


# 5K to **WILMSLOW** **HALF MARATHON**

**Waters Wilmslow Half Marathon, March 24<sup>th</sup> 2019**

Training plan 4 (of 4): Weeks 13 to 16 (of 16)

Week	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
<b>13</b> w/c: 25/2/2019	REST	5 x 0.5M	Strength & Cond. EXERCISE	4M tempo	REST	1M + parkrun + 1M	9M steady
<b>14</b> w/c: 4/3/2019	REST	6 x hill	Strength & Cond. EXERCISE	5M progressive	REST	1M + parkrun + 1M	10M steady
<b>15</b> w/c: 11/3/2019	REST	3 x 1M	Strength & Cond. EXERCISE	4M tempo	REST	1M + parkrun + 1M	8M steady
<b>16</b> w/c: 18/3/2019	REST	4M progressive	REST	REST	3M steady	Volunteer	

## 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](http://www.wilmslowhalfmarathon.org.uk) or follow us on:



@WilmslowRCraces



@WilmslowRC



wilmslowhalfmarathon