

# Irish Life Dublin Half Marathon

## Training Plan



## Irish Life Dublin Half Marathon Training Plan – Week 1

**MONDAY**



**Rest**

**TUESDAY**



**30mins Easy**

**WEDNESDAY**



**Rest**

**THURSDAY**



**10mins easy / 5x2min fast pace with  
2min easy jog recoveries / 10min easy**

**FRIDAY**



**Rest**

**SATURDAY**



**25-30mins**

**SUNDAY**



**45mins**





## Irish Life Dublin Half Marathon Training Plan – Week 2

MONDAY



Rest

TUESDAY



35mins

WEDNESDAY



Rest

THURSDAY



10mins easy / 5x2min fast pace with  
2min easy jog recoveries / 10min easy

FRIDAY



Rest

SATURDAY

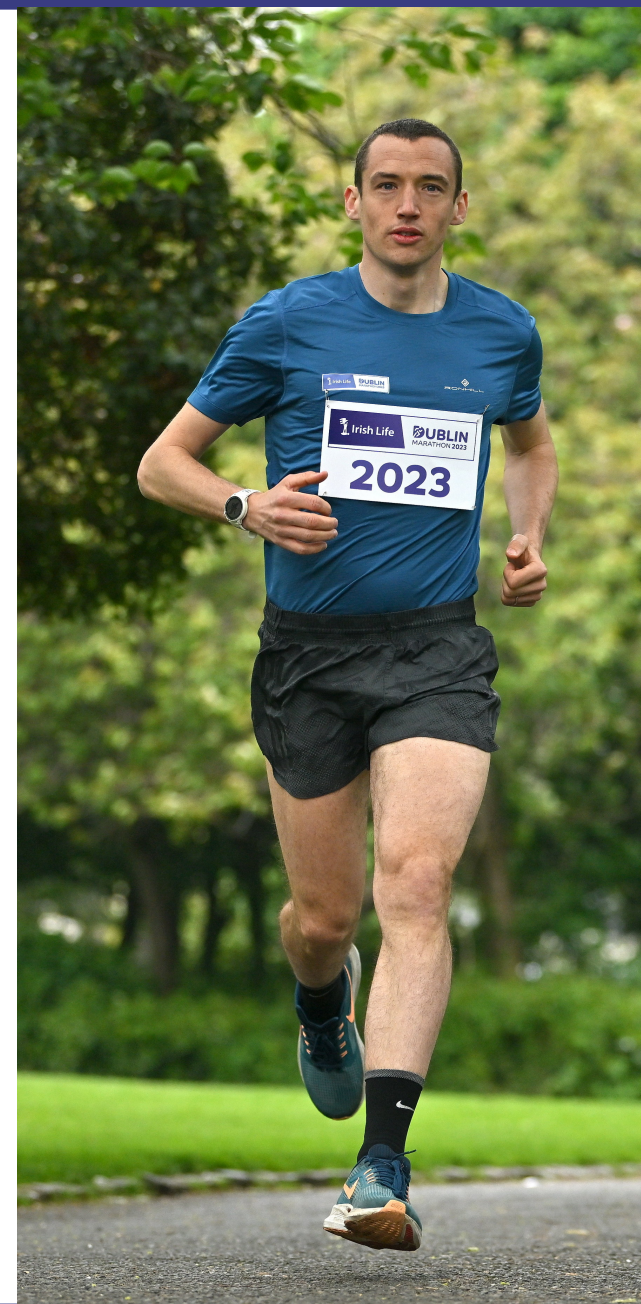


30mins

SUNDAY



45mins







## Irish Life Dublin Half Marathon Training Plan – Week 3

**MONDAY**



**Rest**

**TUESDAY**



**35mins**

**WEDNESDAY**



**30mins**

**THURSDAY**



**10mins easy / 2x8min tempo pace with  
2min easy jog recoveries / 10mins easy**

**FRIDAY**



**Rest**

**SATURDAY**

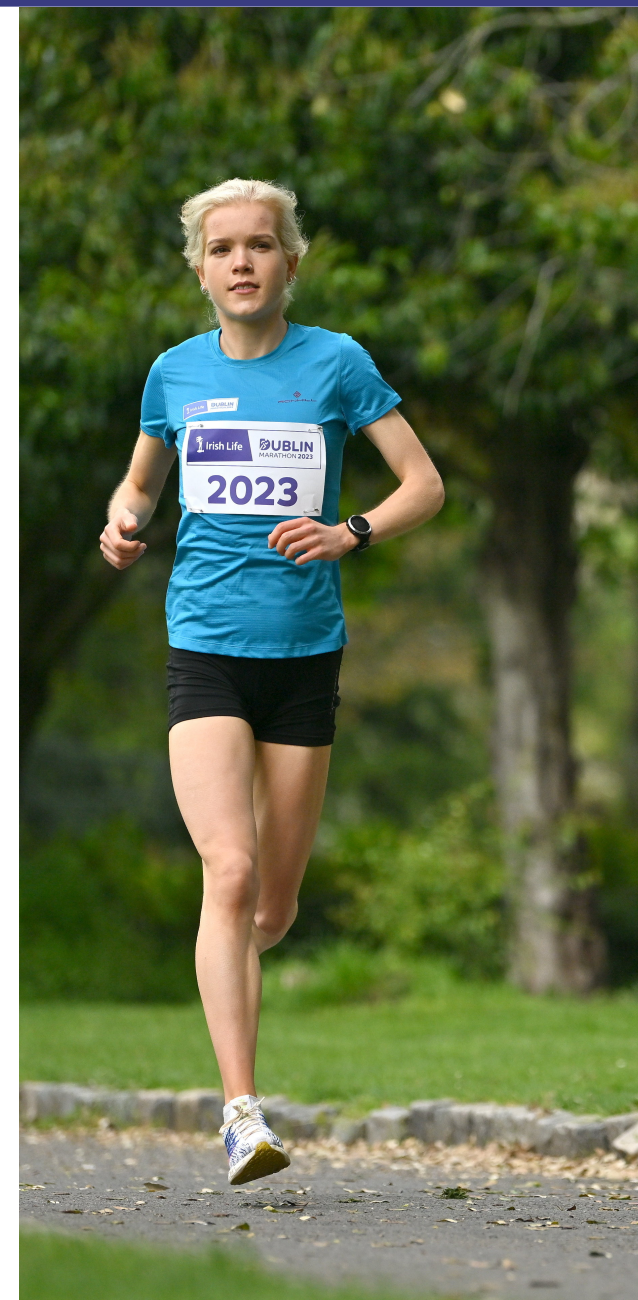


