

HALF MARATHON TRAINING PLAN

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For
CANTERBURY HALF MARATHON

13 Jan	Get You Round	Sub 2 hr	Sub 1 hr 40 mins	Sub 1 hr 25 mins
Sunday	30 mins brisk walk	30 mins Run	60 mins Run	60 mins Run
Monday	Rest	Rest	Rest	45 mins Run
Tuesday	15 min walk/jog	30 min Run	45 min Run	45 min run
Wednesday	Rest	Rest	30 min run	45 min Run
Thursday	15 min walk/jog	30 min Run	45 min run	30 min run
Friday	Rest	Rest	Rest	Rest
Saturday	15 mins walk/jog	30 min Run	Circuits of a park alternating 1 min at faster than normal pace / 1 min at slower than normal pace x 10 each	Morning – 30 mins easy Afternoon - Circuits of a park alternating 1 min at faster than normal pace / 1 min at slower than normal pace x 10 each
Training Objective:	Getting over the inhibitions and mental preparation for a regular training pattern. The amount of running is irrelevant – it's more about being 'out there'.	Base training for general condition so main training can build on it.	Base training for general condition so main training can build on it.	Base training for general condition so main training can build on it.

20 Jan	Get You Round	Sub 2 hr	Sub 1 hr 40 mins	Sub 1 hr 25 mins
Sunday	30 mins walk/jog	30 mins Run	60 mins Run	90 mins Run
Monday	Rest	Rest	Rest	45 mins Run
Tuesday	15 min walk/jog	30 min Run	45 min Run	8 x 2 mins at 10mile pace with 2 mins jog recovery between efforts
Wednesday	Rest	Rest	30 min run – last 10 mins at half marathon pace	45 min Run
Thursday	15 min walk/jog	30 min Run	45 min run	30 min run – last 10 mins at half

				marathon pace
Friday	Rest	Rest	Rest	Rest
Saturday	15 mins walk/jog	Circuits of a park alternating 1 min at faster than normal pace / 1 min at slower than normal pace x 10 each	Circuits of a park alternating 1 min at faster than normal pace / 1 min at slower than normal pace x 10 each	Morning – 30 mins easy Afternoon – Circuits of a park alternating 1 min at faster than normal pace / 1 min at slower than normal pace x 10 each
Training Objective:	Consolidation week	Consolidation week	Consolidation week	Consolidation week

27 Jan	Get You Round	Sub 2 hr	Sub 1 hr 40 mins	Sub 1 hr 25 mins
Sunday	30 mins walk/jog	30 mins Run	60 mins Run	90 mins Run
Monday	Rest	Rest	Rest	45 mins Run
Tuesday	15 min walk/jog	30 min Run	45 min Run	8 x 2 mins at 10mile pace with 2 mins jog recovery between efforts
Wednesday	Rest	Rest	30 min run – last 10 mins at half marathon pace	45 min Run
Thursday	15 min walk/jog	30 min Run	45 min run	30 min run – last 10 mins at half marathon pace
Friday	Rest	Rest	Rest	Rest
Saturday	15 mins walk/jog	Circuits of a park alternating 1 min at faster than normal pace / 1 min at slower than normal pace x 10 each	Circuits of a park alternating 1 min at faster than normal pace / 1 min at slower than normal pace x 10 each	Morning – 30 mins easy Afternoon - Circuits of a park alternating 1 min at faster than normal pace / 1 min at slower than normal pace x 10 each
Training Objective:	Start to move towards more running than walking when out.	Getting time on the feet and the start of a gradual build up of training.	Getting time on the feet and the start of a gradual build up of training. Beginnings of generating the pace necessary to run at 7 min mile pace.	Introduction of 10 mile/1/2 mar pace training.

