



10 WEEK TRAIL HALF MARATHON TRAINING PLAN

Week	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
1	Rest	Hill reps: 5 x 1 min hard uphill, followed by 5 x 30s hard uphill. Jog back to starting point after each rep	4 miles - easy	5 miles - easy	Steady tempo: 15 mins of steady running @ 2-hour race pace	Rest or 4 miles - easy	8 mile long run
2	Rest	Hill reps: 6 x 2 min hard uphill, with a jog back to your starting point after each rep	5 miles - easy	5 miles - easy	Flat surges: 6 x (20s fast/3 min easy jog)	Rest or 4 miles - easy	9 mile long run
3	Rest	Hill reps: 6 x 3 min hard uphill, with a jog back to your starting point after each rep	5 miles - easy	4 miles - easy	Steady tempo: 20 mins of steady running @ 2-hour race pace	Rest or 3 miles - easy	10 mile long run
4	Rest	Steady tempo: 25 mins of steady running @ 2-hour race pace	4 miles - easy	4 miles - easy	Fartlek: 4 x (5 min fast tempo/2 min easy jog). Aim 1h race pace (90% effort) for your min reps	Rest or 3 miles - easy	12 mile long run
5	Rest	Flat surges: 6 x (20s fast/3 min easy jog)	5 miles - easy	5 miles - easy	Progression run: 10 mins of running @ 2h race pace (75-80% effort) followed immediately by 10 mins at 1h race pace (90-95% effort)	Rest or 4 miles - easy	11 mile long run with pickup: 8 mile easy, 2 mile at 1.5 hour race pace (80% effort), 1 mile easy
6	Rest	Hill fartlek (25 mins): Using an undulating route, run all uphill at a hard intensity, and all flats & descents at easy recovery pace, for 25 mins	4 miles - easy	3 miles - easy	Fartlek: 5 x (5 min fast tempo/2 min easy jog). Aim 1h race pace (90% effort) for your 5 min reps	Rest or 4 miles - easy	14 mile long run
7	Rest	Steady tempo: 30 mins of steady running @ 2-hour race pace	5 miles - easy	4 miles - easy	Fartlek: 3 x (8 min fast tempo/3 min easy jog). Aim 1h race pace (90% effort) for your 8 min reps	Rest or 3 miles - easy	15 mile long run
8	Rest	Progression run: 15 mins of running @ 2h race pace (75-80% effort) followed immediately by 15 mins at 1h race pace (90-95% effort)	5 miles - easy	4 miles - easy	Fartlek: 3 x (10 min fast tempo/3 min easy jog). Aim 1h race pace (90% effort) for your 10 min reps	Rest or 4 miles - easy	12 mile long run

9	Rest	Fartlek: 2 x 4 min hard uphill with an easy jog back down recovery. After both hill reps, do a 20 min undulating trail tempo @ 1.5h race pace (80-90% effort)	4 miles - easy	4 miles - easy	Fartlek: 8min- 6min-4min-4min fast tempo with 2 min recovery jog between each. Aim 1h race pace (90% effort) for your reps	Rest or 4 miles - easy	8 mile long run
10	Rest	Fartlek: 5min-3min-3min-1min-1min with 3 min recovery jog between reps. Start out at 1.5h race pace for your 5 min rep, then aim 1h race pace for your 3 min reps, and 30-min race pace for your 1 min reps. Finish with plenty left in the tank	4 miles - easy	Rest	3 miles with 4 x 10s relaxed strides	Race	Rest