



Your 12-week training plan



Train at a time that suits you! With our 12-week training plan, get active just three times a week and you'll be ready to take on Hospice Run.

	Run 1 - Easy	Run 2 - Speed	Run 3 - Long
Week 1	25-30 minutes easy running	5 minute warm up then 2-3 x (1 min fast running, 4 minutes easy) Finish with a 5 minute walk/jog cooldown.	30-40 minutes easy running
Week 2	25-30 minutes easy running	5 minute warm up then 2-4 x (1 min fast running, 4 minutes easy) Finish with a 5 minute walk/jog cooldown.	30-40 minutes easy running
Week 3	25-30 minutes easy running	5 minute warm up then 2-3 x (2 min fast running, 3 minutes easy) Finish with a 5 minute walk/jog cooldown.	30-40 minutes easy running
Week 4	30-35 minutes easy running	5 minute warm up then 2-4 x (2 min fast running, 3 minutes easy) Finish with a 5 minute walk/jog cooldown.	45-50 minutes easy running

	Run 1 - Easy	Run 2 - Speed	Run 3 - Long
Week 5	30-35 minutes easy running	5 minute warm up then 3-5 x (2 min fast running, 2 minutes easy) Finish with a 5 minute walk/jog cooldown.	50-60 minutes easy running
Week 6	25-30 minutes easy running	5 minute warm up then 2-3 x (3 min fast running, 2 minutes easy) Finish with a 5 minute walk/jog cooldown.	30-40 minutes easy running
Week 7	35-40 minutes easy running	5 minute warm up then 2-4 x (3 min fast running, 2 minutes easy) Finish with a 5 minute walk/jog cooldown.	60-70 minutes easy running
Week 8	35-40 minutes easy running	5 minute warm up then 2-3 x (4 min fast running, 2 minutes easy) Finish with a 5 minute walk/jog cooldown.	70-80 minutes easy running
Week 9	35-40 minutes easy running	5 minute warm up then 2-4 x (4 min fast running, 2 minutes easy) Finish with a 5 minute walk/jog cooldown.	80-90 minutes easy running
Week 10	35-40 minutes easy running	5 minute warm up then 2-4 x (4 min fast running, 2 minutes easy) Finish with a 5 minute walk/jog cooldown.	90-100 minutes easy running

	Run 1 - Easy	Run 2 - Speed	Run 3 - Long
Week 11	25-30 minutes easy running	5 minute warm up then 2-3 x (1 min fast running, 4 minutes easy) Finish with a 5 minute walk/jog cooldown.	45-50 minutes easy running
Week 12	25-30 minutes easy running	5 minute warm up then 2-3 x (1 min fast running, 4 minutes easy) Finish with a 5 minute walk/jog cooldown.	Race day

Hospice Run Half Marathon

For help with your Mobility workouts, check out these videos from Ollie McCarthy:

Mobility 5 mins - <https://youtu.be/jZYZYcaYoJE>

Mobility 10 mins - https://youtu.be/uNQOlj_Vl8o

Our thanks to local personal trainer, Ollie McCarthy, for his help producing this plan.