



Changing life stories

# Half-marathon training plan

Thank you for taking on the challenge of a **half marathon** for the **National Literacy Trust**.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	<p><b>REST</b></p> <p>Prepare yourself for this 12 week plan. Try and work out when the best time for you to train is.</p>	<p><input type="checkbox"/> <b>RUN/WALK</b></p> <p>Run for 3 minutes. Walk for 3 minutes. Repeat x 3. Total time = 18 min.</p>	<p><b>REST</b></p> <p>Look for strengthening exercises you can do to support your training.</p>	<p><input type="checkbox"/> <b>RUN/WALK</b></p> <p>Run for 3 minutes. Walk for 3 minutes. Repeat x 3. Total time = 18 min.</p>	<p><b>REST</b></p>	<p><b>REST</b> Have you <b>set up a fundraising page</b> yet? An online page is the easiest way to get sponsorship.</p>	<p><input type="checkbox"/> <b>LONG RUN/WALK</b></p> <p>Run for 5 minutes. Walk for 5 minutes. Repeat x 3. Total time = 30 min.</p>
Week 2	<p><b>REST</b></p> <p><b>Get in touch</b> for some tips to make your online fundraising page as effective as possible.</p>	<p><input type="checkbox"/> <b>RUN/WALK</b></p> <p>Run for 3 minutes. Walk for 3 minutes. Repeat x 3. Total time = 18 min.</p>	<p><b>REST</b></p> <p>It is really important that you allow your body time to recover.</p>	<p><input type="checkbox"/> <b>RUN/WALK</b></p> <p>Run for 3 minutes. Walk for 3 minutes. Repeat x 4. Total time = 24 min.</p>	<p><b>REST</b></p> <p>Hold fundraising events as well as asking for sponsorship. You could hold a second hand book sale.</p>	<p><b>REST</b></p>	<p><input type="checkbox"/> <b>LONG RUN/WALK</b></p> <p>Run for 5 minutes. Walk for 5 minutes. Repeat x 4. Total time = 40 min.</p>

This plan aims to get you ready to complete a half marathon in your own time, not beat any records! If your goal is to run a half marathon quickly, please consider finding a different training plan.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 3	<b>REST</b> Don't forget to take photos of your training! If your friends and family see how hard you are working they will be more likely to sponsor you!	<input type="checkbox"/> <b>RUN/WALK</b> Run for 5 minutes. Walk for 5 minutes. Repeat x 3. Total time = 30 min	<b>REST</b>	<input type="checkbox"/> <b>RUN/WALK</b> Run for 5 minutes. Walk for 5 minutes. Repeat x 3. Total time = 30 min.	<b>REST</b> Add some info about the National Literacy Trust to your fundraising page. It is good for your friends and family to see why you are raising money!	<b>REST</b> Keep up with your strength exercises to make the most of your training.	<input type="checkbox"/> <b>LONG RUN/WALK</b> Run for 10 minutes. Walk for 5 minutes. Repeat x 4. Total time = 60 min.
Week 4	<b>REST</b> Our <b>Fundraising Toolkit</b> is a great place to look for lots of hints and tips for raising money.	<input type="checkbox"/> <b>RUN/WALK</b> Quick walk for 10 minutes. Run for 10 minutes. Quick walk for 5 minutes. Run for 5 minutes. Total time = 30 min.	<b>REST</b> It is important that you try to stretch straight after your training.	<input type="checkbox"/> <b>RUN/WALK</b> Run for 5 minutes. Quick walk for 5 minutes. Repeat x 4. Total time = 40 min.	<b>REST</b> It is a good idea to supplement your running with strengthening exercises.	<b>REST</b>	<input type="checkbox"/> <b>LONG RUN/WALK</b> Run for 10 minutes. Walk for 5 minutes. Repeat x 4. Total time = 60 min.
Week 5	<b>REST</b>	<input type="checkbox"/> <b>RUN/WALK</b> Quick walk for 15 minutes. Run for 15 minutes. Total time = 30 min	<b>REST</b> Try and vary your running routes so you don't get bored! Take pictures of your runs for social media, don't forget to tag us @literacy_trust!	<input type="checkbox"/> <b>RUN/WALK</b> Run for 8 minutes. Walk for 2 minutes. Repeat x 4. Total time = 40 min.	<b>REST</b> Make sure you are getting plenty of sleep. It is necessary for your body to recover.	<b>REST</b>	<input type="checkbox"/> <b>LONG RUN/WALK</b> Quick walk for 10 minutes. Run for 5 minutes. Repeat x 5. Total time = 75 min.

This training plan is a guide. Only you know your body so please take care of yourself and adapt the plan to suit you! Fitting your training around your life is the best way to ensure you will stick to it. The training days are only a suggestion, decide what will work best for you!



