

Worcester City Runs

12 Week Training Plan - Half Marathon

KEMP 
The Wyre Forest Hospice

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Week 1	Brisk walk 20 mins	Rest	1 mile Jog	Rest	Intervals 1m Jog 0.5m walk x2	Rest	2 mile run
Week 2	Brisk walk 20 mins	Rest	1 mile Jog	Rest	Intervals 1m Jog 0.5m walk x2	Rest	2 mile run
Week 3	Brisk walk 20 mins	Rest	3 mile Jog	Rest	Intervals 1m Jog 0.5m walk x2	Rest	3 mile run
Week 4	Brisk walk 20 mins	Rest	3 mile Jog	Rest	Intervals 1m jog 0.25m sprint x 3	Rest	4 mile run
Week 5	Brisk walk 20 mins	Rest	Intervals 1m fast run 0.5m walk x3	Rest	3 mile Gentle Jog	Rest	5 mile run
Week 6	Brisk walk 20 mins	Rest	Intervals 1m fast run 0.5m walk x4	Rest	4 mile Gentle Jog	Rest	6 mile run
Week 7	Brisk walk 20 mins	Rest	Intervals 0.5m sprint 0.5m walk x4	Rest	4 mile Gentle Jog	Rest	8 mile run
Week 8	Brisk walk 20 mins	Rest	4 mile run	Rest	Intervals 0.5m sprint 0.5m walk x 6	Rest	9 mile run
Week 9	Brisk walk 20 mins	Rest	Intervals 0.5m sprint 0.5m walk x8	Rest	5 mile Gentle Jog	Rest	11 mile run
Week 10	Brisk walk 20 mins	Rest	Intervals 0.5m sprint 0.5m walk x6	Rest	3 mile Gentle Jog	Rest	13 mile run
Week 11	Brisk walk 20 mins	Rest	3 mile run	Rest	3 mile Gentle Jog	Rest	8 mile run
Week 12	Rest	Intervals 1m Jog 0.5m walk x4	Rest	Rest	3 mile Gentle Jog	Rest	Race Day! Good Luck!