

WIGGLE MANCHESTER HALF TRAINING PLAN



Thanks for signing up to take part in the 2019 Wiggle Manchester Half on Sunday 13th October.

We've created this training plan to help you get over the line in around 2 hours, which is a fantastic time. If that sounds too daunting, or not achievable on this occasion, don't worry. Feel free to use the plan as a base, and find a training solution that works for you. You can find some general advice below, and lots of great articles on our website www.mcrhalf.co.uk

USING THE CHART



Green days should be run at an easy pace, at which you would be able to hold a conversation. These will allow your body to recover from (or prepare for) harder runs so it is essential you don't tire yourselves out on these.



Yellow and orange days will include faster running where you should be working harder and at a speed faster than half marathon pace. These should push you to a higher effort level and you will feel tired after.

When days have efforts within the run, use the start of the run to warm up and the end to cool down.

For example: 50 minutes including 3 x (10 minutes faster/ 3 minutes slower) would be:

7 minutes warm up, 10 faster effort, 3 slower recovery, 10 faster effort, 3 slower recovery, 10 faster effort, 3 slower recovery, 7 minutes cool down.



Red days are races or runs aimed at getting you used to running at half marathon pace or faster for extended periods of time.

Rest days can be used for strength and conditioning, stretching and active recovery from running such as gentle swimming or cycling

TOP ADVICE FROM OUR EXPERTS

Vary your running routes - Change your scenery and the runs might go faster. Having a variety of surfaces is also good for your legs rather than pounding them on tarmac all the time. Getting out onto trails and undulating hills will make you stronger, whilst doing some speed work on the track will help you get faster.

Get yourself a running buddy or group - Having someone of the same standard or slightly faster will help push you along and put more effort in. You're more likely to get out the door if you know someone is waiting for you.

Work on your conditioning - Look after your body and it will repay you by staying in one piece. Strengthening your body will help it cope with the stresses you place it under.

Work on your core and stretch your muscles to make sure you don't get injured.

Recover well - Following a hard run or session, make sure you have a source of protein within 20 minutes of finishing. This can be anything from a glass of milk, some cereal or an Optimum Nutrition recovery product. Give your body a little warm up and cool down for exercise to prepare it for what's going to come next.

Learn your pace - Make sure a lot of your runs are comfortable in order for you to be able to push hard on the days when you have efforts. Setting off too fast, whether in training or in a race, will mean you suffer later.

Practice your race day - On a few of your faster training runs practice every aspect of event day, from the timings of your breakfast and start time of the race to the clothes and fuel you'll use on the day.

Pacing - Get used to judging your running pace and effort level. Having a GPS watch will help you to keep track of your mileage and speed. Setting off too fast will mean you struggle later once that effort has taken its toll.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	25 minutes	Rest - S&C	30 minutes	Rest	4 miles	Rest - S&C	5 miles
2	30 minutes	Rest - S&C	25 minutes	Rest	4.5 miles with final mile faster than MHM predicted pace	Rest	6 miles
3	30 minutes including 4 x (3 minutes fast/2 minutes slower) in middle	Rest - S&C	4 miles	20 minutes jog plus stretching	Rest	5km effort/ Parkrun faster than MHM predicted pace	7 miles
4	35 minutes	Rest	40 minutes including 5 x (2 minutes fast/ 2 minutes slower in middle)	Rest - S&C	5 miles	Rest	6.5 miles with last 1.5 miles faster than MHM pace
5	35 minutes	Rest	45 minutes including 5 x (6 minutes faster/1 minute slower) in middle	20 minutes jog plus stretching	5.5 miles	Rest	7.5 miles
6	40 minutes including 3 x (7 minutes fast/3 minutes slower)	Rest	30 minutes	5 miles	20 minutes jog plus stretching	Rest	10km race faster than MHM predicted pace
7	30 minutes easy	Rest	50 minutes including 4 x (6 minutes fast/ 2 minutes slower)	Rest - S&C	6 miles with last 1.5 miles faster than MHM pace	20 minutes jog plus stretching	8.5 miles
8	45 minutes including 10 minutes at MHM pace followed by 10 minutes faster in middle	Rest	6.5 miles	20 minute jog and stretching	Rest	5km at MHM pace then 2 x (5 minutes faster/1 minute recovery)	9 miles
9	30 minutes	Rest	50 minutes including 3 x (10 minutes faster/3 minutes slower)	15 minute jog	5 miles	Rest	9 miles with last 6 miles faster than MHM pace
10	30 minutes	Rest	40 minutes including 3 x (5 minutes fast/2 minutes slower)	20 minutes jog and stretching	5.5 miles	Rest	10 miles at predicted MHM pace
11	25 minutes	Rest	40 minutes	Rest - S&C	4.5 miles	Rest	6 miles at MHM pace
12	20 minutes	Rest	25 minutes with 1 mile under MHM pace	Rest	25 minutes jog	Rest	 