

Half Marathon

Level: Advanced Competitor

12 week Mesocycle for HM Race PB

- Recovery2:30 slower than 5k pace +/- 30secs
- LSR1:50 slower than 5k pace +/- 30secs
- Easy1:35 slower than 5k pace +/- 30secs
- Tempo0:30 slower than 5k pace
- Intervals0:15 faster than 5k pace

Example for Easy Pace			
5k time =	29minutes =	9:20min/miles	
9:20 + 1:35	Easy Pace =	10:55min/miles +/- 30secs	
Thus			
	Fast end	Median	Slow end
Easy Pace =	10:25	10:55	11:25

On some days your run may feel 'hard' and be at the slower end of the pace range; other days the same run may feel easy and be at the faster end of the range. Both are normal.

Note:
Wednesday Workouts can be subsituted for Club Group 8.
Alternatively, Tuesday night Track can be taken and the Tuesday 'Easy' run taken as an equivalent Wednesday night Group run



Weeks to go	Monday		Tues		Wednesday		Thursday		Friday		Saturday		Sunday		Total Mileage	Weeks to go
base	XT or Rec run	2.5	Easy	6	Easy	6	Recovery	5	Rest	0	Parkrun/Easy	3.1	Easy	8	28.1	base
12	XT or Rec run	2.5	Easy	6	WKT 1	5.5	Recovery	5	Rest	0	Parkrun/Easy	3.1	LSR	10	29.6	12
11	XT or Rec run	2.5	Easy	6	WKT 2	5.75	Recovery	5	Rest	0	Parkrun/Easy	3.1	LSR	12	31.85	11
10	XT or Rec run	2.5	Easy	6	WKT 3	6.5	Recovery	4	Rest	0	Parkrun/Easy	3.1	LSR	15	34.6	10
9	XT or Rec run	2.5	Easy	7	WKT 1	5.5	Recovery	4	Easy	4	Parkrun/Easy	3.1	Race	6.2	29.8	9
8	XT or Rec run	2.5	Easy	6	Easy	4	Recovery	5	Easy	5	Parkrun Tempo	3.1	LSR	15	38.1	8
7	XT or Rec run	2.5	Easy	6	WKT 2	5.75	Easy	4	Easy	5	Parkrun/Easy	3.1	LSR	18	41.85	7
6	XT or Rec run	2.5	Easy	7	WKT 1	5.5	Recovery	7	Rest	8	Parkrun/Easy	3.1	Race	6.2	36.8	6
5	XT or Rec run	2.5	Easy	6	Easy	5	Recovery	4	Easy	5	Parkrun/Easy	3.1	LSR	18	41.1	5
4	XT or Rec run	2.5	Easy	7	WKT 1	5.5	Recovery	5	Rest	5	Parkrun/Easy	3.1	Race	6.2	31.8	4
3	XT or Rec run	2.5	Easy	7	Easy	5	Easy	5	Easy	6	Parkrun Tempo	3.1	LSR	15	41.1	3
2	XT or Rec run	2.5	Easy	6	WKT 2	5.75	Recovery	5	Easy	6	Parkrun/Easy	3.1	LSR	10	35.85	2
1	XT or Rec run	2.5	Easy	3	WKT 3	6.5	Recovery	3	Rest	0	Parkrun/Easy	3.1	Goal Race	13.1	28.7	1

WKT 1	Easy	1
	Fast	0.25
	Rec	0.25
fast/rec	Repeat	x 6
	Easy	1

WKT 2	Easy	1
	Fast	0.5
	Rec	0.25
fast/rec	Repeat	x 4
	Easy	1

WKT 3	Easy	1
	Fast	1
	Rec	0.5
fast/rec	Repeat	x 2
	Easy	1