

Sub 1.30 Viking Half Marathon 15 Wk Training Plan

Week	Mon	Tues	Wed	Thurs (Speed)	Fri (Optional)	Sat	Sun (Long Run)	Approx Mileage		
Mar-19	1	Off	6 easy	3 Easy	6 Easy	Off	3 easy	6 Long	24	Base
Mar-26	2	Off	6 easy	3 Easy	6 Easy	3 Easy	3 easy	7 Long	25	Base
Apr-02	3	Off	6 easy	3 Easy	6 Easy	3 Easy	3 easy	8 Long	26	Base
Apr-09	4	Off	6 easy	3 Easy	6 Easy	3 Easy	3 easy	9 Long	27	Base
Apr-16	5	Off	6 Steady	3 Easy	4xhills approx 300m	6 Steady	3 Easy	10 Long	31	Build Phase 1
Apr-23	6	Off	6 Steady	3 Easy	7 x 400 K pace 5-	6 Steady	3 Easy	11 Long	32	Build Phase 1
Apr-30	7	Off	3 Tempo	3 Easy	5xhills approx 300m	6 Steady	3 Easy	12 Long	30	Build Phase 1
May-07	8	Off	5 Tempo	3 Easy	8 x 400 K pace 5-	6 Steady	3 Easy	14 Long	34	Build Phase 1
May-14	9	Off	6 Tempo	3 Easy	6xhills approx 300m	6 Steady	3 Easy	Race - Try Stoneyford 10k. 2 mi W Up & Down	35	Build Phase 2
May-21	10	Off	6 Steady	3 Easy	4 x 800 K pace 10-	6 Tempo	3 Easy	12 Long	33	Build Phase 2
May-28	11	Off	6 Tempo	3 Easy	4 x 1000 K pace 10-	6 Steady	3 Easy	14 Long	35	Build Phase 2

Jun-04	12	Off	6 Tempo	3 Easy	3 x 1600 10-K pace	6 Steady	3 Easy	15 Long	36	Build Phase 2
Jun-11	13	Off	6 Tempo	3 Easy	4 x 1600 10-K pace	6 Tempo	3 Easy	13 Long	34	Hone and Taper
Jun-18	14	Off	6 Tempo	3 Easy	5 x 800 10-K pace	6 Tempo	Off	8 Long	26	Hone and Taper
Jun-25	15	Off	3 Tempo	3 Easy	3 Steady	Off	RACE DAY!	SLEEP!		RACE WEEK!

Run descriptions!

Easy run – 7min 45sec/mile: Designed to give you a good aerobic engine, these should be easy and enjoyable. You should be able to hold a conversation on an easy run, so they're a good one to do with friends.

Steady run – 7min/mile: Harder than easy runs, steady runs should be similar to your half marathon pace. Steady runs leave you more fatigued than easy runs so they feature less in your training.

Tempo run ** – 6min 30sec/mile: These improve your aerobic endurance and speed, and should be run at a challenging pace – if you can hold a conversation then you're going too slow. If you find you're struggling to complete tempo runs at first, try alternating between five minutes at tempo pace and five minutes at easy pace.

Long run – 8min/mile: Long runs should be slower than race pace to minimise wear and tear on your body. These runs are a great opportunity to test your nutrition and clothing to make sure everything works on race day.

Rest: The best day of the week, rest is vital to give your body time to recover. Rest days on this plan are scheduled for Mondays, to give you a break after Sunday's long run.

** Always warm up before your Tempo and speed work run with an easy mile or 2 and some strides! Similar cool down