5K *to* WILMSLOW HALF MARATHON

Waters Wilmslow Half Marathon, March 24th 2019

Training Notes: Activity by Day

Tuesday

Is about speed and mixing it up. 3 x 1M means running a 1 mile loop 3 times at a fast effort (aim for your 5K pace). Allow yourself time to recover between each effort - a couple of minutes at least.

5 x hill means find a hill that you can run up in a couple of minutes - and do that 5 times. Allow yourself time to recover between each effort - a couple of minutes at least.

Always warm up by jogging and running for 10-15 minutes and warm down afterwards.

Wednesday

Strength and conditioning exercise. It is important to strengthen the muscles that you might not be using directly in your running especially your core. A core exercise or circuits class is ideal. Or swimming or a fitness class.

Thursday

Is about learning to control your pace. At a tempo run pace you should feel like you are moving quickly and efficiently. You can say a few words without gasping but can't have a conversation. For a progressive run start off jogging then gradually build up to a tempo pace before finishing as fast as you can - it is helpful to choose some markers along your route that you use as signals to increase your effort.

Saturday

Is parkrun day! Providing you are feeling fit try to run the parkrun at your best racing pace. Get in the habit of warming up for at least 15 minutes before the parkrun. As the weeks go by add 1 or 2 miles before and/or after the parkrun. Rest on Saturdays before races - a great chance to volunteer.

Is long run day. Aim to run at a steady pace so that you can generally hold a conversation. On days when you are feeling good increase your pace towards the end of the run.

Sunday

For more information or to sign up please visit: **www.wilmslowhalfmarathon.org.uk** or follow us on: