

2009 Half Marathon Training Programme Week 5 to Race Day

Week	Week Start Date	Session 1	Session 2	Session 3
Weeks 1 - 4: Total beginners	Thursday start (to coincide with Staffordshire Newsletter)	3 sessions per week, at a time convenient to the individual		
Week 5	Thurs 27th November	15 min jog 5 mins walk 15 mins jog	15 min jog 5 mins walk 15 mins jog	15 min jog 5 mins walk 15 mins jog
Week 6	Thurs 4th December	5 mins walk 20 mins jog 5 mins walk	30 mins jog / walk	30 mins jog
Week 7	Thurs 11th December	2 miles	3 miles	3 miles
Week 8	Thurs 18th December	3 miles	3 miles	4 miles
Week 9	Thurs 25th December	3 miles	4 miles	4 miles
Week 10	Thurs 1st January	4 miles	4 miles	5 miles
Week 11	Thurs 8th January	4 miles	5 miles	6 miles
Week 12	Thurs 15th January	5 miles	5 miles	6 miles
Week 13	Thurs 22nd January	5 miles	6 miles	6 miles
Week 14	Thurs 29th January	5 miles	6 miles	7 miles
Week 15	Thurs 5th February	6 miles	6 miles	7 miles
Week 16	Thurs 12th February	5 miles	6 miles	8 miles
Week 17	Thurs 19th February	4 miles	6 miles	8 -10 miles max
Week 18	Thurs 26th February	4 miles	5 miles	8 miles max
Week 19	Thursday 5th March	4 miles	5 miles	4 miles
Week 20	Thursday 12th March 4 – 5 mile easy jog	Friday 13th March REST	Saturday 14th March REST	Sunday 15th March 13.1miles –10.30am Half Marathon Day