## All Dogs Matter's Half Marathon Training

This is a 12-week training plan which will prepare you for your half marathon with All Dogs Matter.

There are plenty of apps available to help you get into your training, and track your miles! Once you start looking at your improvements over time, it will really help your motivation skyrocket.

In an easy run, take it slow and practice your best running stance to improve endurance. During a medium run, push harder through the miles and work out breathing techniques. On the hard runs, push yourself to maximum speed and duration - aim for personal bests. Halfway through training, there is a practice run - if you can find a 10K event to test and pace yourself. If not, treat it like a race day.





## All Dogs Matter's Half Marathon Training

Monday

Tuesday

Medium

Aim for four

miles

Wednesday

Thursday

Friday

Saturday

Sunday

REST

run

REST



Interval Run

10 x 1 min sprint with 1 min walk/jog inbetween

Hard run

Aim for three miles REST



Easy run

Aim for five miles

Interval Run

3 x 10 min challenging run with 1 min walk/jog inbetween

REST



Easy run

Aim for four miles

REST



Medium run

Aim for five miles

REST



Hard run

Aim for five miles

**RFST** 



Easy run

Aim for six miles

**RFST** 



Hard run

Aim for five miles

Interval Run

10 x 3 min challenging run with 30 sec walk/jog inbetween

**RFST** 



Medium run

Aim for seven miles

Interval Run

6 x 5 min run. at pace of 6 mile run - 90 sec rest inbetween

RFST



Hard run

Aim for six miles

RFST



Cycle, swim, yoga

Trya different sport for an hour

RFST



Practice run

test yourself for six miles

REST



Easy run

Aim for eight miles REST



Medium run

Aim for seven miles Interval Run

5 x 1 mile run, at fast pace - 2 min rest inbetween

**RFST** 



Hard run

Aim for seven miles

Easy run

Aim for eight miles REST



Run

8 x 20/30 second hill start - walk until recovered

Interval

REST



Hard run

Aim for nine miles

REST



Medium run

Aim for eight miles

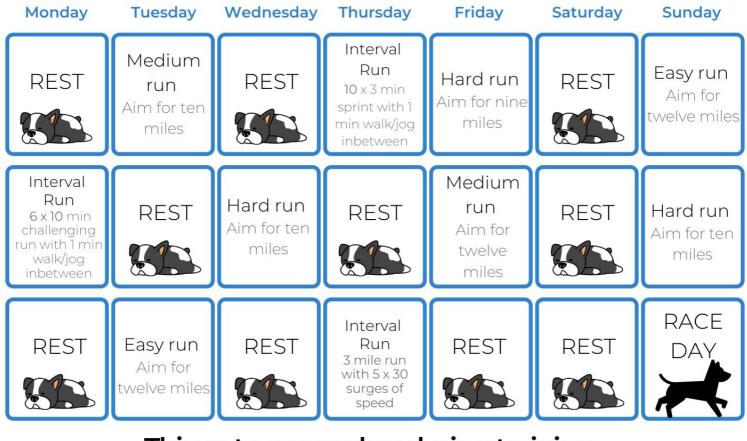








## All Dogs Matter's Half Marathon Training



## Things to remember during training:

- 1. **Keep up the fun levels!** Take the time to think about what you're doing and appreciate yourself you're amazing!
- 2. **Practice good nutrition**. Keep hydrated during and/or after runs, and eat a well-balanced diet.
- 3. **Don't forget to rest.** It's important to let your body rebuild and repair during rest days.
- 4. Long runs can get boring. Prepare a killer playlist that keeps you pumped and energised, or find a great podcast to tune into on the long runs to keep your mind ticking over.
- 5. Look for injury warning signs. If you feel an injury coming on, take an extra day's rest to avoid causing worse damage in the long run.







