

HALF MARATHON

TRAINING PLAN



WITH TEAM AMNESTY

INTERMEDIATE

fullpotential 

AMNESTY
INTERNATIONAL



HALF MARATHON TRAINING PLAN WITH TEAM AMNESTY



INTERMEDIATE

YOU'VE RUN A 10K IN
A LITTLE OVER AN HOUR



YOU WANT TO IMPROVE
ENDURANCE AND SPEED



**THIS 16-WEEK PLAN WILL TAKE YOU
TO EVENT DAY AS SAFELY AS POSSIBLE.**

This plan builds you to a two hour long run, incorporating three weekly runs, conditioning and cross training with threshold intervals to push your speed endurance. It will have you running a fantastic half marathon in 16 weeks.



THE TALK TEST

It's important to run at the right effort level and intensity to reach your full potential. Most people think that training 'harder is better' but pushing yourself to run too quickly can result in feeling tired, getting ill or picking up an injury.

Understanding the purpose and feel of each training session we give you is the way to train smart. Here's our guide to the sessions mentioned in our training plan and how they should feel as a 'talk test'.

TYPE OF SESSION	PERCEIVED EFFORT LEVEL (1-10)	HOW IT SHOULD FEEL: THE TALK TEST
RECOVERY/ EASY RUN	6-6.5	You can speak in complete sentences, totally conversational, you're running relaxed, enjoying it and not worrying about the watch.
STEADY EFFORT RUN	7-8	You can speak in short sentences but have a slight pause on your breath. It sits between easy and threshold running.
THRESHOLD RUN	8-8.5	You could speak four to five words if somebody asked you a question. Your breathing is more laboured and you know you're working, we call this 'controlled discomfort'.
LONG RUN	6.5-7	You're in control, running fluidly and very much at a conversational level but you'll feel slightly flushed with a gradual build up of muscular fatigue.
10KM/ SPEEDWORK	9-9.5	You can say two to three words maximum and are out of breath but still know that you could do more if you had to.

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MAKE THE TRAINING PLAN WORK FOR YOU

You probably won't be able to follow the training plan exactly as it is set out, so we've written it with this in mind:

- Key sessions for each week are highlighted in yellow. These are non-negotiable sessions that you need to fit into your diary to run your best race.
- Avoid key sessions on back-to-back days. You need to recover after the harder sessions, they can't be crammed into a few days within your week. The only exception to this is a key session followed by an easy long run, but this is for more advanced runners.
- All other training sessions are supplementary. Drop them into your week if you can't fit everything in although we hope you can find the time.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	30 minutes conditioning work	 8 minutes easy, 8 minutes steady, 8 minutes easy	 Rest day	 30 minutes easy run	30 minutes easy cross training/ gym class	 Rest day	 45 minutes easy run
2	30 minutes conditioning work	 10 minutes warm up, 3 x 3 minutes at threshold effort with a 90 second recovery, 10 minutes cool down	30 minutes easy cross training/ gym class	 40 minutes easy run	 Rest day	 Rest day	 60 minutes easy long run
3	30 minutes conditioning work	 10 minutes warm up, 3 x 3 minutes at threshold effort with a 60 second recovery, 10 minutes cool down	 Rest day	30 minutes easy cross training/ gym class	 10 minutes easy, 10 minutes steady, 10 minutes easy	 Rest day	 75 minutes easy long run
4	30 minutes conditioning work	 Rest day	 10 minutes warm up, 3 x 4 minutes at threshold effort with a 90 second recovery, 10 minutes cool down	30 minutes easy cross training/ gym class	 35 minutes easy run	 Rest day	 60 minutes easy long run

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WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
5	30 minutes conditioning work	 10 minutes warm up, 4 x 4 minutes at threshold effort with a 90 second recovery, 10 minutes cool down	45 minutes easy cross training/ gym class	 Rest day	 40 minutes easy run	 Rest day	 75 minutes easy long run
6	30 minutes conditioning work	45 minutes easy cross training/ gym class	 10 minutes warm up, 4 x 4 minutes at threshold effort with a 60 second recovery, 10 minutes cool down	 Rest day	 45 minutes easy run	 Rest day	 60 minutes easy long run
7	30 minutes conditioning work	 10 minutes warm up, 5,4,3,2,1 minutes at threshold effort with a 60 second recovery, 10 minutes cool down	45 minutes easy cross training/ gym class	 Rest day	 12 minutes easy, 12 minutes steady, 12 minutes easy	40 minutes easy cross training/gym class	 75 minutes easy long run
8	30 minutes conditioning work	30 minutes easy cross training/gym class	 10 minutes warm up, 5 x 4 minutes at threshold effort with a 90 second recovery, 10 minutes cool down	 Rest day	 10 minutes warm up, 6 x 2 minutes at 90% (10k) effort with a 90 second recovery, 10 minutes cool down	40 minutes easy cross training/gym class	 90 minutes easy/steady long run

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WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
9	30 minutes conditioning work	30 minutes easy cross training/ gym class	 Rest day	 10 minutes warm up, 6 x 3 minutes at threshold effort with a 90 second recovery, 10 minutes cool down	 Rest day	 Rest day	 105 minutes easy/steady long run
10	30 minutes conditioning work	 10 minutes warm up, 6 x 2 minutes at threshold effort with a 90 second recovery, 10 minutes cool down	 Rest day	 30 minutes easy run	 Rest day	 5km park run	30 minutes recovery run
11	30 minutes conditioning work	 45 minutes easy run	 Rest day	 10 minutes warm up, 4 x 5 minutes at threshold effort with a 90 second recovery, 10 minutes cool down	30 minutes easy cross training/ gym class	 Rest day	 90 minutes easy long run
12	30 minutes conditioning work	 Rest day	 10 minutes warm up, 6,5,4,3,2,1 minutes at threshold effort with a 60 second recovery, 10 minutes cool down	40 minutes easy cross training/ gym class	 45 minutes easy run	 Rest day	 120 minutes easy long run

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WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
13	30 minutes conditioning work	 10 minutes warm up, 5 x 5 minutes at threshold effort with a 90 second recovery, 10 minutes cool down	30 minutes easy cross training/ gym class	 Rest day	 10 minutes warm up, 5 x 2 minutes at 90% (10k) effort with a 90 second recovery, 10 minutes cool down	30 minutes easy cross training/ gym class	 105 minutes easy/steady long run
14	30 minutes conditioning work	40 minutes easy cross training/ gym class	 10 minutes warm up, 5 x 5 minutes at threshold effort with a 90 second recovery, 10 minutes cool down	 Rest day	 10 minutes warm up, 4 x 3 minutes at 90% (10k) effort with a 90 second recovery, 10 minutes cool down	30 minutes easy cross training/ gym class	 120 minutes easy/steady long run
15	30 minutes conditioning work	 10 minutes warm up, 5 x 6 minutes at threshold effort with a 90 second recovery, 10 minutes cool down	 Rest day	 Rest day	 10 minutes warm up, 6 x 2 minutes at 90% (10k) effort with a 60 second recovery, 10 minutes cool down	 Rest day	 60 minutes easy long run
16	 Rest day	 10 minutes warm up, 3 x 3 minutes at threshold effort with a 90 second recovery, 10 minutes cool down	 Rest day	20 minutes easy run	 Rest day	20 minutes easy run + strides	 HALF MARATHON RACE DAY