3 Feb	Get You Round	Sub 2 hr	Sub 1 hr 40 mins	Sub 1 hr 25 mins
Sunday	30 mins walk/jog	30 mins Run	60 mins Run	90 mins Run
Monday	Rest	Rest	Rest	45 mins Run
Tuesday	15 min jog	30 min Run	45 min Run	8 x 2 mins at 10mile pace with 2 mins jog recovery between efforts
Wednesday	Rest	Rest	30 min run – last 10 mins at half marathon pace	45 min Run
Thursday	15 min jog	30 min Run	45 min run	30 min run – last 10 mins at half marathon pace
Friday	Rest	Rest	Rest	Rest
Saturday	15 mins jog	Circuits of a park alternating 1 min at faster than normal pace / 1 min at slower than normal pace x 10 each	Circuits of a park alternating 1 min at faster than normal pace / 1 min at slower than normal pace x 10 each	Morning – 30 mins easy Afternoon - Circuits of a park alternating 1 min at faster than normal pace / 1 min at slower than normal pace x 10 each
Training Objective:	Should be jogging full time of	Getting time on the feet and the start of	Getting time on the feet and the start	Introduction of 10 mile/1/2 mar

	training session	a gradual build up of training.	of a gradual build up of training. Beginnings of generating the pace necessary to run at 7 min mile pace.	pace training.
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10 Feb	Get You Round	Sub 2 hr	Sub 1 hr 40 mins	Sub 1 hr 25 mins
Sunday	30 mins jog	30 mins Run	60 mins Run	90 mins Run
Monday	Rest	Rest	Rest	45 mins Run
Tuesday	15 min jog	30 min Run	45 min Run	8 x 2 mins at 10mile pace with 2 mins jog recovery between efforts
Wednesday	Rest	Rest	30 min run – last 10 mins at half marathon pace	45 min Run
Thursday	15 min jog	30 min Run	45 min run	30 min run – last 10 mins at half marathon pace
Friday	Rest	Rest	Rest	Rest
Saturday	15 mins jog	Circuits of a park alternating 1 min at faster than normal pace / 1 min at slower than normal pace x 10 each	Circuits of a park alternating 1 min at faster than normal pace / 1 min at slower than normal pace x 10 each	Morning – 30 mins easy Afternoon - Circuits of a park alternating 1 min at faster than normal pace / 1 min at slower than normal pace x 10 each
Training Objective:	Consolidation week	Consolidation week	Consolidation week	Consolidation week

17 Feb	Get You Round	Sub 2 hr	Sub 1 hr 40 mins	Sub 1 hr 25 mins
Sunday	30 mins jog	30 mins Run	60 mins Run	90 mins Run
Monday	Rest	Rest	Rest	45 mins Run
Tuesday	15 min jog	30 min Run	45 min Run	8 x 2 mins at 10mile pace with 2 mins jog recovery between efforts
Wednesday	Rest	Rest	30 min run – last 10 mins at half marathon pace	45 min Run
Thursday	15 min jog	30 min Run	45 min run	30 min run – last 10 mins at half marathon pace
Friday	Rest	Rest	Rest	Rest
Saturday	15 mins jog	Circuits of a park alternating 1 min at faster than normal pace / 1 min at slower than normal pace x 10 each	Circuits of a park alternating 1 min at faster than normal pace / 1 min at slower than normal pace x 10 each	Morning – 30 mins easy Afternoon - Circuits of a park alternating 1 min at faster than normal pace / 1 min at slower than normal pace x 10 each
Training Objective:	Consolidation week	Consolidation week	Consolidation week	Consolidation week

24 Feb	Get You Round	Sub 2 hr	Sub 1 hr 40 mins	Sub 1 hr 25 mins
Sunday	40 mins walk/jog	40 mins steady	60 mins steady	90 mins steady
Monday	Rest	Rest	Rest	45 mins Run
Tuesday	15 min jog	30 min Run	45 min Run	8 x 2 mins at 10km pace with 2 mins jog recovery between efforts

Wednesday	Rest	Rest	30 min run – last 10 mins at half marathon pace	45 min Run
Thursday	15 min jog	30 min Run	45 min run	30 min run – last 10 mins at half marathon pace
Friday	Rest	Rest	Rest	Rest
Saturday	15 mins jog	Circuits of a park alternating 1 min at faster than normal pace / 1 min at slower than normal pace x 10 each	Circuits of a park alternating 1 min at faster than normal pace / 1 min at slower than normal pace x 10 each	Morning – 30 mins easy Afternoon - Circuits of a park alternating 1 min at faster than normal pace / 1 min at slower than normal pace x 10 each
Training objective:	Consolidation week	Consolidation week	Consolidation week	Consolidation week

Important: Warm-up jog and stretch before all sessions + stretch gently after (before you get cold).