**35mins**

**SUNDAY**



**50mins Easy**







## Irish Life Dublin Half Marathon Training Plan – Week 4

|           |   |   |
|-----------|---|---|
| MONDAY    | → | Rest  |
| TUESDAY   | → | 40mins  |
| WEDNESDAY | → | 30mins  |
| THURSDAY  | → | 10mins easy / 5x3min fast pace with<br>2min easy jog recoveries / 10mins easy |
| FRIDAY    | → | Rest  |
| SATURDAY  | → | 40mins  |
| SUNDAY    | → | 60min Easy  |





## Irish Life Dublin Half Marathon Training Plan – Week 5

**MONDAY**



**Rest**

**TUESDAY**



**45mins**

**WEDNESDAY**



**30mins**

**THURSDAY**



10mins easy / 10min tempo with 2min easy jog  
recoveries / 3x3min fast with 2min easy jog  
recoveries / 10mins easy

**FRIDAY**



**Rest**

**SATURDAY**



**45mins**

**SUNDAY**



**75mins Easy**







## Irish Life Dublin Half Marathon Training Plan – Week 6

**MONDAY**



**Rest**

**TUESDAY**



**45mins**

**WEDNESDAY**



**30mins**

**THURSDAY**



10mins easy / 3x1min fast / 2x2min fast / 1x4min tempo / 2x2min fast / 3x1min fast with 1min easy jog recoveries / 5min easy

