

# 14

## WEEK HALF MARATHON TRAINING PLAN: BEGINNER

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[www.forcecancercharity.co.uk](http://www.forcecancercharity.co.uk)



## TOP TIPS:

WEAR THE RIGHT SHOES. GET A PERSONALISED SHOE FITTING AT A GAIT ANALYSIS APPOINTMENT



TRACKING YOUR PROGRESS CAN HELP KEEP YOUR MOTIVATION UP. DOWNLOAD APPS LIKE STRAVA, AND MAKE USE OF ANY SMART WATCHES IN THE HOUSE!

TRAINING WITH SOMEONE ELSE CAN BE VERY MOTIVATING. ASK A FRIEND TO JOIN YOU FOR SOME SESSIONS.



GOOD SLEEP IS KEY TO HELPING YOUR BODY RECOVER QUICKLY. SO BE KIND TO YOURSELF!



REMEMBER TO STAY SUN SMART WHEN YOU'RE TRAINING IN SUNNY WEATHER, WEAR A CAP, SUNGLASSES AND SUNCREAM TO PROTECT FROM THE SUN DURING YOUR RUNS.



DRINK LOTS OF WATER!

FINALLY, REMEMBER WHY YOU'RE RUNNING FOR FORCE. YOU'RE DOING SOMETHING AMAZING AND WE ARE EXTREMELY GRATEFUL TO YOU.

**THANK YOU!**

THIS IS OUR BESPOKE 14 WEEK TRAINING PLAN FOR BEGINNERS, THAT WILL ENABLE YOU TO GO FROM RUNNING 5KM TO A HALF MARATHON WITH CONFIDENCE.

OUR TRAINING PLAN SHOULD BE COMBINED WITH HEALTHY EATING, DRINKING PLENTY OF FLUIDS, AS WELL AS STRETCHING AND REST.

THANK YOU FOR JOINING TEAM FORCE FOR THE GREAT WEST RUN, WE ARE VERY EXCITED TO HAVE YOU IN OUR TEAM!

# 14

# WEEKS TO GO



**SLOW & STEADY RUN**  
15 MINUTES

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**4KM RUN**  
5 MIN WARM UP  
RUN 4KM/2.4M  
5 MIN COOL DOWN

**SLOW & STEADY RUN**  
25 MINUTES

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**LONG RUN**  
5KM/3.1M

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# 13

# WEEKS TO GO



**SLOW & STEADY RUN**  
15 MINUTES

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**5KM RUN**  
5 MIN WARM UP  
RUN 5KM/3.1M  
5 MIN COOL DOWN

**SLOW & STEADY RUN**  
30 MINUTES

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**LONG RUN**  
6.4KM/4M

Have you set  
up a  
JustGiving  
page yet?

# 12

# WEEKS TO GO



**SLOW & STEADY RUN**  
15 MINUTES

---

**5KM RUN**  
5 MIN WARM UP  
RUN 5KM/3.1M  
5 MIN COOL DOWN

**SLOW & STEADY RUN**  
30 MINUTES

---

**LONG RUN**  
8KM/5M



# 11

## WEEKS TO GO

**SLOW & STEADY RUN**  
15 MINUTES

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**5KM RUN**  
5 MIN WARM UP  
RUN 5KM/3.1M  
5 MIN COOL DOWN

**SLOW & STEADY RUN**  
40 MINUTES

---

**LONG RUN**  
10KM/6.2M



# 10



## WEEKS TO GO

**SLOW & STEADY RUN**  
15 MINUTES

---

**5KM RUN**  
5 MIN WARM UP  
RUN 5KM/3.1M  
5 MIN COOL DOWN

**SLOW & STEADY RUN**  
30 MINUTES

---

**LONG RUN**  
10KM/6.2M

Hills are tough,  
but remember  
you're training to  
raise money for  
cancer support



# 9

## WEEKS TO GO

**SLOW & STEADY RUN**  
15 MINUTES

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**7KM RUN**  
5 MIN WARM UP  
RUN 7KM/4.3M  
5 MIN COOL DOWN

**SLOW & STEADY RUN**  
45 MINUTES

---

**LONG RUN**  
12.5KM/8M



# 8

# WEEKS TO GO

**SLOW & STEADY RUN**  
15 MINUTES

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**SLOW & STEADY RUN**  
35 MINUTES

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**7KM RUN**  
5 MIN WARM UP  
RUN 7KM/4.3M  
5 MIN COOL DOWN

**LONG RUN**  
15KM/9.5M



# 7



## WEEKS TO GO

**SLOW & STEADY RUN**  
15 MINUTES

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**8KM RUN**  
5 MIN WARM UP  
RUN 8KM/5M  
5 MIN COOL DOWN

**SLOW & STEADY RUN**  
40 MINUTES

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**LONG RUN**  
16KM/10M

Share your  
JustGiving page  
with colleagues,  
family & friends

# 6

# WEEKS TO GO

**SLOW & STEADY RUN**  
15 MINUTES

---

**8KM RUN**  
5 MIN WARM UP  
RUN 8KM/5M  
5 MIN COOL DOWN

**SLOW & STEADY RUN**  
35 MINUTES

---

**LONG RUN**  
16KM/10M



# 5

# WEEKS TO GO

**SLOW & STEADY RUN**  
15 MINUTES

---

**8KM RUN**  
5 MIN WARM UP  
RUN 8KM/5M  
5 MIN COOL DOWN

**SLOW & STEADY RUN**  
45 MINUTES

---

**LONG RUN**  
13.1KM/8M



# 4 WEEKS TO GO

**SLOW & STEADY RUN**  
15 MINUTES

---

**5KM RUN**  
5 MIN WARM UP  
RUN 5KM/3.1M  
5 MIN COOL DOWN

**SLOW & STEADY RUN**  
45 MINUTES

---

**LONG RUN**  
20KM/12.5M

Share a  
running selfie  
in your FORCE  
vest and use  
#FORCEGWR

# 3

# WEEKS TO GO

**SLOW & STEADY RUN**  
15 MINUTES

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**5KM RUN**  
5 MIN WARM UP  
RUN 5KM/3.1M  
5 MIN COOL DOWN

**SLOW & STEADY RUN**  
60 MINUTES

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**LONG RUN**  
10KM/6.2M



# 2

# WEEKS TO GO

**SLOW & STEADY RUN**  
15 MINUTES

---

**5KM RUN**  
5 MIN WARM UP  
RUN 5KM/3.1M  
5 MIN COOL DOWN

**SLOW & STEADY RUN**  
5KM/3.1M

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**LONG RUN**  
11KM/7M

Give your  
fundraising  
page a final  
push!



# 1



## WEEK TO GO

**SLOW & STEADY RUN**  
15 MINUTES

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**SLOW & STEADY RUN**  
3.2KM/2M

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**5KM RUN**  
5 MIN WARM UP  
RUN 5KM/3.1M  
5 MIN COOL DOWN

**LONG RUN**  
HALF MARATHON!

*Good Luck!*