2 Mar	Get You Round	Sub 2 hr	Sub 1 hr 40 mins	Sub 1 hr 25 mins
Sunday	50 mins walk/jog	60 mins steady	90 mins steady	2 hrs steady
Monday	Rest	Rest	30 mins easy	Morning – 30 mins easy Afternoon - 45 mins easy
Tuesday	20 mins jog	45 mins easy	45 min continuous run including 10 faster pace efforts of between 1 & 3 mins with jog recovery (run as you please)	6 x 1 mile efforts at half marathon pace.
Wednesday	Rest	Rest	Rest	60 min Run
Thursday	20 mins jog	45 mins easy	45 mins easy	Morning – 30 mins easy Afternoon – 45 mins easy
Friday	Rest	Rest	30 mins easy	30 mins easy
Saturday	Circuit in a park – run 1 min continuous then walk 1 min recovery x 10 each	10 x 1 min running up shallow hill – walk back down recovery	Rest	30 min Jog
Training Objectives:	Starting to run longer distances continuously.	Development of the long run and some hill work to build strength in the legs.	Develop long run & faster stretches within the normal steady pace run.	Develop long run & faster stretches within the normal steady pace run.

9 Mar	Get You Round	Sub 2 hr	Sub 1 hr 40 mins	Sub 1 hr 25 mins
Sunday	50 mins walk/jog	60 mins steady	90 mins steady	2 hrs steady
Monday	Rest	Rest	30 mins easy	Morning – 30 mins easy Afternoon - 45 mins easy
Tuesday	20 mins jog	45 mins easy	45 min continuous run including 10 faster pace efforts of between 1 & 3 mins with jog recovery (run as you please)	6 x 1 mile efforts at half marathon pace.
Wednesday	Rest	Rest	Rest	60 min Run
Thursday	25 min easy	45 min easy	60 min easy	Morning – 30 mins easy Afternoon – 40 mins run with 10 short sprints of approx 200m run

				randomly during the run.
Friday	25 min easy	35 min easy	45 mins easy	Am-30 mins easy Pm- 45 mins steady
Saturday	Circuit in a park – run 1 min continuous then walk 1 min recovery x 10 each	10 x 1 min running up shallow hill – walk back down recovery	Rest	30 min Jog
Training Objectives:	Starting to run short distances continuously.	Development of the long run and some hill work to build strength in the legs.	Develop long run & faster stretches within the normal steady pace run.	Develop long run & faster stretches within the normal steady pace run.

16 Mar	Get You Round	Sub 2 hr	Sub 1 hr 40 mins	Sub 1 hr 25 mins
Sunday	60 mins jog/walk	75 mins steady	2 hr steady run	2 hr steady run
Monday	Rest	Rest	30 mins easy	30 mins easy
Tuesday	25 mins easy	45 min continuous run including 10 faster pace efforts of between 1 & 3 mins with jog recovery (run as you please)	45 min continuous run including 10 faster pace efforts of between 1 & 3 mins with jog recovery (run as you please)	6 x 1,000 m at 10km pace – 3 mins recovery between each
Wednesday	Rest	Rest	30 mins easy	Morning – easy 30 mins Afternoon – 60 mins steady
Thursday	25 mins easy	45 mins steady	60 mins easy	Morning – easy 30 mins Afternoon – steady 30 mins followed by 10 x 200m
Friday	Rest	Rest	Rest	Rest
Saturday	Circuit in a park – run 1 min continuous then walk 1 min recovery x 10 each	10 x 1 min running up shallow hill – walk back down recovery	12 x 1 min running up shallow hill – walk back down recovery	16 x 1 min running up shallow hill – walk back down recovery
Training Objective:	Gradually increasing time of the feet – a mental strategy or run 5 mins/ walk 1 min for the long run will help you get through 60 mins.	Lengthening long run – the pace doesn't matter. Introduction of 'speed work' at race pace will accelerate fitness levels.	Building the speed necessary to run a 10km with some efforts faster than 10km pace so that half marathon pace becomes more comfortable.	Building the speed necessary to run a 10km with some efforts faster than 10km pace so that half marathon pace becomes more comfortable.

Important: Warm-up jog and stretch before all sessions + stretch gently after (before you get cold).

