

Half Marathon High mileage

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Other	Total miles
Week 12	10th July	11th July	12th July	13th July	14th July	15th July	16th July		
	Easy 3 miles	Tempo session 4 miles	Track 8 miles	Easy 4 miles	Rest	parkrun effort 3 miles	LSR easy 12 miles		34
Week 11	17th July	18th July	19th July	20th July	21st July	22nd July	23rd July		
	Easy 4 miles	Hilly tempo 7 miles	Track 5 miles	Easy 4 miles	Rest	parkrun easy 4 miles	LSR easy 14 miles		38
Week 10	24th July	25th July	26th July	27th July	28th July	29th July	30th July		
	Rest	Hilly tempo 6 miles	Road intervals 6 miles	Easy 5 miles	Rest	parkrun easy 3 miles	LSR easy 13 miles		33
Week 9	31st July	1st August	2nd August	3rd August	4th August	5th August	6th August		
	Rest	Tempo session 6 miles	Track 6 miles	Easy 5 miles	Rest	parkrun easy 4 miles	LSR 13 miles	GLCL race on Tuesday	34
Week 8	7th August	8th August	9th August	10th August	11th August	12th August	13th August		
	Rest	Tempo 6 miles	Track 8 miles	Easy 6 miles	Rest	parkrun 3 miles	LSR easy 15 miles		38
Week 7	14th August	15th August	16th August	17th August	18th August	19th August	20th August		
	Rest	Hilly tempo 6 miles	Road intervals 6 miles	Easy 5 miles	Rest	parkrun easy 4 miles	LSR 14 miles		35
Week 6	21st August	22nd August	23rd August	24th August	25th August	26th August	27th August		
	Easy 4 miles	Hilly tempo 5 miles	Track 7 miles	Easy 6 miles	Rest	parkrun easy 3 miles	LSR - fast last 3 miles 16 miles		41
Week 5	28th August	29th August	30th August	31st August	1st September	2nd September	3rd September		
	Easy 3 miles	Tempo session 5 miles	Intervals 8 miles	Easy 6 miles	Rest	parkrun effort 3 miles	LSR 13 miles	GLCL race on Tuesday	38
Week 4	4th September	5th September	6th September	7th September	8th September	9th September	10th September		
	Easy 5 miles	Tempo 6 miles	Hills road 7 miles	Easy 6 miles	Rest	parkrun 3 miles	LSR 15 miles		42
Week 3	11th September	12th September	13th September	14th September	15th September	16th September	17th September		
	Rest	Tempo 6 miles	TRack 8 miles	Easy hilly route 6 miles	Rest	parkrun easy 4 miles	Oldbury 10 miler with extra 3 miles 13 miles		37
Week 2	18th September	19th September	20th September	21st September	22nd September	23rd September	24th September		
	Rest	Hilly tempo 5 miles	Track 7 miles	Easy 6 miles	Rest	parkrun effort 3 miles	LSR 8 miles		29
Week 1	25th September	26th September	27th September	28th September	29th September	30th September	1st October		
	Rest	Tempo 6 miles	Road intervals 5 miles	Easy 4 miles	Rest	parkrun with strides 3 miles	Race day! 13.1 miles		31.1
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Other	Total miles

Key

Race	Use as a benchmark to see how training is progressing
Easy Run	Conversational pace
Brisk run	Tempo = Comfortably fast. Threshold = One word answer pace
Interval (speed) session	Not easy to talk
Rest	Complete rest, swim, stretch or yoga
Long Run	These should be run at approximately 1-2mins above your marathon goal pace