

14

WEEK HALF

MARATHON

TRAINING

PLAN:

INTERMEDIATE

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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 INTERMEDIATE TRAINING PLAN THAT WILL ENABLE YOU TO GO FROM RUNNING 5KM TO A HALF MARATHON WITH A TIME AND PACE GOAL.

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

KEY:

70% EFFORT = 10KM RUNNING PACE, ABLE TO SPEAK IN SHORT SENTENCES

80% EFFORT = 5KM RUNNING PACE, ABLE TO SAY ONE OR TWO WORDS ONLY

90% EFFORT = 1 MILE RUNNING PACE, NOT ABLE TO TALK!

SLOW & STEADY RUNS = 50-60% EFFORT, SHOULD BE ABLE TO HAVE A CONVERSATION

LONG RUNS = HALF MARATHON TARGET PACE

14

WEEKS TO GO



SLOW & STEADY RUN
15 MINUTES

SLOW & STEADY RUN
25 MINUTES

INTERVAL RUN
5 MIN WARM UP
8 X 1 MIN FAST PACE
(90% EFFORT)
1 MIN REST IN BETWEEN
5 MIN COOL DOWN

LONG RUN
5KM/3.1M

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WEEKS TO GO



SLOW & STEADY RUN
15 MINUTES

SLOW & STEADY RUN
30 MINUTES

INTERVAL RUN
5 MIN WARM UP
1 MIN 70% EFFORT
2 MIN 90% EFFORT
3 MIN 80% EFFORT
2 MIN 90% EFFORT
1 MIN 70% EFFORT
1 MIN REST IN BETWEEN
5 MIN COOL DOWN

LONG RUN
6.4KM/4M

Have you set
up a
JustGiving
page yet?

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WEEKS TO GO



SLOW & STEADY RUN
15 MINUTES

INTERVAL RUN: HILLS
5 MIN WARM UP
10 X 1 MIN 80% EFFORT
1 MIN REST IN BETWEEN
5 MIN COOL DOWN

SLOW & STEADY RUN
30 MINUTES

LONG RUN
8KM/5M



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WEEKS TO GO

SLOW & STEADY RUN
15 MINUTES

INTERVAL RUN
5 MIN WARM UP
3 MIN 70% EFFORT
2 MIN 80% EFFORT
1 MIN 90% EFFORT
2 MIN 80% EFFORT
3 MIN 70% EFFORT
1 MIN REST IN BETWEEN
5 MIN COOL DOWN

SLOW & STEADY RUN
40 MINUTES

LONG RUN
10KM/6.2M



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WEEKS TO GO



SLOW & STEADY RUN
15 MINUTES

INTERVAL RUN: HILLS
5 MIN WARM UP
10 X 1 MIN 80% EFFORT
45 SEC REST BETWEEN
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

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WEEKS TO GO

SLOW & STEADY RUN
15 MINUTES

SLOW & STEADY RUN
45 MINUTES

INTERVAL RUN: HILLS
5 MIN WARM UP
20 X 30 SEC 90% EFFORT
1 MIN REST BETWEEN
5 MIN COOL DOWN

LONG RUN
12.5KM/8M



8

WEEKS TO GO

SLOW & STEADY RUN
15 MINUTES

INTERVAL RUN
5 MIN WARM UP
1 MIN 90% EFFORT
5 MIN 80% EFFORT
10 MIN 70% EFFORT
5 MIN 80% EFFORT
1 MIN 90% EFFORT
30 SEC REST IN BETWEEN
5 MIN COOL DOWN

SLOW & STEADY RUN
35 MINUTES

LONG RUN
15KM/9.5M



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WEEKS TO GO

SLOW & STEADY RUN
15 MINUTES

INTERVAL RUN
5 MIN WARM UP
10 X 2 MIN 80% EFFORT
1 MIN REST IN BETWEEN
5 MIN COOL DOWN

SLOW & STEADY RUN
40 MINUTES

LONG RUN
16KM/10M

Share your
JustGiving page
with colleagues,
family & friends

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WEEKS TO GO

SLOW & STEADY RUN
15 MINUTES

SPEED RUN
2K WARM UP
8K 70% EFFORT
2K COOL DOWN

SLOW & STEADY RUN
35 MINUTES

LONG RUN
16KM/10M



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WEEKS TO GO

SLOW & STEADY RUN
15 MINUTES

SLOW & STEADY RUN
45 MINUTES

INTERVAL RUN
5 MIN WARM UP
1.30 MIN 80% EFFORT
1.30 MIN 70% EFFORT
1.30 MIN 90% EFFORT
REPEAT X 3
1.30 MIN REST IN BETWEEN
5 MIN COOL DOWN

LONG RUN
13.1KM/8M



4 WEEKS TO GO

SLOW & STEADY RUN
15 MINUTES

INTERVAL RUN
5 MIN WARM UP
5 X 5 MIN 70% EFFORT
2 MIN REST IN BETWEEN
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

INTERVAL RUN
5 MIN WARM UP
8 MIN 70% EFFORT
4 MIN 80% EFFORT
2 MIN 90% EFFORT
REPEAT X 3
2 MIN REST IN BETWEEN
5 MIN COOL DOWN

SLOW & STEADY RUN
60 MINUTES

LONG RUN
10KM/6.2M



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WEEKS TO GO

SLOW & STEADY RUN
15 MINUTES

SLOW & STEADY RUN
5KM/3.1M

INTERVAL RUN
5 MIN WARM UP
3 MIN 80% PACE
4 X 30 SEC 90% EFFORT
REPEAT X 3
2 MIN REST IN BETWEEN
5 MIN COOL DOWN

LONG RUN
11KM/7M

Give your
fundraising
page a final
push!

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WEEK TO GO

SLOW & STEADY RUN
15 MINUTES

SLOW & STEADY RUN
3.2KM/2M

INTERVAL RUN
5 MIN WARM UP
1 MIN 80% EFFORT
2 MIN 70% EFFORT
5 MIN STEADY HALF
MARATHON PACE
2 MIN 70% EFFORT
1 MIN 80% EFFORT
5 MIN COOL DOWN

LONG RUN
HALF MARATHON!

Good Luck!

