

5K to WILMSLOW HALF MARATHON

Waters Wilmslow Half Marathon, March 24th 2019

Training plan 1 (of 4): Weeks 1 to 4 (of 16)

Week	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
1 w/c: 3/12/18	REST	2 x 1M	REST	2M tempo	REST	parkrun	3M steady
2 w/c: 10/12/18	REST	5 x hill	Strength & Cond. EXERCISE	2M progressive	REST	parkrun	3M steady
3 w/c: 17/12/2018	REST	4 x 0.5M	Strength & Cond. EXERCISE	2M tempo	REST	1M + parkrun	4M steady
4 w/c: 24/12/2018	REST	5 x hill	Strength & Cond. EXERCISE	3M tempo	REST	1M + parkrun	5M steady

Warm up!

It is important to warm up and warm down before and after every session including parkrun. Get your legs going with a bit fast walking and jogging. Complete your session with jogging, walking and some gentle stretches.

Run together!

It is easier and more fun to run with a friend or group. Check out social media for a local running group or club. Don't worry about adapting your plan a bit to fit the group.

Routine

You might need to swap the days around-particularly during Christmas week 😊-but having a weekly routine helps you keep to the plan.

Ouch!

You should expect some general aches and pains as your body adapts to the training. But if anything hurts consistently or you are feeling very tired then miss a couple of days and restart gently - maybe return to the previous week plan.

For more information or to sign up please visit: www.wilmslowhalfmarathon.org.uk or follow us on:



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