



'Bay Run' Training Plan.

Aim: To run 13.1 miles non-stop.

This training schedule presumes that you already have a fitness level which will allow you to run for 20 minutes non-stop. If you are currently unable to do this, you should begin with the following three-week schedule:

Week	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Week 1							
1	walk for 30 mins	rest	jog for 10 mins slowly	rest	jog for 10 mins slowly	rest	jog for 10 mins at medium pace
Week 2							
2	walk for 40 mins	rest	jog for 10 mins at medium pace	rest	jog for 15 mins slowly	rest	run for 10 mins at quick pace
Week 3							
3	rest	run for 15 mins slowly	rest	run for 10 mins at quick pace	run for 15 mins slowly	rest	run for 20 mins easy pace

On rest days, try to do 50 push-ups and 50 sit-ups per day. This will increase body strength and help your running.

Week	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Week 1							
1	rest	run for 20 mins	rest	4x6 mins quick pace with 3 mins slow jog/walk between each	rest	20 mins easy run	rest
Week 2							
2	30 mins slow run	rest	15 mins quick run	rest	4x6 mins quick pace with 2 mins slow jog/walk between each	rest	20 mins medium pace run
Week 3							
3	rest	30 mins medium pace	rest	4x200m hill runs (medium gradient hill), walk/jog back, runs to be done fast	rest	30 mins easy run	Rest
Week 4							
4	40 mins	rest	6x5 mins quick pace	rest	30 mins easy run	rest	rest

	easy run		efforts with 3 mins jog between each					
Week 5								
5	45 mins easy run	rest	30 mins easy run	rest	30 mins easy run	rest	45 mins easy run	
Week 6								
6	rest	6x5 mins quick pace runs with 2 mins jog between each	rest	45 mins medium pace run	rest	4x200m hill runs, walk/jog back, fast paced runs	30 mins easy run	
Week 7								
7	rest	50 mins easy run	rest	20 mins fast run	rest	4x200m hill runs, walk back, fast paced runs	rest	
Week 8								
8	40 mins quick run	rest	50 mins easy run	rest	45 mins medium paced run	rest	50 mins easy run	
Week 9								
9	rest	4x6 mins medium paced runs, 3 mins jog between each	rest	45 mins medium pace run	rest	rest	60 mins easy run	
Week 10								
10	rest	45 mins medium paced run	rest	1x2 mins fast, 1x3 mins fast, 1x4 mins fast, 1x5 mins fast, 1 min, 2 min, 3 mins jog/walk rest respectively	rest	60 mins easy run	rest	
Week 11								
11	rest	rest	70 mins easy run	rest	6x200m hill runs, walk/jog back	rest	70 mins easy run	
Week 12								
12	30 mins quick run	rest	50 mins easy run	rest	45 mins easy run	rest	100 mins easy run	
Week 13								
13	rest	60 mins easy run	rest	4x2 mins quick run, 2 mins jog between each	20 mins quick run	rest	115 mins easy run	
Week 14								
14	rest	rest	60 mins easy run	rest	45 mins quick run	rest	60 mins easy run	
Week 15								
15	rest	rest	30 mins easy run	rest	30 mins easy run	rest	run 'Bay Run'	
	Mon	Tues	Wed	Thur	Fri	Sat	Sun	

Always stretch your muscles to warm up before you run and after running. This will increase your flexibility and decrease your chances of injury. If you do pull a muscle or otherwise injure yourself on a training run, please seek the assistance of a qualified physiotherapist immediately. Your nearest physio can be found in the Yellow Pages or by calling your local running club.

Do not try to run your half marathon in brand new shoes. Run in them for at least a week before your race so that they are worn in and less likely to induce blisters or other foot injuries during the race.

You should always ensure that you are properly hydrated before you train or run your half marathon, especially in warm weather. Ensure you have enough water to drink before you run and take on more after training. During your race, take on water at each drink station, even if you feel you don't need it. By the time you realise you are dehydrated, it has already affected your running. Take on water to prevent any dehydration problems occurring.