

Half Marathon Training Plan



Thank you for signing up to support
#TeamMigraine.

We know that running is rewarding but tough! We are so grateful to you for taking on this awesome challenge to raise vital funds for The Migraine Trust and we want to help you to achieve your goal!

This training plan is designed to get you to the start line of the half marathon feeling confident that you can reach the finish line. There is no better feeling than digging deep, training hard and getting that medal. You'll have ticked something off your bucket list and made a huge difference in raising awareness of debilitating migraine. And we're here to help you do that!

This 12 week beginners runner's plan is aimed for people who have some experience with running but are looking to up their distance for their chosen half. The plan will see you training 3-4 times a week and we suggest that you add some other exercise in, such as yoga, walking and strength training to make sure you're at your best on the day. This varied plan will help you to up your distance, improve your fitness and help you smash this half marathon challenge!

Remember, this plan is a guide and is not set in stone. Training is tough and you don't want to get injured. Listen to your body and if you have any worries at all about your Half Marathon, just get in touch with our Fundraising Officer at fundraising@migrainetrust.org

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
1	Rest/XT	2 M	Rest/XT	3 M	Rest/XT	Rest/XT	4 M	9 M
2	Rest/XT	2 M	Rest/XT	3 M	Rest/XT	Rest/XT	5 M	10 M
3	Rest/XT	2 M	Rest/XT	3 M	Rest/XT	Rest/XT	5 M	11 M
4	Rest/XT	2 M	Rest/XT	3 M	Rest/XT	Rest/XT	6 M	14 M
5	Rest/XT	3 M	Rest/XT	6 M Hills Continuous	Rest/XT	Rest/XT	7 M	16 M
6	Rest/XT	2 M	Rest/XT	6 M - 4M HMP	Rest/XT	Rest/XT	6 M	14 M
7	Rest/XT	4 M	Rest/XT	6 M Hills Continuous	Rest/XT	Rest/XT	6 M	16 M
8	Rest/XT	2 M	Rest/XT	7 M with 4 M at HMP	Rest/XT	Rest/XT	8 M	17 M
9	Rest/XT	2 M	Rest/XT	7 M Hills	2 M	Rest/XT	10 M	21 M
10	Rest/XT	3 M	Rest/XT	7 M with 5 M at HMP	2 M	Rest/XT	10 M	22 M
11	Rest/XT	2 M	Rest/XT	7 M with 4 M at HMP	2 M	Rest/XT	9 M	20 M
12	Rest/XT	2 M	Rest/XT	5 M with 3 M at HMP	Rest/XT	Rest/XT	RACE DAY!	20.1 M



KEY

HMP = Half Marathon Pace
M = Mile XT = Cross Train

Rest/XT = Rest/XT Easy = Easy Pace = Pace Long = Long