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TRAINING PLAN

Saucony Cambridge Half Marathon Training Plan - Improver

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SAUCONY CAMBRIDGE HALF MARATHON TRAINING PLAN - IMPROVER

THIS TRAINING PLAN IS DESIGNED TO GET YOU TO THE START LINE OF THE 2020 SAUCONY CAMBRIDGE HALF MARATHON FEELING PREPARED AND CONFIDENT THAT YOU CAN ACHIEVE YOUR GOAL.

THE RIGHT PLAN FOR ME?

This 12 week improvers plan is designed for those who run more regularly. Perhaps you have completed a 10km or half marathon before and are looking to step up in distance or improve your time. This plan will see you training 4-5 times a week and is suitable for runners aiming for anything between 90 minutes right through to 2 hours - 2 hours 10 minutes. 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 continuosly at an easy pace for at least 60 minutes and that you are fit and healthy to complete some faster efforts including ‘threshold’ and ‘hills’ from week 1. If you feel this is too much to tackle at this stage you could try our Beginners plan or consider swapping some of the sessions in this plan for more cross training.

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.

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 ... don't just add more running unless you are ready.

NOTES

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

SAUCONY CAMBRIDGE HALF MARATHON TRAINING PLAN - IMPROVER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Core	Threshold run: 30-45 minutes to include 3 x 5 minutes effort, 2 minutes easy	Rest or 30-45 minutes easy run or cross training	Easy run: 30-40 minutes	Rest	Continuous hills: 40 minutes to include 3 x 6 mins effort, 2 mins easy	Long Run: 60 minutes easy
2	Core	Threshold run: 40 minutes to include 4 x 5 mins effort, 2 mins easy.	Rest or 30-45 minutes easy run or cross training	Easy run: 30-40 minutes	Rest	Continuous hills: 40 minutes to include 3 x 7 mins effort, 2 mins easy	Long Run: 70 minutes easy
3	Core	Threshold run: 45 minutes including 3 x 7 minutes @ threshold with 3 minute jog recovery.	Rest or 30-45 minutes easy run or cross training	Easy run: 40 minutes	Rest	Continuous hills: 40 minutes to include 2 x 10 mins effort, 2 mins easy	Long Run: 75 minutes easy
4	Core	Threshold run: 8 x 3 minutes with odd numbers @ threshold, even numbers @ steady run pace no rest	Rest	30 minutes relaxed or rest	Rest	parkrun or 20 minutes easy if racing tomorrow	Ideal day for a 10km race or 60 minutes steady
5	Core	40 minutes easy	Easy run: 45 minutes (still recovering from 10k)	Progression run: 15 minutes easy, 15 minutes steady, 15 minutes threshold	Rest	Continuous hills: 45 minutes to include 3 x 8 mins effort, 2 mins easy	Long Run: 80-90 minutes easy
6	Core	Threshold run 50 minutes to include 5 x 5 minutes effort, 90 seconds easy.	Rest or 40 minute easy run or cross training	Progression run: 15 minutes easy, 15 minutes steady, 15 minutes threshold	Rest	Easy run: 40 minutes	Long Run: 90-100 minutes with final 20 at half marathon pace

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7	Core	Threshold run: 50 minutes to include 6 x 5 minutes effort, 90 seconds easy	Rest or 45 minute easy run or cross training	Progression run: 15 minutes easy, 15 minutes steady, 15 minutes threshold	Rest	45 minute relaxed run	Long Run: 1 hour 40 minutes with final 30 at half marathon pace
8	Core	Threshold run: 60 minutes to include 3 x 10 minutes effort, 2 minutes easy	Rest or 45 minute easy run or cross training	Threshold run: 40 minutes with middle 20 at threshold effort	Rest	45 minute relaxed run	Long Run: 1 hour 45 minutes with final 3 x 15 minutes at half marathon pace with 5 minutes easy recovery
9	Core	Threshold run: 50 minutes with final 20 at threshold effort	Rest or 45 minute easy run or cross training	Fartlek run: 45 minutes with 5,4,3,2,1 minute efforts. Get faster each effort with 90 seconds jog between each.	Rest	45 minute relaxed run	Long Run: 2 hours with final 30 minutes run as 15 minutes half marathon pace, 15 mins slightly faster
10	Core	Threshold run: 60 minutes with final 25 at threshold effort	Rest or 45 minute easy run or cross training	Fartlek run: 45 minutes with 6,5,4,3,2,1 minute efforts. Get faster each effort with 90 seconds jog between each.	Rest	45 minute relaxed run	Long Run: 90 minutess with final 30-40 at half marathon pace
11	Core	Interval run: 50 minutes with 8 x 3 minute efforts where the odd numbers at at threshold, the evens at 3-5km pace with 90 seconds rest.	Rest or 30-40 minute easy run or cross training	Progression run: 15 minutes easy, 15 minutes steady, 15 minutes threshold	Rest	5k Parkrun or session with 5 x 4 minutes @ 5-10k pace with 90 seconds rest	Long Run: 75 minutess relaxed
12	Core	30 mins including 3 x 5 minutes @ half marathon pace with 3-5 minute jog rec	30 minutes easy run or cross training	Progression run of 10/10/10	Rest	15 minutes easy	Half Marathon 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.