23 Mar	Get You Round	Sub 2 hr	Sub 1 hr 40 mins	Sub 1 hr 25 mins
Sunday	75 mins run/walk	75 mins easy	90 mins steady	90 mins steady
Monday	Rest	Rest	30 mins easy	Morning – 30 mins easy Afternoon – 45 mins Run
Tuesday	35 mins easy	45 min continuous run including 10 faster pace efforts of between 1 & 3 mins with jog recovery (run as you please)	45 min continuous run including 10 faster pace efforts of between 1 & 3 mins with jog recovery (run as you please)	On fairly straight uninterrupted route run 10 mins at 10km pace – 10 mins recovery – run 10 min back trying to get to pass your start point
Wednesday	Rest	Rest	60 mins easy	Morning – 30 mins easy Afternoon – 60 mins steady
Thursday	35 mins easy	60 mins easy	30 mins steady	Morning – easy 30 mins

				Afternoon – steady 30 mins followed by 10 x 200m
Friday	Rest	Rest	Rest	Rest
Saturday	Circuit in a park – run 1 min continuous then walk 1 min recovery x 10 each	10 x 1 min running up shallow hill – walk back down recovery	12 x 1 min running up shallow hill – walk back down recovery	16 x 1 min running up shallow hill – walk back down recovery
Training Objectives	15 mins added to the long run – using the 5 min run/1 min walk strategy.	Consolidation week	Consolidation week	Consolidation week

30 Mar	Get You Round	Sub 2 hr	Sub 1 hr 40 mins	Sub 1 hr 25 mins
Sunday	75 mins run/walk	10 km race	10 km race	10 km race
Monday	Rest	Rest	30 mins easy	Morning – 30 mins easy Afternoon – 45 mins Run
Tuesday	40 mins easy	Up the clock – run 1 min fast/1 min slow, 2 mins fast/ 2 mins slow, 3 mins fast/3 mins slow/4 mins fast/4 mins slow, 5 mins fast.	Up the clock – run 1 min fast/1 min slow, 2 mins fast/ 2mins slow, 3 mins fast/3 mins slow/4 mins fast/4 mins slow, 5 mins fast.	Up and down the clock – run 1 min fast/1 min slow, 2 mins fast/ 2mins slow, 3 mins fast/3 mins slow/4 mins fast/4 mins slow, 5 mins fast/5 mins slow, the 4, 3, 2, 1 min back down.
Wednesday	Rest	Rest	30 mins easy	Morning – 30 mins easy Afternoon – 60 mins Run
Thursday	40 mins easy	60 mins easy	75 mins easy	Morning – 30 mins easy Afternoon - 10 min warm-up – 20 min Tempo run (10 km race pace) – 10 mins warm-down
Friday	Rest	Rest	30 min easy	30 min easy
Saturday	10 x 1 min running up shallow hill – walk back down recovery	12 x 1 min running up shallow hill – walk back down recovery	Rest	Rest
Training Objectives	Consolidation week – slight increase in the mid week runs.	Development of ability to run faster than race pace and hold the pace for an increasing amount of time.	Development of ability to run faster than race pace and hold the pace for an increasing amount of time. 10 km race adds to the peaking process.	Up and down the clock develops strength and speed. The Tempo run enables you to hold a fast pace for a long time. 10 km race adds to the peaking process.

6 Apr	Get You Round	Sub 2 hr	Sub 1 hr 40 mins	Sub 1 hr 25 mins
Sunday	75 mins run/walk	75 min run	2 hrs steady	2 hr steady
Monday	Rest	Rest	30 mins easy	Morning – 30 mins easy Afternoon – 30 mins easy
Tuesday	45 mins steady	10 mins warm up – 20 mins at half marathon pace – 10 min warm down.	10 mins warm up – 20 mins at half marathon pace – 10 min warm down.	3 sets of 4 x 300m at 3 km pace with 100 m jog recovery between efforts/3 mins standing recovery between sets.
Wednesday	Rest	Rest	60 mins steady	60 mins steady
Thursday	60 mins steady	60 mins steady	Morning – 30 mins easy Afternoon – 30 mins easy	Morning – 30 mins easy Afternoon – 30 mins easy
Friday	Rest	Rest	Rest	Rest

Saturday	10 x 1 min running up shallow hill – walk back down recovery	12 x 1 min running up shallow hill – walk back down recovery	15 x 1 min running up shallow hill – walk back down recovery	20 x 1 min running up shallow hill – walk back down recovery
Training Objectives	The long runs are going to start to get you tired – refuelling after the long Sunday run & mid week hour run is essential – it’s tough but it will start to build the endurance you’ll need for the race.	Race pace running is important so that your body gets the ‘feel’ of the speed you want to race at.	Race pace running is important so that your body gets the ‘feel’ of the speed you want to race at. Twice a day training on some days gives a boost to your endurance, and the afternoon run can sometimes be better because you have ‘warmed-up’ in the morning.	Big ‘interval sessions’ develop the heart & lungs, build strength and develop the speed necessary to run inside race pace comfortably.

