFORT LEVELS

**0-4** easy, a gentle pace  
**(40% max)**

**5-6** steady, able to hold a conversation  
**(50-60% max)**

**7** tempo, starting to get out of breath  
**(70% max)**

**8** threshold, difficult. Controlled discomfort  
**(80% max)**

**9-10** fast, high intensity. Quickly out of breath  
**(90-100% max)**

# LONG RUNS (LR) EFFORT LEVEL 4-6

Long runs are the money miles that build your stamina. Gradually build up the time/distance you are able to run for over many weeks to train your body to deal with the distance.

# STEADY RUNS (SR) EFFORT LEVEL 5-6

These are the bread and butter of your training and the 'miles in the bank'. They build stamina and economy.

# THRESHOLD RUNS (TR) - EFFORT LEVEL 8

Running fast (9-10 in terms of effort) helps build top end speed, increase VO2 max and is great for running form and technique. A little speed training helps in all training plans.

# SPEED TRAINING (SP) - EFFORT LEVEL 9

Running fast (9-10 in terms of effort) helps build top end speed, increase VO2 max and is great for running form and technique. A little speed training helps in all training plans.



# Schedule

## WEEK 1

Get going. Establish a routine that works for you. Commit to four runs per week

### TUESDAY

30'

- 30 min easy run  
effort level 4

### THURSDAY

45'

- 45 min easy run  
effort level 4

### SATURDAY

40'

- 40 min steady run  
effort level 5

### SUNDAY

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- 6 mile long run  
effort level 6

# WEEK 2

Stick to your routine. Your goal is to become habitual with your running; to make it a regular feature of your week

## TUESDAY

40'

- 40 min steady run  
**effort level 5**

## THURSDAY

45'

- 45 min easy run  
**effort level 4**

## SATURDAY

40'

- 40 min steady run  
**effort level 5**

## SUNDAY

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- 7 mile long run  
**effort level 6**



# WEEK 3

Introduce some faster paced running as a threshold interval workout

## TUESDAY

40'

- 40 min steady run  
**effort level 5**

## THURSDAY

35'

- 10 min easy run
- 5 min threshold (**effort level 8**) x2
- 5 min easy recovery run
- 10 min easy run

## SATURDAY

45'

- 45 min steady run  
**effort level 5**

## SUNDAY

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- 8 mile long run  
**effort level 6**

# WEEK 4

Four weeks ticked off. Up the ante on your longer stamina run. Start to understand some pace and effort control

## TUESDAY

45'

- 10 min easy run
- 3 min threshold runs (**effort level 8**) with 2 min easy run recovery after each effort **x5**
- 10 min easy run

## THURSDAY

45'

- 45 min steady run **effort level 5**

## SATURDAY

46'

- 10 min steady run **effort level 5**
- 8 min threshold runs (**effort level 8**) with 5 min easy run recovery after each effort **x2**
- 10 min easy run

## SUNDAY

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- 8 mile fast finish long run **effort level 6**

Control the pace. Feel comfortable for the first four miles then pick up the pace for the final four miles. Run the second half of the run faster than the first.

# WEEK 5

Build your longest run and introduce some speedy stuff!

## TUESDAY

44'

- 10 min easy run
- 2 min fast runs (**effort level 9**) with 2 min easy run recovery after each effort **x6**
- 10 min easy run

## THURSDAY

50'

- 50 min steady run  
**effort level 5**

## SATURDAY

56'

- 10 min easy run
- 7 min threshold runs (**effort level 8**) with 5 min easy run recovery after each effort **x3**
- 10 min easy run

## SUNDAY

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- 10 mile long run  
**effort level 6**

Control the pace from the start. Be disciplined.

# WEEK 6

Introduce a sustained threshold run. Top up your long run with a focus on some half marathon paced running

## TUESDAY

44'

- 10 min easy run
- 90 second fast runs (**effort level 9**) with 90 second easy run recovery after each effort **x8**
- 10 min easy run

## THURSDAY

30'

- 30 min continuous threshold run **effort level 8**

## SATURDAY

50'

- 10 min easy run
- 7 min threshold runs (**effort level 8**) with 3 min jog recovery after each effort **x3**
- 10 min easy run

## SUNDAY

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- 10 mile long run **effort level 6**

Break this run up into sections: 3 miles at slower than target half marathon pace, four miles at target half marathon pace, three miles at slower than target half marathon pace

# WEEK 7

Run your longest training run to boost your confidence that you've got the distance covered

## TUESDAY

44'

- 10 min easy run
- 60 second fast runs (**effort level 9**) with 60 second easy run recovery after each effort **x12**
- 10 min easy run

## THURSDAY

50'

- 15 min threshold run (**effort Level 8**) with 5 min easy run recovery after each effort **x2**
- 10 min steady run **effort level 5**

## SATURDAY

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- 12 mile long run **effort level 8**

# WEEK 8

Start to back off to be race ready

## TUESDAY

40'

- 40 min easy run

## THURSDAY

50'

- 10 min easy run
- 3 min threshold runs (**effort level 8**) with 2 min easy run recovery after each effort **x6**
- 10 min easy run

## SATURDAY

30'

- 30 min easy run

## SUNDAY

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- 8 miles relaxed run

# WEEK 9

The Big Half race week. Be ready!

## TUESDAY

40'

- 10 min easy run
- 2 min runs at target half marathon pace/ effort (**effort level 8**) with 2 min easy run recovery after each effort **x5**
- 10 min easy run

## THURSDAY

20'

- 20 min easy run

## SATURDAY

10'

- 10 min easy run

## SUNDAY

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