

# Training Program for the Ealing and Windsor Half-marathons

29 September 2013

	Long Run	Tempo Run	Hill Run or Med-paced Run
06-May-13	6-9 miles	4-6 miles	5-6 mile hilly run
13-May-13	6-9 miles	4-6 miles	5-6 mile hilly run
20-May-13	6-9 miles	4-6 miles	5-6 mile hilly run
27-May-13	6-9 miles	4-6 miles	5-6 mile hilly run
03-Jun-13	6-9 miles	4-6 miles	5-6 mile hilly run
10-Jun-13	6-9 miles	4-6 miles	5-6 mile hilly run
17-Jun-13	5-6 miles	3 miles @ strong pace	45 min run
24-Jun-13	5-6 miles	3 miles @ strong pace	45 min run
01-Jul-13	5-6 miles	3 miles @ strong pace	45 min run
08-Jul-13	5-6 miles	3 miles @ strong pace	45 min run
15-Jul-13	5-6 miles	3 miles @ strong pace	45 min run
22-Jul-13	5-6 miles	3 miles @ strong pace	45 min run
29-Jul-13	6 miles	4 miles @ strong pace	60 min run
05-Aug-13	6 miles	4 miles @ strong pace	60 min run
12-Aug-13	7 miles	4 miles @ strong pace	60 min run
19-Aug-13	7 miles	4 miles @ strong pace	60 min run
26-Aug-13	8 miles	5 miles @ strong pace	5 mile hilly run
02-Sep-13	9 miles	5 miles @ strong pace	5-6 mile hilly run
09-Sep-13	8 miles	5-6 miles @ strong pace	5-6 mile hilly run
16-Sep-13	10 miles	6 miles @ strong pace	6 mile hilly run
23-Sep-13	6 miles	4-5 miles easy	3-4 miles easy

Until the summer, run three times per week. One should be a long run (5-9 miles) at a comfortable pace. The other two runs should be 5-6 miles (one w/ hills and one w/o hills). Keep these runs enjoyable. The goal is to keep running on a regular basis. Pace isn't important. Keep it fun! If you run only twice a week, drop one of the 5-6 mile runs (not the long run).

Over the summer, try to run 3 times a week but don't fret if that's not possible. The long run should be 5-6 miles during June and July then increase to 7 miles by mid-August. One run should be a 3 mile run done at a fast pace. The first week you do it, make note of how long 3 miles takes you. See if you can increase your speed over the summer. The run can be lengthened to 4 miles in August. The third run should be 45 minutes during June and July. Don't worry about how far you go in the 45 minutes. Just put in the time. If you can only run once or twice in a week, run for 45-60 minutes and don't worry about your pace. If you completely miss a week or two, no worries. You'll be fine. Just jump back into the routine whenever you can.

It's important to run enough over the summer to be prepared to jump into an 8 mile long run the last week of August. If you haven't run over the summer, don't go out for an 8 mile run. You could end up hurting yourself. Adjust your race plans, focus on the spring half-marathon or find a half-marathon at a later date. If you've kept up your running over the summer, congratulations! Get in the following long runs and you're ready to race: 8, 9, 8, 10 miles Start running hills (particularly if you've run flat in the summer) and extend your strong pace run to 5 then 6 miles.