13 Apr	Get You Round	Sub 2 hr	Sub 1 hr 40 mins	Sub 1 hr 25 mins
Sunday	75 mins run/walk	75 min run	2 hrs steady	2 hr steady
Monday	Rest	Rest	30 mins easy	Morning – 30 mins easy Afternoon – 30 mins easy
Tuesday	45 mins steady	10 mins warm up – 20 mins at half marathon pace – 10 min warm down.	10 mins warm up – 20 mins at half marathon pace – 10 min warm down.	3 sets of 4 x 300m at 3 km pace with 100 m jog recovery between efforts/3 mins standing recovery between sets.
Wednesday	Rest	Rest	60 mins steady	60 mins steady
Thursday	60 mins steady	60 mins steady	Morning – 30 mins easy Afternoon – 30 mins easy	Morning – 30 mins easy Afternoon – 30 mins easy
Friday	Rest	Rest	Rest	Rest
Saturday	10 x 1 min running up shallow hill – walk back down recovery	12 x 1 min running up shallow hill – walk back down recovery	15 x 1 min running up shallow hill – walk back down recovery	20 x 1 min running up shallow hill – walk back down recovery
Training Objectives	Consolidation week	Consolidation week	Consolidation week	Consolidation week

20 Apr	Get You Round	Sub 2 hr	Sub 1 hr 40 mins	Sub 1 hr 25 mins
Sunday	45 mins run/walk	45 mins run	1 hr run	1 hr run
Monday	Rest	Rest	30 mins easy	45 mins Run
Tuesday	45 mins Run	10 mins warm up – 10 x 200m with 200m walk/jog recovery– 10 min warm down.	10 mins warm up – 10 x 200m with 200m walk/jog recovery– 10 min warm down.	10 mins warm up – 10 x 200m with 200m walk/jog recovery– 10 min warm down.
Wednesday	Rest	Rest	30 min easy	30 mins easy
Thursday	20 mins easy	30 mins steady	30 mins steady	30 mins easy
Friday	20 min easy	30 mins easy	30 mins easy	30 mins easy
Saturday	Rest	Rest	Rest	Rest
Training Objectives	Recovery week!	Recovery week!	Recovery week!	Recovery week!

Important: Warm-up jog and stretch before all sessions + stretch gently after (before you get cold).

27 Apr	Get You Round	Sub 2 hr	Sub 1 hr 40 mins	Sub 1 hr 25 mins
Sunday	10km Race	10km Race	10km Race	10km Race
Monday	Rest	Rest	30 mins easy	Morning – 30 mins easy

				Afternoon – 45 mins Run
Tuesday	50 mins easy	Up the clock – run 1 min fast/1 min slow, 2 mins fast/ 2mins slow, 3 mins fast/3 mins slow/4 mins fast/4 mins slow, 5 mins fast.	Up the clock – run 1 min fast/1 min slow, 2 mins fast/ 2mins slow, 3 mins fast/3 mins slow/4 mins fast/4 mins slow, 5 mins fast.	16 x 400m at 5km pace – 2 mins recovery between each
Wednesday	Rest	Rest	75 mins easy	90 mins steady
Thursday	60 mins easy	60 mins steady	On fairly straight uninterrupted route 10 mins at Half Marathon pace – 5 mins recovery – run 10 min back trying to get to pass your start point	Morning – 30 mins easy Afternoon - On fairly straight uninterrupted route 10 mins at Half Marathon pace – 5 mins recovery – run 10 min back trying to get to pass your start point
Friday	Rest	Rest	Rest	Rest
Saturday	Rest	30 min Tempo Run – half marathon speed	30 min Tempo Run	45 min Tempo Run
Training Objectives	An increase in both the long run and total running time in the week. Emphasis is still on building up the distance. Tapering at the end of the week so you are fresh to tackle your first 2 hr run at the start of the next week.	With 3 weeks to go developing speed will help you peak for the big event. The tempo run is the most important as it teaches you to concentrate and hold your pace over a long period of time.	With the 5/10 km race, two interval type sessions and the tempo run this is a very intense week that represents a shift from steady miles to faster pace running. The rest days and easy runs are going to be vital.	With the 5/10 km race, two interval type sessions and the tempo run this is a very intense week that represents a shift from steady miles to faster pace running. The rest days and easy runs are going to be vital.