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 6	<p><b>REST</b> Don't forget to keep sharing your fundraising page with friends and family on social media.</p>	<p><input type="checkbox"/> <b>RUN/WALK</b> Quick walk for 10 minutes. Run for 20 minutes. Quick walk for 10 minutes. Total time = 40 min.</p>	<p><b>REST</b></p>	<p><input type="checkbox"/> <b>RUN/WALK</b> Quick walk for 5 minutes. Run for 5 minutes. Quick run for 5 minutes. Repeat x2. Total time = 30 min.</p>	<p><b>REST</b></p>	<p><b>REST</b> You are nearly half way! Keep updating your fundraising page so your friends and family know how hard you are working!</p>	<p><input type="checkbox"/> <b>LONG RUN/WALK</b> Run for 10 minutes. Walk for 5 minutes. Repeat x 6. Total time = 90 min.</p>
Week 7	<p><b>REST</b> You are HALFWAY THERE! Well done, keep up the incredible work!</p>	<p><input type="checkbox"/> <b>RUN/WALK</b> Quick walk for 10 minutes. Run for 10 minutes. Fast run for 10 minutes. Total time = 30 min.</p>	<p><b>REST</b> Make sure you are eating a healthy, balanced diet throughout your training.</p>	<p><input type="checkbox"/> <b>RUN/WALK</b> Quick walk for 10 minutes. Run for 20 minutes. Quick walk for 10 minutes. Total time = 40 min.</p>	<p><b>REST</b> Take some pictures on your runs! Don't forget to tag us on social media @literacy_trust</p>	<p><b>REST</b></p>	<p><input type="checkbox"/> <b>LONG RUN/WALK</b> Run for 15 minutes. Walk for 5 minutes. Repeat x 3. Total time = 60 min.</p>
Week 8	<p><b>REST</b> Keen baker? Plan a fundraising cake sale for your friends and family.</p>	<p><input type="checkbox"/> <b>RUN/WALK</b> Quick walk for 15 minutes. Run for 15 minutes. Quick run for 15 minutes. Total time = 45 min.</p>	<p><b>REST</b></p>	<p><input type="checkbox"/> <b>RUN/WALK</b> Quick walk for 5 minutes. Run for 15 minutes. Quick walk for 5 minutes. Total time = 25 min.</p>	<p><b>REST</b> Make sure you are taking time off to have fun and relax!</p>	<p><b>REST</b> Try taking a yoga or pilates class. You could even ask a friend to come along with you.</p>	<p><input type="checkbox"/> <b>RUN/WALK</b> Quick walk for 5 minutes. Run for 20 minutes. Quick walk for 5 minutes. Total time = 30 min.</p>
Week 9	<p><b>REST</b> Keep checking your emails, we are sending you lots of important info!</p>	<p><input type="checkbox"/> <b>RUN/WALK</b> Quick walk for 10 minutes. Run for 10 minutes. Quick run for 10 minutes. Run for 10 minutes. Total time = 40 min.</p>	<p><b>REST</b> You are doing so well! Keep up your amazing work.</p>	<p><b>RUN/WALK</b> Quick walk for 10 minutes. Run for 10 minutes. Quick run for 10 minutes. Total time = 30 min.</p>	<p><b>REST</b></p>	<p><b>REST</b></p>	<p><input type="checkbox"/> <b>LONG RUN/WALK</b> Run for 10 minutes. Quick walk for 5 minutes. Repeat x 7. Total time = 105 min.</p>

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 10	<b>REST</b> Make sure your kit is ready and that you have plenty of time to practice running in it.	<input type="checkbox"/> <b>EASY RUN</b> Easy run for 30 minutes. Total time = 30 min.	<b>REST</b>	<input type="checkbox"/> <b>RUN/WALK</b> Quick walk for 5 minutes. Run for 5 minutes. Quick run for 5 minutes. Repeat x4. Total time = 60 min.	<b>REST</b> Try some exercises which focus on strengthening your core. This will really help you on race day!	<b>REST</b> A sweaty training selfie will show your supporters how hard you're working! Don't forget to tag @literacy_trust	<input type="checkbox"/> <b>LONG RUN/WALK</b> Run for 15 minutes. Walk for 5 minutes. Repeat x 6. Total time = 120 min.
Week 11	<b>REST</b> You are so close now! Keep up with your training but don't overwork yourself.	<input type="checkbox"/> <b>EASY RUN</b> Easy run for 30 minutes. Total time = 30 min	<b>REST</b>	<input type="checkbox"/> <b>RUN/WALK</b> Quick run for 10 minutes. Quick walk for 5 minutes. Jog for 5 minutes. Repeat x 4. Total time = 60 min.	<b>REST</b> Make sure you have shared your online fundraising page.	<b>REST</b>	<input type="checkbox"/> <b>RUN/WALK</b> Run for 15 minutes. Walk for 5 minutes. Repeat x 4. Total time = 60 min.
Week 12	<b>REST</b> Remember to take it easy during your last week of training!	<input type="checkbox"/> <b>EASY RUN</b> Easy run for 20 minutes. Total time = 20 min.	<b>REST</b> Don't forget to remind your friends and family that your half marathon is only 3 days away!	<input type="checkbox"/> <b>RUN/WALK</b> Quick walk for 10 minutes. Easy run for 10 minutes. Run for 10 minutes. Total time = 30 min.	<b>REST</b> Relax and recharge ready for race day.	<b>REST</b> Eat well and look after yourself today, make sure to get plenty of sleep before the race tomorrow!	<b>HAPPY HALF MARATHON DAY!            GOOD LUCK AND ENJOY YOURSELF!</b>