**FRIDAY**



**Rest**

**SATURDAY**

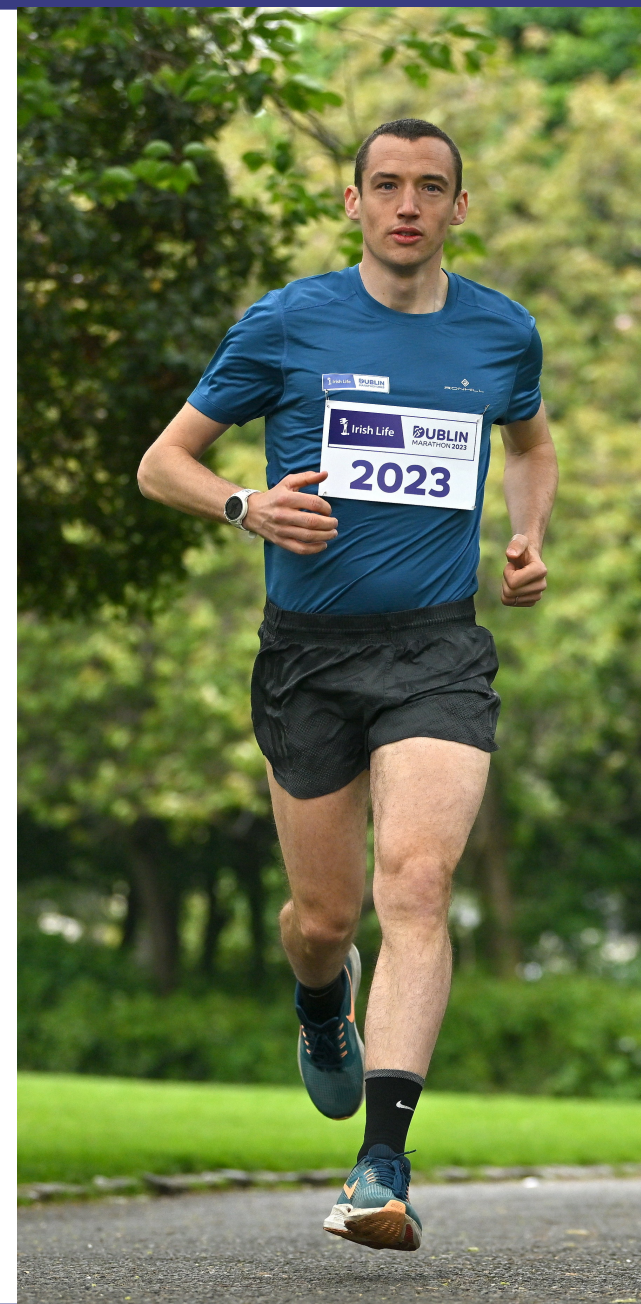


10min easy / 6x150m hill reps with easy jog recoveries / 10min easy

**SUNDAY**



**80min**







## Irish Life Dublin Half Marathon Training Plan – Week 7

**MONDAY**



**Rest**

**TUESDAY**



**10mins easy / 6x3min fast with 2min  
easy jog recoveries / 10min easy**

**WEDNESDAY**



**30mins**

**THURSDAY**



**35mins**

**FRIDAY**



**40mins**

**SATURDAY**

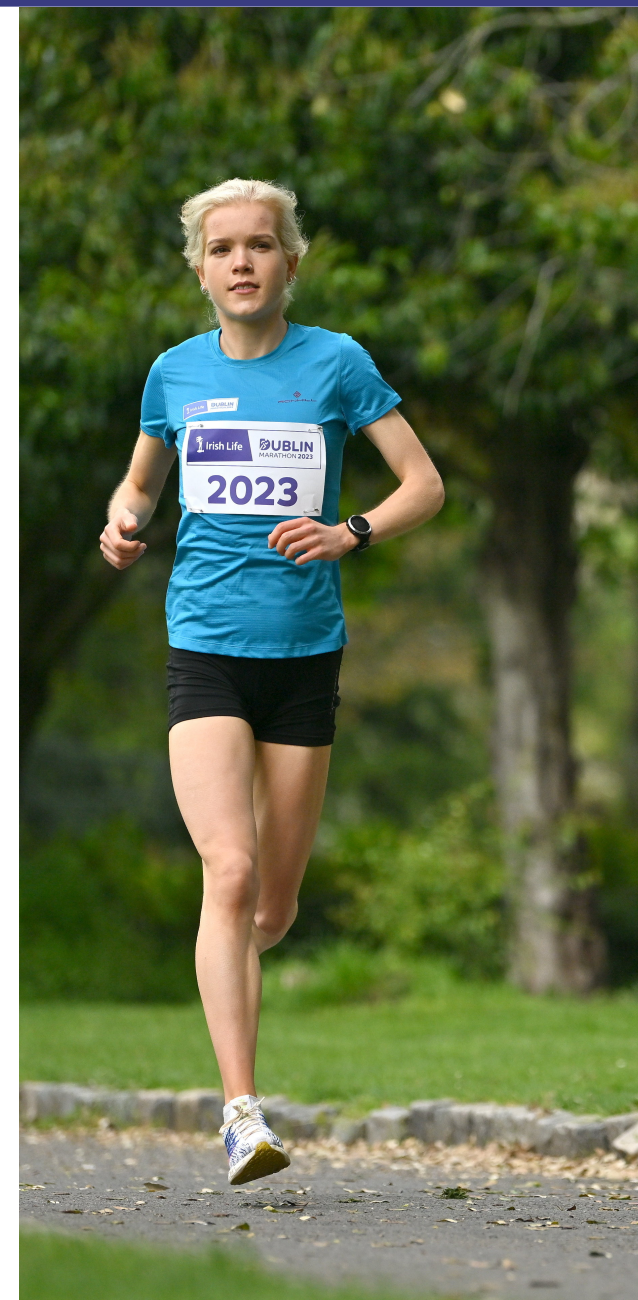


**10mins easy / 20mins tempo /  
10mins easy**

**SUNDAY**



**85mins**





## Irish Life Dublin Half Marathon Training Plan – Week 8

MONDAY



Rest

TUESDAY



10mins easy / 8x2min fast with 2min  
easy jog recoveries / 10min easy

WEDNESDAY



30mins

THURSDAY



35mins

FRIDAY



30mins

SATURDAY



10mins easy / 2x15min tempo with  
3min easy jog recoveries / 10min easy

SUNDAY



90mins





## Irish Life Dublin Half Marathon Training Plan – Week 9

MONDAY



Rest

TUESDAY



