

Coached

16 WEEK

TRAINING PLAN

FOR HALF MARATHON

*Coached is a heart rate training programme
that helps you to optimise, track and enjoy your training.*

TRY OUR PROGRAMME FREE

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* - pink numbers indicate session priority. 1 = most important, 5 = least important.

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LETS GET STARTED

Thank you for downloading a copy of this training plan. We are confident that if you follow it, you'll get yourself into good condition and will run well on race day.

While we're confident that this plan will get you ready, it is no way personalised to you, your background, current fitness or time available.

It also does not incorporate other important areas of performance such as mindset, nutrition, recovery and race execution.

If you'd like a more personal and comprehensive programme, that is supported by coaches, specialists and teammates, please try our Coached heart rate training programme.

USE CODE **TPS17**

14-DAY FREE TRIAL + YOUR FIRST MONTH FREE

DISCLAIMER

Coached cannot accept any responsibility for death or injuries caused by any information contained within. All information is provided in good faith. You should consult your doctor before embarking on any programme of physical activity.

By using this information you agree to indemnify, defend, and hold Coached harmless from and against any claims, actions, demands or other proceedings brought against us by a third party, to the extent that such claim, suit, action or other proceeding brought against us is based on or arises in connection with your use of the plan, any breach by you of these terms and conditions or a claim that your use of the plan infringes any intellectual property rights of any third party or is libelous or defamatory, or otherwise results in injury or damage to any third party.

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16-WEEK *HALF MARATHON* TRAINING PROGRAMME

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
MON REST	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF
TUE <i>2. SPEED</i>	30min A	30min A	30min A	30min A	40min A	40min A	30min A	50min A
WED <i>4. ENDURANCE</i>	40min S	45min S	50min S	40min S	55min S	60min S	50min S	65min S
THU <i>3. HILLS</i>	30min Hi	30min Hi	30min Hi	30min Hi	40min Hi	40min Hi	30min Hi	50min Hi
FRI REST	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF
SAT <i>5. RECOVERY</i>	40min E	45min E	50min E	40min E	55min E	60min E	50min E	65min E
SUN <i>1. LONG</i>	45min E	60min E	75min E	45min E	75min E	90min E	60min E	90min E
	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16
MON REST	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF
TUE <i>2. SPEED</i>	50min A	40min A	60min A	50min T	45min T	40min T	35min S	30min S
WED <i>4. ENDURANCE</i>	70min S	60min S	75min S	60min S	50min S	40min S	30min S	DAY OFF
THU <i>3. HILLS</i>	50min Hi	40min Hi	60min Hr	50min Hr	45min Hr	40min Hi	35min Hi	30min A
FRI REST	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF
SAT <i>5. RECOVERY</i>	70min E or S	60min E or S	75min E or S	60min E or S	45min E or S	40min E or S	35min E or S	15min E
SUN <i>1. LONG</i>	105min E	75min E	105min E	120min C	90min C	120min C	80min C	RACE

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HALF MARATHON TRAINING GLOSSARY

Intensities	Specifics
<p>Running intensity is the single most important thing to get right in your training, as it's what determines the majority of the physiological benefit from training.</p> <p><i>E = Easy.</i> Run at an Easy effort or ideally to your Easy heart rate zone.</p> <p><i>S = Steady.</i> Run at a Steady effort or ideally to your Steady heart rate zone.</p> <p><i>MH = Mod Hard.</i> Run at a Mod Hard effort or ideally to your Mod Hard heart rate zone.</p> <p><i>H = Hard.</i> Run at a Hard effort or ideally to your Hard heart rate zone.</p>	<p><i>A = Accelerations</i> Gradually build your effort from Easy to Hard. Complete 1 to 6 x 20 seconds reps with 40 second Easy jog between.</p> <p><i>Hi = Hills</i> Run Steady over a course of rolling hills.</p> <p><i>Hr = Hill Reps</i> Run Hard up a gradual incline. Complete 3 to 6 x 200m. Jog Easy or walk down the hill to recover.</p> <p><i>Sp = Speed</i> Run 5 x 2minutes Hard with 1 minute Easy jog between each rep, in the middle of your run.</p> <p><i>T = Tempo</i> Run 25 minutes Mod Hard in the middle of your run.</p> <p><i>C = Course</i> Run Easy or Steady over part of the racecourse or a terrain similar to the racecourse.</p>

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