

## Beginners 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 a beginner runner and a first-time half-marathoner, whose goal is to finish the 13.1 mile race."

### Pre-schedule:

To start this plan, you should ideally have completed the pre-training schedule for 3-4 weeks and should be able to run this without much discomfort. If not, give yourself some time to build up to that level gradually, or you may risk injury.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	4km	6km	6km	Rest	4km	6km

### Half marathon training plan:

Remember it's not the pace of the runs which matters – the important part is covering the distance!

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 w/c 18 July	Rest	4km	Rest	4km	Rest	4km	CT
2 w/c 25 July	Rest	4km	Rest	4km	Rest	6km	CT
3 w/c 1 Aug	Rest	6km	Rest	5km	Rest	6km	CT
4 w/c 8 Aug	Rest	6km	Rest	5km	Rest	6km	CT
5 w/c 15 Aug	Rest	5km	Rest	7km	Rest	8km	CT
6 w/c 22 Aug	Rest	6km	Rest	5km	Rest	8km	CT
7 w/c 29 Aug	Rest	6km	Rest	5km	Rest	10km	CT
8 w/c 5 Sep	Rest	7km	Rest	6km	Rest	14km	CT
9 w/c 12 Sep	Rest	6km	Rest	7km	Rest	17km	CT
10 w/c 19 Sep	Rest	7km	Rest	6km	Rest	12km	CT
11 w/c 26 Sep	Rest	8km	Rest	7km	Rest	4km	CT
12 w/c 3 Oct	Rest	3km	4km	2km	Rest	Rest	Race Day!

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



## 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 suit 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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