

HALF MARATHON RUN/WALK 16 WEEK TRAINING PLAN

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WEEK 1

Running in the wrong trainers could cause lower limb and foot problems like shin splints. A podiatrist can provide gait analysis to help improve your running performance and give impartial advice on footwear.

GAIT ANALYSIS

MON	TUE	WED	THU	FRI	SAT	SUN
REST	6 x (1 min run, 1 min walk)	REST	REST	20 min brisk walk	REST	1 mile (alt. 1 min run, 1 min walk)

WEEK 2

MON	TUE	WED	THU	FRI	SAT	SUN
REST	20 min brisk walk	REST	REST	8 x (1 min run, 1 min walk)	REST	1.5 miles (alt. 90 secs run, 90 secs walk)

WEEK 3

MON	TUE	WED	THU	FRI	SAT	SUN
REST	20 min brisk walk	REST	REST	10 x (1 min run, 1 min walk)	REST	2 miles (alt. 90 secs run, 90 secs walk)

WEEK 4

MON	TUE	WED	THU	FRI	SAT	SUN
REST	20 min brisk walk	REST	REST	12 x (1 min run, 1 min walk)	REST	2.5 miles (alt. 2 min run, 90 secs walk)

WEEK 5

MON	TUE	WED	THU	FRI	SAT	SUN
REST	25 min brisk walk	REST	REST	5 x (3 min run, 2 min walk)	REST	3 miles (alt. 2 min run, 1 min walk)



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WEEK 6

MON	TUE	WED	THU	FRI	SAT	SUN
REST	25 min brisk walk	REST	REST	6 x (3 min run, 2 min walk)	REST	3.5 miles (alt. 2 min run, 1 min walk)

WEEK 7

MON	TUE	WED	THU	FRI	SAT	SUN
REST	25 min brisk walk	REST	REST	6 x (3 min run, 2 min walk)	REST	4 miles (alt. 2 min run, 1 min walk)

WEEK 8

Physio and podiatry play an integral part in preventing and treating all foot and ankle complaints. Through proper assessment and the right treatment, usually specific exercises or orthoses, most conditions can be relieved and keep you running.

PHYSIO / PODIATRY

MON	TUE	WED	THU	FRI	SAT	SUN
REST	25 min brisk walk	REST	REST	6 x (3 min run, 2 min walk)	REST	5 miles (alt. 2 min run, 1 min walk)

WEEK 9

MON	TUE	WED	THU	FRI	SAT	SUN
REST	30 min brisk walk	REST	REST	9 x (alt. 2 min easy, 2 min walk)	REST	6 miles (alt. 3 min run, 1 min walk)

WEEK 10

MON	TUE	WED	THU	FRI	SAT	SUN
REST	30 min brisk walk	REST	REST	6 x (4 min run, 1 min walk)	REST	7 miles (alt. 3 min run, 1 min walk)



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WEEK 11

MON	TUE	WED	THU	FRI	SAT	SUN
REST	30 min brisk walk	REST	REST	7 x (4 min run, 1 min walk)	REST	8 miles (alt. 3 min run, 1 min walk)

WEEK 12

Tension and toxins in your muscles can often cause pain. A professional sports massage can encourage blood and lymph flow throughout the body, preventing injury from muscle fatigue.

MASSAGE

MON	TUE	WED	THU	FRI	SAT	SUN
REST	30 min easy walk	REST	REST	7 x (2 min run, 1 min walk)	REST	5 miles (alt. 3 min run, 1 min walk)

WEEK 13

MON	TUE	WED	THU	FRI	SAT	SUN
REST	30 min brisk walk	REST	REST	7 x (4 min run; 1 min walk)	REST	8 miles (alt. 3 min run, 1 min walk)

WEEK 14

MON	TUE	WED	THU	FRI	SAT	SUN
REST	30 min brisk walk	REST	REST	7 x (4 min run; 1 min walk)	REST	10 miles (alt. 3 min run, 1 min walk)

WEEK 15

MON	TUE	WED	THU	FRI	SAT	SUN
REST	30 min brisk walk	REST	REST	5 x (4 min run; 1 min walk)	REST	5 miles (alt. 3 min run, 1 min walk)



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WEEK 16

MON	TUE	WED	THU	FRI	SAT	SUN
REST	30 min easy walk	REST	REST	10 min walk, 4 x (3 min run, 1 min walk)	REST	EVENT DAY GOOD LUCK!



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