

## Intermediate Half Marathon 12 Week Training Plan

With the help of personal trainer, competitive Triathlete and seven times Ironman, Paul Gascoyne, we've created a squirrel friendly 12 week training plan just for you.

"Congratulations on your decision to train for the Royal Parks Foundation Half Marathon! The schedule below is designed for an intermediate runner whose goal is to finish the 13.1 mile race in under 1hr40. The plan assumes that you are a regular runner looking to improve your speed and endurance."



### Half marathon training plan:

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 w/c 18 July	Rest	5x3min sprints	Rest	5km	Rest	6x400m fast	CT
2 w/c 25 July	Rest	5x3min sprints	Rest	5km	Rest	6x400m fast	CT
3 w/c 1 Aug	Rest	7x3min sprints	Rest	7km	Rest	8x400m fast	CT
4 w/c 8 Aug	Rest	8x3min sprints	Rest	7km	Rest	8x400m fast	CT
5 w/c 15 Aug	Rest	8x3min sprints	Rest	10km	Rest	10x400m fast	CT
6 w/c 22 Aug	Rest	10x3min sprints	Rest	10km	Rest	10x400m fast	10km
7 w/c 29 Aug	Rest	10x3min sprints	4km	10km	Rest	10x400m fast	10km
8 w/c 5 Sep	Rest	10x3min sprints	4km	10km	Rest	10x400m fast	10km
9 w/c 12 Sep	Rest	10x3min sprints	6km	12km	Rest	10x400m fast	15km
10 w/c 19 Sep	Rest	15x3min sprints	Rest	12km	Rest	10x400m fast	15km
11 w/c 26 Sep	Rest	15x3min sprints	Rest	15km	Rest	10x400m fast	20km
12 w/c 3 Oct	Rest	20x3min sprints	Rest	15km	Rest	Rest	Race Day!

CT = Cross Train: Spin Class, Aerobics Class, Swim or Gym Session

### Make sure you:

- Take a 1 minute rest between your sprints and 400m repeats
- During the week before the race drop the volume down by 60% but keep the intensity e.g. rather than 20 x 3min sprints, do just 8 but still fast as possible; if 15km normally takes you an hour just run for 24 minutes



## Top tip:

It may be worth looking at your running footwear as training shoes over a year old tend to have little shock absorbing impact left in them. Most quality running shops have treadmills and experienced staff who can advise on which shoe suits your running style best, helpful hint - your favourite colour may not be the best way to select footwear 😊



## Running in the Royal Parks:

Why not head to one of London's eight magical Royal Parks for some of your training runs - you will be able to see first-hand the fruits of your fundraising labour:

- The Tamsin Trail in Richmond Park is a stunning 7.35 mile (12km) perimeter track all around Richmond Park.
- Follow the outer perimeter of Hyde Park and Kensington Gardens for a 4.3 mile (7km) run.
- Head to historic Brompton Cemetery and try some interval training down its 0.5 mile (0.8km) length.
- Run 3 miles (5km) around Regent's Park and you might get a sneaky peak of a giraffe on your way!
- Follow the outer perimeter of Hyde Park, Kensington Gardens, The Green Park and St James's Park for 7.2 miles (11.5km) passing some of London's famous landmarks, including Big Ben, Buckingham Palace and Speakers' Corner

And if you aren't based in London, get out and explore your local area - who knows what you might find!

## Good luck!

**Remember to share your training highs and lows with your fellow squirrel runners on Facebook!**

<http://bit.ly/TeamSquirrelFacebook>



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