

5K to WILMSLOW HALF MARATHON

Waters Wilmslow Half Marathon, March 24th 2019

Training plan 3 (of 4): Weeks 9 to 12 (of 16)

| Week | Mon | Tue | Wed | Thurs | Fri | Sat | Sun |
|-----------------------------|------|----------|------------------------------|-------------------|------|----------------------|-----------|
| 9 w/c: 28/1/2019 | REST | 3M easy | Strength & Cond. EXERCISE | 4M tempo | REST | 2M + parkrun + 2M | 5M steady |
| 10 w/c: 4/2/2019 | REST | 5 x 0.5M | Strength & Cond. EXERCISE | 4M progressive | REST | 2M + parkrun + 2M | 6M steady |
| 11 w/c: 11/2/2019 | REST | 6 x hill | Strength & Cond. EXERCISE | 4M tempo | REST | 1M + parkrun + 1M | 8M steady |
| 12 w/c: 18/2/2019 | REST | 3 x 1M | Strength & Cond. EXERCISE | 5M progressive | REST | 2M + parkrun + 2M | 7M steady |

Warm up!

It is important to warm up and warm down before and after every session including parkrun. Get your legs going with a bit fast walking and jogging. Complete your session with jogging, walking and some gentle stretches.

Run together!

It is easier and more fun to run with a friend or group. Check out social media for a local running group or club. Don't worry about adapting your plan a bit to fit the group.

Routine

You might need to swap the days around but having a weekly routine helps you keep to the plan.

Ouch!

You should expect some general aches and pains as your body adapts to the training. But if anything hurts consistently or you are feeling very tired then miss a couple of days and restart gently - maybe return to the previous week plan.

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



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