

Preparing to run a half marathon

Your 12-week training plan

DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

In partnership with
**running
withus**
runningwithus.com



Well done for deciding to run a half marathon.

We're here to encourage and support you every step of the way to the finish line.

Who is this plan for?

If you can run for at least 20 minutes this is a good plan for you.

You can also use it to step up from a 5k or 10k. More advanced runners may do better with one of our marathon training plans.

www.diabetes.org.uk/marathon

Our training plans are suitable for people with and without diabetes.

If you have diabetes, to get the most from training, you'll just need to take extra care of your feet and what you eat.

If you have Type 1 diabetes, please read our web page about exercising and managing your condition.

www.diabetes.org.uk/sport-type-1

If you have Type 2 diabetes, please read our web page about exercising and managing your condition.

www.diabetes.org.uk/sport-type-2

How much training will I have to do?

You can choose to train 4 or 5 days a week.

Your training will include a 10k and a parkrun.

The training plan isn't set in stone: it's a guide and only one approach to get you in great shape. Feel free to chop and change the plan and shift sessions to different days that may work better for you.

Getting the balance right

Eating well and resting are as important as training.

Training for a half marathon and developing your fitness doesn't have to be complicated. You need to get the balance right between:

- Training
- Rest and recovery
- Nutrition (eating well)

This is sometimes known as the training triangle. Most of us tend to focus on the training part. But you need to pay as much attention to rest and nutrition to make any real gains in getting fitter, faster or stronger.



Training plan for half marathon

This 12 week training plan will get you to ready to run a half marathon.
Ideal if you can run for at least 20 mins or want to step up from a 5k or 10k.



Book yourself a place on a 10k in week 5 and a parkrun the week before your half marathon.

Quick guide to terms used:

- **Easy run:** can hold a conversation
- **Steady run:** can exchange a sentence or two
- **Threshold run:** can only say a word or two
- **Cross training:** exercise that's different to your normal running such as yoga, swimming, cycling or Pilates.

Prep week 1		Here we go, let's get started.				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates or other core training	30 min easy run	Rest	30 min easy run	Rest	Rest or 30 min easy run or cross training	40 min long run Easy pace with walk breaks each 10 to 15 mins if needed.
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Prep week 2		Blister plasters are on, and we're off.				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates or other core training	30 min easy run	Rest	35 min threshold run Include: 3 min effort, 3 min easy x5	Rest	Rest or 30 min easy run or cross training	50 min long run Easy pace with walk breaks each 10 to 15 mins if needed.
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Prep week 3		Getting into the swing of things.				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates or other core training	30 to 40 min easy run	Rest	40 min threshold run Include: 4 min effort, 2 to 3 min easy x4	Rest	Rest or 30 min easy run or cross training	60 min long run Easy pace with walk breaks each 15 to 20 mins if needed.
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Prep week 4		You know you can do it.				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates or other core training	40 min easy run	Rest	40 min threshold run Include: 5 min effort, 2 min easy x3	Rest	Rest or 30 min easy run or cross training	75 min long run Easy pace.
<input type="radio"/>	<input type="radio"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="radio"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="radio"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="radio"/>	<input type="radio"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="radio"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Prep week 5		You're going strong. Keep it up.				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates or other core training	30 min progression run 10 min easy 10 min steady 10 min threshold	Rest	Optional 30 min cross training	Rest	Rest	10k or 45 to 50 min time trial
<input type="radio"/>	<input type="radio"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="radio"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="radio"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="radio"/>	<input type="radio"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="radio"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Prep week 6						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates or other core training	30 min progression run 10 min easy 10 min steady 10 min threshold.	Rest	45 min threshold run Include: 6 min effort, 2 min easy x4	Rest	Rest or 30 to 40 min easy run or cross training	80 to 90 min long run Easy pace with walk breaks each 20 to 30 mins if needed.
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“Running a half marathon is a huge commitment but extremely satisfying. Knowing Diabetes UK are researching the condition makes their future more positive which is why I am raising funds.”

Sheila Mackie whose daughter and sister both have Type 1 diabetes.

Training plan for half marathon

Prep week 7

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates or other core training	45 min steady run	Rest	45 min threshold run session Include: 10 min effort, 2 min easy x2	Rest	Rest or 30 to 40 min easy run or cross training	90 to 100 min long run Easy pace with walk breaks each 20 to 30 mins if needed.
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Prep week 8

You've come a long way.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates or other core training	45 min steady run	Rest	45 min threshold run Include: 8 min effort, 2 min easy x3	Rest	Rest or 30 to 40 min easy run or cross training	1 hour 45 min long run Easy pace then last hour at a consistent steady pace.
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Prep week 9

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates or other core training	45 min run 15 min easy 15 min steady 15 min threshold	Rest	40 min Fartlek run Get faster with every set of minutes with 90 second jog between each. 5 min, 4 min, 3 min, 2 min, 1 min	Rest	Rest or 30 to 40 min easy run or cross training	2 hour long run Final hour aim for consistent steady pace.
<input type="radio"/>	<input type="radio"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="radio"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="radio"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="radio"/>	<input type="radio"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="radio"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Prep week 10

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates or other core training	40 min run Final 20 min at threshold	Rest	45 min Fartlek run Get faster with every set of minutes with 90 second jog between each. 6 min, 5 min, 4 min, 3 min, 2 min, 1 min	Rest	Rest or 30 to 40 min easy run or cross training	90 min long run Getting progressively faster in effort with final 30 min at strong steady pace.
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Prep week 11						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates or other core training	40 min run Final 20 min at threshold	Rest	Rest or 30 min easy run or cross training	Rest	Parkrun or self-timed 5k	75 min long run Easy and relaxed.

Prep week 12						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates or other core training	30 min progression run 10 min easy 10 min steady 10 min threshold	Rest	25 min easy run	Rest	Rest or 15 min easy run and stretch One day to go. We're proud of you.	Half marathon day. Good luck!

“A friend suggested I try running. I actually said ‘I can’t run’ but then thought well, why not? And it went from there.”

Andrea Carter who has Type 2 diabetes