

EALING HALF MARATHON 2019 FIRST TIMER TRAINING PLAN (ASSUMING YOU ARE AT A NON STOP 5K STAGE ALREADY)

	WEEK	MON	TUE	WED	THU	FRI	SAT		SUN	TOTAL MILEAGE	
08/07/2019	1	REST	3 MILES SLOW	REST/CROSS TRAIN	3 MILES MED	REST	PARKRUN +2 EASY	OR	5 EASY	11	
15/07/2019	2	REST	CROSS TRAIN	REST/CROSS TRAIN	3 MILES MED	REST	PARKRUN +3 EASY	OR	6 EASY	9	
22/07/2019	3	REST	CROSS TRAIN	REST/CROSS TRAIN	3 MILES MED	REST	PARKRUN +4.5 EASY	OR	7.5 EASY	10.5 (+ INT)	
29/07/2019	4	REST	HILL SESSION 6 X 200M REPS	4 MILES EASY EHM COURSE RECCE	4 MILES MED	REST	PARKRUN +2 EASY	OR	5 EASY	13 (+ Hills)	CUTBACK WEEK
05/08/2019	5	REST	INTERVAL SESSION 10 X 400M FAST PACE, 90 SECONDS RECOVERY	5 MILES EASY EHM COURSE RECCE	5 MILES MED	REST	PARKRUN +4.5 EASY	OR	7.5 EASY	12.5 (+ INT)	
12/08/2019	6	REST	HILLS SESSION **	REST/CROSS TRAIN	5 MILES MED	REST	PARKRUN +6 EASY	OR	9 EASY	14 (+ HILLS)	
19/08/2019	7	REST	INTERVAL SESSION 6 X 400M FAST PACE, 400M SLOW PACE RECOVERY	6 MILES EASY EHM COURSE RECCE	REST/CROSS TRAIN	REST	PARKRUN +7.5 EASY	OR	10.5 EASY	16.5 (+ INT)	
26/08/2019	8	REST	3 MILES EASY	REST	5 MILES MED	REST	PARKRUN +3 EASY	OR	5 EASY	13	CUTBACK WEEK
02/09/2019	9	REST	HILLS SESSION **	3 MILES EASY	REST	REST	PARKRUN +9 EASY	OR	12 EASY	15 (+ HILLS)	
09/09/2019	10	REST	INTERVAL SESSION 10 X 400M FAST PACE, 90 SECONDS RECOVERY	REST/CROSS TRAIN	5 MILES MED	REST	PARKRUN +10 EASY	OR	13.1 EHM COURSE RECCE	18.1 (+ INT)	
16/09/2019	11	REST	HILL SESSION 6 X 400M REPS	REST/CROSS TRAIN	3 MILES MED	REST	PARKRUN +7 EASY	OR	10 EASY	13 (+ HILLS)	
23/09/2019	12	REST	3 MILES EASY	REST	3 MILES EASY	REST	REST		RACE DAY! YOU CAN DO IT!	19.1	TAPER WEEK

YELLOW = Public session, open to all but places are capped so you must register on RiderHQ.com. See our website for full details on how to claim your place.

BLUE = Public session, open to all. Meeting point details available on our website.

Full details available at www.ealinghalfmarathon.com/training-plans/