




# 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.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Easy run Aim for walk/run two miles	REST 	Easy run Aim for slow two mile jog	REST 	Interval Run 4 x 5 min sprint with 2 min jog inbetween	REST 	Easy run Aim for four miles
REST 	Easy run Aim for slow three mile jog	REST 	Interval Run 6 x 5 min hill starts with 2 min walk inbetween	Easy run Aim for three miles	REST 	Easy run Aim for five miles slow
Cycle, swim, yoga Try a different sport for 45 mins	REST 	Medium run Aim for three miles	REST 	Interval Run 4 x 7 min challenging run with 2 min jog inbetween	REST 	Easy run Aim for five miles



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
REST 	Medium run Aim for four miles	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
REST 	Easy run Aim for six miles	REST 	Hard run Aim for five miles	Interval Run 10 x 3 min challenging run with 30 sec walk/jog inbetween	REST 	Medium run Aim for seven miles
Interval Run 6 x 5 min run, at pace of 6 mile run - 90 sec rest inbetween	REST 	Hard run Aim for six miles	REST 	Cycle, swim, yoga Try a different sport for an hour	REST 	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	REST 	Hard run Aim for seven miles
Easy run Aim for eight miles	REST 	Interval Run 8 x 20/30 second hill start - walk until recovered	REST 	Hard run Aim for nine miles	REST 	Medium run Aim for eight miles



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
REST 	Medium run Aim for ten miles	REST 	Interval Run 10 x 3 min sprint with 1 min walk/jog inbetween	Hard run Aim for nine miles	REST 	Easy run Aim for twelve miles
Interval Run 6 x 10 min challenging run with 1 min walk/jog inbetween	REST 	Hard run Aim for ten miles	REST 	Medium run Aim for twelve miles	REST 	Hard run Aim for ten miles
REST 	Easy run Aim for twelve miles	REST 	Interval Run 3 mile run with 5 x 30 surges of speed	REST 	REST 	RACE DAY 

## 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.

