



# TRAINING PLAN

Saucony Cambridge Half Marathon Training Plan - Beginner



# SAUCONY CAMBRIDGE 2020 HALF MARATHON TRAINING PLAN - BEGINNER

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If you're taking part in the 2020 Saucony Cambridge Half Marathon and are not sure how to train for this 13.1-mile run, look no further as RunningWithUs in partnership with Saucony and The Cambridge Half Marathon have got the very best plan for every ability.

THIS TRAINING PLAN IS DESIGNED TO GET YOU TO THE START LINE OF THE SAUCONY CAMBRIDGE HALF MARATHON FEELING PREPARED AND CONFIDENT THAT YOU CAN ACHIEVE YOUR GOAL.

## THE RIGHT PLAN FOR ME?

This 12 week beginners runner's plan is designed for those who are either new to regular running or those stepping up to longer distances for the first time. This plan will see you training 3-4 times a week and we would encourage you to complement the running outlined with core conditioning and cross training.

## WHAT IF I AM NOT THERE YET?

This training plan assumes you are able to run a 30 minute continuous run at an easy pace. Really focus on holding back your effort on your easy runs - many beginner runners try to run them a little too hard.

## WHY TRAIN IN THIS WAY?

If you keep doing the same things over and over again you can't expect different results. This plan is designed to add variety, structure and progression to your training. It will challenge you across a range of different heart rate zones and gradually build up your ability to run at your desired goal half marathon pace.



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## WHAT IF I MISS A SESSION, PICK UP A NIGGLE OR GET SICK?

No training plan is designed to be a tablet of stone; it's a guide and only one approach to get you in great shape. Training for a half marathon is a journey, though, and doesn't always go smoothly. Feel free to chop and change the plan and shift runs to different days that may work better for you. Take care not to run back-to-back 'hard' days – so try to avoid running a threshold session followed the next day by a hill session, for example.

If you miss days through work, holiday, sickness or injury, don't try to play catch-up. Step back into the plan where you left off, and be patient. If you feel you need to catch up, consider cross-training .

## NOTES

**Always include a 10 minute easy warm up and cool down either side of 'threshold', 'hill' or 'interval' efforts.**



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|   | Monday | Tuesday   | Wednesday | Thursday  | Friday | Saturday   | Sunday   |
|---|--------|---|-----------|---|--------|--|--|
| 1 | Core   | Easy run: 30 minutes  | Rest      | Easy run: 30 minutes  | Rest   | Rest or 30 minutes easy cross training           | Long Run: 40 minute easy run with walk breaks each 10-15 mins if needed    |
| 2 | Core   | Easy run: 30 minutes  | Rest      | Threshold run: 35 minutes to include 5 x 3 minutes effort, 3 minutes easy   | Rest   | Rest or 30 minutes easy cross training           | Long Run: 50 minute easy run with walk breaks each 10-15 mins if needed    |
| 3 | Core   | Easy run: 30-40 minutes   | Rest      | Threshold run: 40 minutes to include 4 x 4 minutes effort, 2-3 minutes easy | Rest   | Rest or 30 minutes easy cross training           | Long Run: 60 minute easy run with walk breaks each 15-20 mins if needed    |
| 4 | Core   | Easy run: 40 minutes  | Rest      | Threshold run: 40 minutes to include 3 x 5 minutes effort, 2 minutes easy   | Rest   | Rest or 30 minutes easy cross training           | Long Run: 75 minute easy run with walk breaks each 20 mins if needed       |
| 5 | Core   | Progression run: 10 minutes easy, 10 minutes steady, 10 minutes threshold | Rest      | Rest or 30 minutes easy cross training                                      | Rest   | Rest   | Ideal day for a 10km race or 45-50 minute time trial                       |
| 6 | Core   | Progression run: 10 minutes easy, 10 minutes steady, 10 minutes threshold | Rest      | Threshold run: 45 minutes to include 4 x 6 minutes effort, 2 minutes easy   | Rest   | Rest or 30-40 minutes easy run or cross training | Long Run: 80-90 minute easy run with walk breaks each 20-30 mins if needed |

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|    | Monday | Tuesday   | Wednesday | Thursday   | Friday | Saturday  | Sunday  |
|----|--------|---|-----------|--|--------|---|---|
| 7  | Core   | Steady run: 45 minutes  | Rest      | Threshold run: 45 minutes to include 2 x 10 minutes effort, 2 minutes easy                                   | Rest   | Rest or 30-40 minute easy run or cross training | Long Run: 90-100 minutes easy run with walk breaks each 20-30 mins if needed                |
| 8  | Core   | Steady run: 45 minutes  | Rest      | Threshold run: 45 minutes to include 3 x 8 minutes effort, 2 minutes easy                                    | Rest   | Rest or 30-40 minute easy run or cross training | Long Run: 1 hour 45 minutes, aiming for the final hour at a consistent steady pace          |
| 9  | Core   | Progression run: 15 minutes easy, 15 minutes steady, 15 minutes threshold | Rest      | Fartlek run: 40 minutes with 5,4,3,2,1 min efforts Get faster each effort with 90 seconds jog between each.  | Rest   | Rest or 30-40 minute easy run or cross training | Long Run: 2 hours, aiming for the final hour at a consistent steady pace                    |
| 10 | Core   | Threshold run: 45 minute run with final 20 at threshold                   | Rest      | Fartlek run: 45 minutes with 6,5,4,3,2,1 min efforts Get faster each effort with 90 seconds jog between each | Rest   | Rest or 30-40 minute easy run or cross training | Long Run: 90 minutes as a progression in effort with final 30 minutes at strong steady pace |
| 11 | Core   | Threshold run: 40 minutes with final 20 at threshold effort               | Rest      | Rest or 30 minute easy run or cross training   | Rest   | parkrun or self timed 5km time trial            | Long Run: 75 minutes easy & relaxed   |
| 12 | Core   | Progression run: 10 minutes easy, 10 minutes steady, 10 minutes threshold | Rest      | Easy run: 25 minutes   | Rest   | Rest or 15 minute easy run & stretch            | Half Marathon<br>Good luck!   |

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- Important note: please do a 15-minute warm-up and cool-down before threshold, continuous hills or interval sessions.
- If you're feeling OK, you may wish to consider a 20–30 minute recovery run in the morning before any of the quality sessions above.
  - Always substitute cross-training for running if you are injured, very sore or it's not safe to run.
  - Please add core conditioning, Pilates or yoga classes once or twice a week if you have time.
    - Try to stretch every day for at least 10 minutes.
    - Always eat within 20–30 minutes of finishing a run.
- Always train at the specified paces; don't compromise or run too hard. Tiredness always catches up, so take extra rest if required.