4 May	Get You Round	Sub 2 hr	Sub 1 hr 40 mins	Sub 1 hr 25 mins
Sunday	2 hrs easy	2 hrs steady	2 hrs steady	2 hrs with 30 mins at half marathon Race Pace towards the end
Monday	Rest	Rest	30 mins easy	Morning – 30 mins easy Afternoon – 45 mins Run
Tuesday	30 min run	45 min run	45 min run	60 min run
Wednesday	30 min run	45 min run	45 mins run	45 mins run
Thursday	Rest	Rest	Rest	30 mins steady
Friday	20 mins easy	30 mins easy	30 mins easy	30 mins easy
Saturday	Rest	Rest	Rest	Rest
Training Objectives	You've done a big run – the rest of the week is recovery time as you plan your next landmark – a half marathon race.	Consolidation week.	Consolidation week.	Consolidation week.

Important: Warm-up jog and stretch before all sessions + stretch gently after (before you get cold).

11 May	Get You Round	Sub 2 hr	Sub 1 hr 40 mins	Sub 1 hr 25 mins
Sunday	90 mins	90 mins	90 mins – quicker pace	90 mins – quicker pace
Monday	Rest	Rest	Rest	30 mins easy
Tuesday	10 min warm up – Alternate 1 min	10 min warm up – Alternate 1 min	Morning - 30 mins steady	Morning – 30 mins easy

	fast/1 min slow x 10	fast/1 min slow x 10	Afternoon – 12 x 400m at 5km pace / 2 mins recovery between each	Afternoon – 12 x 400m at 5km pace / 2 mins recovery between each
Wednesday	60 mins	60 mins	Morning – 30 mins easy Afternoon – 60 mins easy	Morning – 30 mins easy Afternoon – 75 mins Run
Thursday	Rest	Rest	Morning – 30 mins easy Afternoon - 20 mins easy – 20 mins at half marathon pace	Morning – 30 mins easy Afternoon - 40 mins Tempo Run at half marathon pace.
Friday	30 mins Run	30 mins Run	Rest	Rest
Saturday	Rest	Rest	30 mins steady	30 mins Run
Training Objectives	Speed session gets you used to running a little quicker than the predicted half marathon pace.	Speed session gets you used to running a little quicker than the predicted half marathon pace.	Last big week. 5km pace session is the most important.	Last big week. 5km pace session is the most important.

18 May	Get You Round	Sub 2 hr	Sub 1 hr 40 mins	Sub 1 hr 25 mins
Sunday	45 mins easy	1 hr easy	1 hr steady	1 hr steady
Monday	Rest	Rest	30 mins easy	Morning – 30 mins easy Afternoon – 30 mins Run
Tuesday	30 mins easy	10 min warm up – Alternate 1 min fast/1 min slow x 10	10 x 400m at 10 km pace – 2 mins recovery between each	8 x 400m at 5 km pace – 2 mins recovery between each
Wednesday	Rest	30 mins easy	Morning – 30 mins easy Afternoon – 40 mins easy	Morning – 30 mins easy Afternoon – 40 mins easy
Thursday	30 mins steady	30 mins steady	20 mins easy – 20 mins at marathon pace	20 mins easy – 20 mins at marathon pace
Friday	Rest	Rest	30 mins steady	30 mins steady
Saturday	Rest	Rest	Rest	Rest
Training Objectives	Taper down week for the race. Eat plenty of carbohydrate in the last 3 days and take on plenty of fluid in the last 24 hrs.	Taper down week for the race. Eat plenty of carbohydrate in the last 3 days and take on plenty of fluid in the last 24 hrs.	Taper down week for the race. Eat plenty of carbohydrate in the last 3 days and take on plenty of fluid in the last 24 hrs.	Taper down week for the race. Eat plenty of carbohydrate in the last 3 days and take on plenty of fluid in the last 24 hrs.

Important: Warm-up jog and stretch before all sessions + stretch gently after (before you get cold).

May 25 – Canterbury Half Marathon
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