

HALF MARATHON IN 10 WEEKS

**COMBAT
STRESS**
FOR VETERANS' MENTAL HEALTH



SIGNED UP FOR A HALF MARATHON? WE'RE HERE TO HELP

Well done for signing up to take on a half marathon. We're here to help you reach the finish line. This training plan has been put together by our partners Boot Camp UK and is designed to help you prepare and feel confident for the big day.

If you are completely new to running, we advise you take a look at our 10km in 10-week plan first and build this into your overall training plan.

The days of the week are not fixed and are only a suggestion. This plan needs to work around your schedule but try to ensure a run day is followed by a rest day – this will help prevent injury and will maximise the impact of your training days.

So before you get started, read on for our top training tips for taking on a Half Marathon.





TRAINING GEAR »

Before starting your training journey, it's worth having a look at your running kit to make sure you're fully prepared and comfortable for the next few weeks of training.

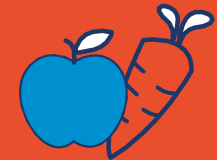
A good pair of well-fitting running shoes that suit your running style are a must.

Pair this with a quality pair of running socks and breathable/ sweat wicking running clothes and you're good to go!

On race day, remember to wear clothes that you've trained in to avoid surprise blisters and chafing... no one wants that on race day!



FOOD IS YOUR FUEL »



As a runner it's important to remember food is your fuel.

Nutrition for runners is about delivering enough energy to the working muscles to allow you to complete your sessions, as well as aiding recovery and developing strength.

Do your research beforehand and make sure you're fuelling your body with the right protein, healthy fat and high-quality carbohydrates.

MIX IT UP >>



You may be training for a running event but by adding some cross training into your plan, you'll be helping to build your fitness and strength which will help you remain injury free. Bonus!



On a rest day, or low mileage day, look to add in some light cycling, swimming, or strength training into your plan.



WARM UP AND COOL DOWN



It is always tempting to skip a warm-up or cool down and get straight to it. We know the feeling but it's important not to! Both are vital in reducing muscle soreness and the risk of injury, so be sure to add both a warm-up and cool down to your training days.

With your warmup, you should be looking to do dynamic stretches to get the blood flowing and your muscles warm. With your cool down, a gentle jog, static stretches and foam rolling will help bring your body back to a resting state and reduce the build of lactic acid, so you feel fresh for your next run.

TRAINING PLAN



Our training plan will help you build up to a Half Marathon in 10 weeks.



	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10
MON	10-15min continuous running at pace 1	REST	8-12min run at pace 1	REST	2 x 15min run at pace 1 with 90sec walk between to recover	REST	30 mins continuous at pace 2 – take note of your distance	REST	5min warm-up at pace 1 7 x 1km at pace 3 (aim for your parkrun pace), with 2 min walk to recover in between efforts 5min cool down	REST
TUES	2 x 8min run at pace 1 with 4min walk between to recover	2 x 10min run at pace 1 with 4min walk between to recover	2 x 10min run at pace 1 with 2min walk between to recover	2 x 15min run at pace 1 with 90sec walk between to recover	2 x 15min run at pace 1 with 1min walk between to recover This is the last Monday run with recovery walks!	30-35min run at pace 1 3 x 1min runs at pace 3 with 1 min rest between	40 min run 20 mins at pace 1 20 mins at pace 2	50 min run 25 mins at pace 1 25 mins at pace 2	5min warm up at pace 1 45 mins run 25 mins at pace 2 20 mins at pace 3	25-30min run at pace 1 We're in the de-load phase, reducing the amount you run
WED	REST	2 x 12min run at pace 1 with 4min walk between to recover	REST	14-18min run at pace 1 You're starting to log longer distances now	REST	5min warm-up at pace 1 5 x 3min at pace 2 or 3, with 2min walk to recover in between efforts 5min cool down at pace 1	REST	REST	REST	REST
THUR	10-15min continuous running at pace 1	14-18min run at pace 1	14-18min run at pace 1 You're starting to log longer distances now. At this point it's not uncommon to be experience some muscle soreness and fatigue	5min warm-up at pace 1 6 x 90sec at pace 2, with 90sec walk to recover in between efforts 5min cool-down at pace 1	5min warm-up at pace 1 5 x 3min at pace 2 or 3, with 2min walk to recover in between efforts 5min cool down at pace 1	5min warm-up at pace 1 4 x 3min at pace 3, with 1min walk to recover in between efforts 5min cool down at pace 1	5min warm-up at pace 1 6 x 4min at pace 3, with 2min walk to recover in between efforts 5min cool down at pace 1	5min warm-up at pace 1 7 x 1km at pace 3 (aim for your parkrun pace), with 2 min walk to recover in between efforts 5min cool down	5min warm-up at pace 1 4 x 3km at the pace you ran the 10K at the weekend, with 2min walk to recover in between 5min warm-down at pace 1	5min warm-up at pace 1 10 x 1min at pace 3 or 4, with 90sec walk to recover in between efforts 5min cool down at pace 1
FRI	REST	REST	REST	REST	REST	REST	REST	REST	REST	Run 20 mins easy Race day is approaching so steady off, fuel up, stretch and foam roll if possible
SAT	2 x 12min run at pace 1 with 4min walk between to recover	2 x 11min run at pace 1 with 3min walk between to recover	2 x 12min run at pace 1 with 2min walk between. The recovery time between runs is coming down sharply now	20min run at pace 1 Coaching points: This is a recovery day. Take the chance to just enjoy your running.	15-18min run at pace 2	30 mins continuous at pace 2 – take note of your distance.	20-25min run at pace 1	40 mins at pace 1 15 mins at pace 2	75-90min run at pace 1 During the run try to hit 4 x 1km pace 3 targets	REST
SUN	10-12min run at pace 1	8-12min run at pace 1	15-18min run at pace 1	Sundays now become your longer run days. 35 – 40 mins pace 1	Run your local free 5K parkrun and set a benchmark time. 5min warm up and 5min cool down at pace 1	45-60min run at pace 1 Coaching points: Hydrate well before you start this run and eat a good breakfast	55-75min run at pace 1 Hydrate well and eat a good breakfast before this session, this is the longest so far	80min run at pace 2 or if possible sign up to a 10km race/ run and set a benchmark time at race pace	REST	RACE

RACEDAY

PACING

Throughout the programme you will notice different pacing levels. These have been detailed below for you.



PAGE 1

This is a gentle run, slower than your 'race pace'.

PAGE 2

This will be your race pace. This may change throughout the programme as you improve week on week.

PAGE 3

This will be quicker than your 'race pace' – you're training for a half marathon so this would be your 5km best pace.

PAGE 4

This is higher intensity pace, think 800m – 1km pace time.



★ **GOOD LUCK** ★
and remember
we're here for you
every step of the way!

For support or if you just fancy a chat, email us at challenges@combatstress.org.uk or call 01372 587 140.

combatstress.org.uk



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