

Get You Round Waterford Viking HALF Marathon 2018 Training Plan!

| | Week | Mon | Tues | Wed | Thurs | Fri | Sat (Long Run) | Sun | Total |
|---------------|-------------|------------|---|------------|---|------------|---|------------|--------------|
| Feb-12 | 1 | Off | 30mins * 10 x (Run 1 min, walk 2min) | Off | 30mins * 10 x (Run 1 min, walk 2min) | Off | 3 miles * (Run 1 min, walk 2min) | Off | 9 |
| Feb-19 | 2 | Off | 30mins * 10 x (Run 1 min, walk 2min) | Off | 28mins * 7 x (Run 2 min, walk 2min) | Off | 3 miles * (Run 1 min, walk 2min) | Off | 9 |
| Feb-26 | 3 | Off | 28mins * 7 x (Run 2 min, walk 2min) | Off | 28mins * 7 x (Run 2 min, walk 2min) | Off | 4 Miles * (Run 2 min, walk 2min) | Off | 9 |
| Mar-05 | 4 | Off | 28mins * (Run 2 min, walk 2min) | Off | 30mins * 6 x (Run 3 min, walk 2min) | Off | 4 Miles * (Run 2 min, walk 2min) | Off | 10 |
| Mar-12 | 5 | Off | 30mins * 6 x (Run 3 min, walk 2min) | Off | 30mins * 6 x (Run 3 min, walk 2min) | Off | 4 Miles * (Run 2 min, walk 2min) | Off | 10 |
| Mar-19 | 6 | Off | 30mins * 6 x (Run 3 min, walk 2min) | Off | 30mins * 5 x (Run 4 min, walk 2min) | Off | 5 Miles * (Run 3 min, walk 2min) | Off | 11 |
| Mar-26 | 7 | Off | 30mins * 5 x (Run 4 min, walk 2min) | Off | 30mins * 5 x (Run 4 min, walk 2min) | Off | 5 Miles * (Run 3 min, walk 2min) | Off | 11 |
| Apr-02 | 8 | Off | 30mins * 5 x (Run 4 min, walk 2min) | Off | 30mins * 5 x (Run 4 min, walk 2min) | Off | 6 Miles * (Run 4 min, walk 2min) | Off | 12 |

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|---------------|-----------|------------|--|------------|---|------------|--|------------|-------------|
| Apr-09 | 9 | Off | 30mins * 6 x (Run 5 min, walk 1min) | Off | 30mins * 5 x (Run 4 min, walk 2min) | Off | 6 Miles * (Run 4 min, walk 2min) | Off | 12 |
| Apr-16 | 10 | Off | 30mins * 6 x (Run 5 min, walk 1min) | Off | 36mins * 6 x (Run 5 min, walk 1min) | Off | 4 Miles * (Run 4 min, walk 1min) | Off | 10.5 |
| Apr-23 | 11 | Off | 36mins * 6 x (Run 5 min, walk 1min) | Off | 36mins * 6 x (Run 5 min, walk 1min) | Off | 7 Miles * (Run 4 min, walk 1min) | Off | 14 |
| Apr-30 | 12 | Off | 36mins * 6 x (Run 5 min, walk 1min) | Off | 35mins * 5 x (Run 6 min, walk 1min) | Off | 8 Miles * (Run 4 min, walk 1min) | Off | 15 |
| May-07 | 13 | Off | 35mins * 5 x (Run 6 min, walk 1min) | Off | 35mins * 5 x (Run 6 min, walk 1min) | Off | 9 Miles * (Run 5 min, walk 1min) | Off | 16 |
| May-14 | 14 | Off | 35mins * 5 x (Run 6 min, walk 1min) | Off | 40mins * 5 x (Run 7 min, walk 1min) | Off | Stoneyford 10k or 6 Miles * (Run 6 min, | Off | 13.5 |
| May-21 | 15 | Off | 40mins * 5 x (Run 7 min, walk 1min) | Off | 40mins * 5 x (Run 7 min, walk 1min) | Off | 10 Miles * (Run 6 min, walk 1min) | Off | 18 |
| May-28 | 16 | Off | 40mins * 5 x (Run 7 min, walk 1min) | Off | 36mins * 4 x (Run 8 min, walk 1min) | Off | 11 Miles * (Run 7 min, walk 1min) | Off | 18.5 |
| Jun-04 | 17 | Off | 45mins * 5 x (Run 8 min, walk 1min) | Off | 45mins * 5 x (Run 8 min, walk 1min) | Off | 7 Miles * (Run 7 min, walk 1min) | Off | 16 |
| Jun-11 | 18 | Off | 45mins * 5 x (Run 8 min, walk 1min) | Off | 44mins * 4 x (Run 10 min, walk 1min) | Off | 12 Miles * (Run 9 min, walk 1min) | Off | 21 |

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|---------------|-----------|------------|---|------------|---|------------|--|--------------------|-------------|
| Jun-18 | 19 | Off | 44mins * 4 x (Run 10 min, walk 1min) | Off | 44mins * 4 x (Run 10 min, walk 1min) | Off | 6 Miles * (Run 10 min, walk 1min) | Off | 15.5 |
| Jun-25 | 20 | Off | 44mins * 4 x (Run 10 min, walk 1min) | Off | 22mins * 2 x (Run 10 min, walk 1min) | Off | Race Day! Aim to walk for 1min after each mile! | SLEE P! | |

* Walk for 5minutes before and after to warm up and down!

Runs should be at an easy pace, where you're tiring by the end, but not completely whacked or out of breath!

Walks should be at a relatively easy level, but you're still moving!