

# Half Marathon Training Plan

**QUICK** AS  
**THIEVES**

**RunningSucks™**

| Week Starting | Run 1 | Run 2 | Long Run        | Strength Work    |
|---------------|-------|-------|-----------------|------------------|
| 5th Feb       | 4     | 4     | 6               | Core/Glutes/Legs |
| 12th Feb      | 4.5   | 4.5   | 7               | Core/Glutes/Legs |
| 19th Feb      | 4     | 4     | 8               | Core/Glutes/Legs |
| 26th Feb      | 5     | 5     | 9.5             | Core/Glutes/Legs |
| 4th March     | 2.5   | 2.5   | 4.5             | Core/Glutes/Legs |
| 11th March    | 5     | 5     | 9.5             | Core/Glutes/Legs |
| 18th March    | 5.5   | 5.5   | 11              | Core/Glutes/Legs |
| 25th March    | 6     | 6     | 13              | Core/Glutes/Legs |
| 1st April     | 6.5   | 6.5   | 15              | Core/Glutes/Legs |
| 8th April     | 3.5   | 3.5   | 7.5             | Core/Glutes/Legs |
| 15th April    | 6.5   | 6.5   | 17              | Core/Glutes/Legs |
| 22nd April    | 7     | 7     | 10              | Core/Glutes/Legs |
| 29th April    | 8     | 8     | 10              | Core/Glutes/Legs |
| 6th May       | 3     | 3     | QAT<br>11th May |                  |