



Connemarathon Training Plans

HALF Marathon Plan

All figures are in miles unless otherwise stated

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Base Building								
	1	Rest	4--6 E	6 R	4--6 R	Rest	6E or 5K TT	6 L
	2	Rest	4--6 E	6 T (2E, 2 @ 10K pace, 2E)	4--6 R	Rest	4--6 R	6 L
	3	Rest	4--6 E	6 T (2E, 2 @ 10K pace, 2E)	4--6 R	Rest	4--6 R	6 L
	4	Rest	4--6 E	6 T (2E, 2 @ 10K pace, 2E)	4--6 R	Rest	4--6 R	8 L
	5	Rest	4--6 E	6 T (2E, 2 @ 10K pace, 2E)	4--6 R	Rest	Time Trial	8
Strength								
	6	Rest	4--6 Include 3 X 600M Hill Repeats	6 R	6 T (2E, 3 @ 10K pace, 1E)	Rest	4--6 R	8 (4MP)
	7	Rest	4--6 Include 3 X 600M Hill Repeats	6 R	6 T (2E, 3 @ 10K pace, 1E)	Rest	4--6 R	8 L
	8	Rest	4--6 Include 7 X 600M Hill Repeats	6 R	6 T (2E, 3 @ 10K pace, 1E)	Rest	4--6 R	8 (4MP)
	9	Rest	4--6 Include 8 X 600M Hill Repeats	6 R	6 T (2E, 3 @ 10K pace, 1E)	Rest	4--6 R	6 L
Strength / Event Specific								
	10	Rest	4--6 Include 8 X 600M Hill Repeats	6 R	6 T (2E, 3 @ 10K pace, 1E)	Rest	4--6 R	10 (6MP) Undulating Route
	11	Rest	4--6 Include 8 X 600M Hill Repeats	6 R	7 T (2E, 4 @ 10K pace, 1E)	Rest	4--6 R	10 (6MP) Undulating Route

	12	Rest	4--6 Hilly Run Undulating Route	6 R	7 T (2E, 4 @ 10K pace, 1E)	Rest	Intervals (3 X 2 Miles at 10K pace, 5 min recovery)	10 L Undulating Route	
	13	Rest	4--6 Hilly Run Undulating Route	6 R	6 T (2E, 3 @ 10K pace, 1E)	Rest	6 T (2E, 3 @ 10K pace, 1E)	12 L Undulating Route	
Fine Tuning									
	14	Rest	4--6 Hilly Run Undulating Route	6 R	6 T (2E, 3 @ 10K pace, 1E)	Rest	Intervals (3 X 2 Miles at 10K pace)	10 L Undulating Route	
	15	Rest	4--6 Hilly Run Undulating Route	6 R	6 T (2E, 3 @ 10K pace, 1E)	Rest	Intervals (2 X 3 Miles at 10K pace, 5 min recovery)	12 L Undulating Route	
Taper									
	16	Rest	4--6 Hilly Run Undulating Route	6 R	6E with 6 X 1 min at Race pace, 1 min Recovery	Rest	6E with 6 X 1 min at Race pace, 1 min Recovery	10 L Undulating Route	
	17	Rest	4--6 Hilly Run Undulating Route	6 R	6E with 6 X 1 min at Race pace, 1 min Recovery	Rest	6E with 6 X 1 min at Race pace, 1 min Recovery	8L Easy Route	
	18	Rest	6E with 6 X 1 min at Race pace, 1 min Recovery	4--6 E	6 R	Travel	Rest	Race Day	
Recovery									
		Walk	Walk	Walk					

Legend

TT = Time Trial	E = Easy	MP = Marathon Pace	HM = Half Marathon Pace
10k = 10k Pace	T = Tempo Run	H = Hilly Run / Undulating Run	L = Long
R = Recovery			

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