



Guidelines for choosing your training programme

Choosing the right plan for you will be key. We want you on the start line at the Saucony Cambridge Half Marathon healthy and in the best shape possible.

THE NEWBIE

If you are very new to running or you are stepping back into exercise, a half marathon is still possible but needs a careful and sensible approach. Our walk/run/get you round plan is exactly that. There are 12 weeks of walk/run easy-to-follow training routines that will boost your fitness. By race day you will be ready to run most of the way with perhaps just a few strategic brisk walking sections. From experience this could still get you home in just under 2 hours 30 minutes smiling and collecting that well deserved race day medal!

BEGINNERS PLAN

“I run most weeks, but this is my first half marathon”

If this is you then our beginners plan could be the perfect fit. You really can train for a half marathon on just 3 runs a week - anything more is a bonus and only sensible if injury is unlikely. Building up a longer run each week, a simple threshold running session and perhaps one pre-breakfast weekly workout will see you strong and consistent on race day. Being able to run 5k without stopping might be a guide for starting this plan but not essential as the early weeks build your fitness. A weekly cross training session and some conditioning would also be wise, but training won't take over your life.



IMPROVERS PLAN

“I've run a half marathon before but want to get faster.”

Our improvers plan will see you running 3-5 times a week and building the key elements to successful half marathon prep in a way that challenges and creates the strong athlete. Early weeks may look relatively easy but the final 6-week period before race day will contain race pace practice, key long runs, bigger threshold workouts and some speed work. We would expect you to be running 3-5 times a week and adding some cross training into your weekly mix already. You don't call yourself a performance athlete but deep inside there is a desire to run that little bit faster.

EXPERIENCED PLAN

“I have run for years and want to train more like a pro”

The experienced plan will take you on a journey of threshold runs, clever hills and interval sessions combined to create the perfect peak on rest day. Add in long runs with threshold, race pace and progression to also get you thinking half marathon specific for 12 weeks. We have coached many winners to half marathons around the UK and this includes The Saucony Cambridge Half Marathon. This plan gives a simple insight to what it's like to train and be nearer the sharp end of the race on race day. You could be training 6-10 times a week and will be wise to cherry pick the key sessions and runs placing them into your own mix. Be sure you are recovering well day to day though as this will ultimately decide if the plan is working for you.

Good luck!
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