10mins easy / 10min tempo with 2min easy jog recoveries / 2x2min fast with 2min easy jog recoveries / 10min tempo / 5min easy

WEDNESDAY



30mins

THURSDAY



35mins

FRIDAY



35mins

SATURDAY



10mins easy / 8x150m hill reps with easy jog recoveries / 10mins easy

SUNDAY



90mins







## Irish Life Dublin Half Marathon Training Plan – Week 10

**MONDAY**



**Rest**

**TUESDAY**



**10mins easy / 3x6mins tempo with  
2min easy jog recoveries / 10min easy**

**WEDNESDAY**



**30mins**

**THURSDAY**



**35mins**

**FRIDAY**



**35mins**

**SATURDAY**

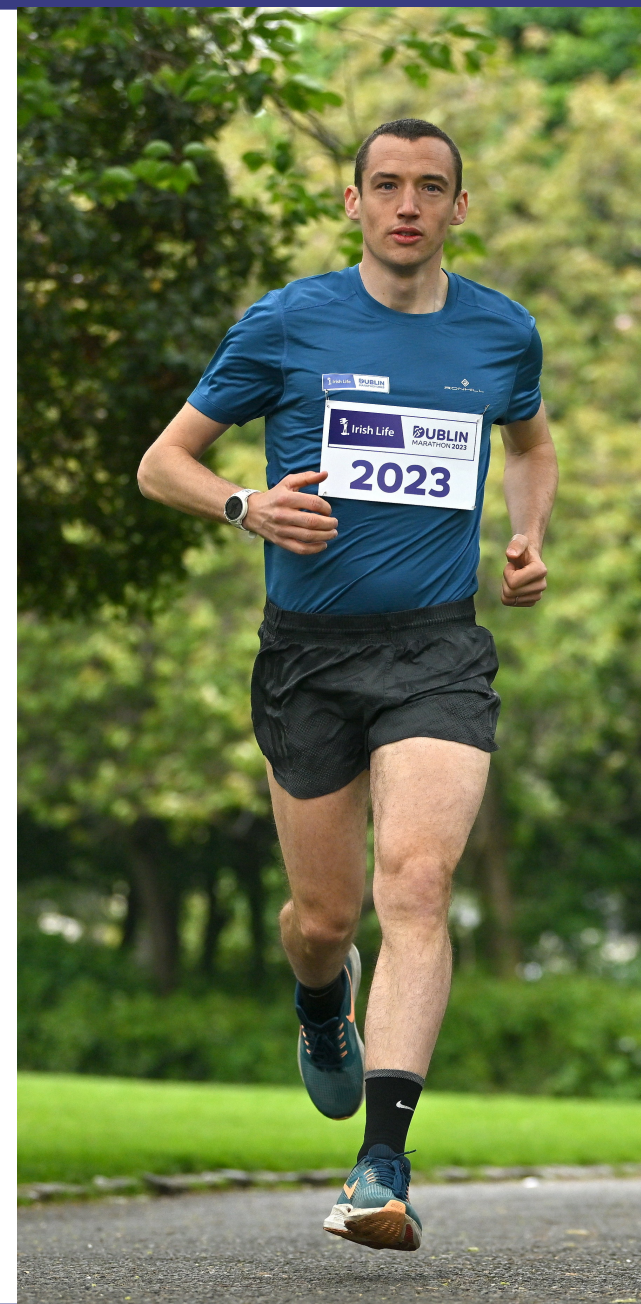


**10mins easy / 9x2mins fast with 2mins  
easy jog recoveries / 10mins easy**

**SUNDAY**



**95mins**





## Irish Life Dublin Half Marathon Training Plan – Week 11

**MONDAY**



**Rest**

**TUESDAY**



**10mins easy / 3x8mins tempo with 2mins  
easy jog recoveries / 10mins easy**

**WEDNESDAY**



**40mins**

**THURSDAY**



**45mins**

**FRIDAY**



**Rest**

**SATURDAY**

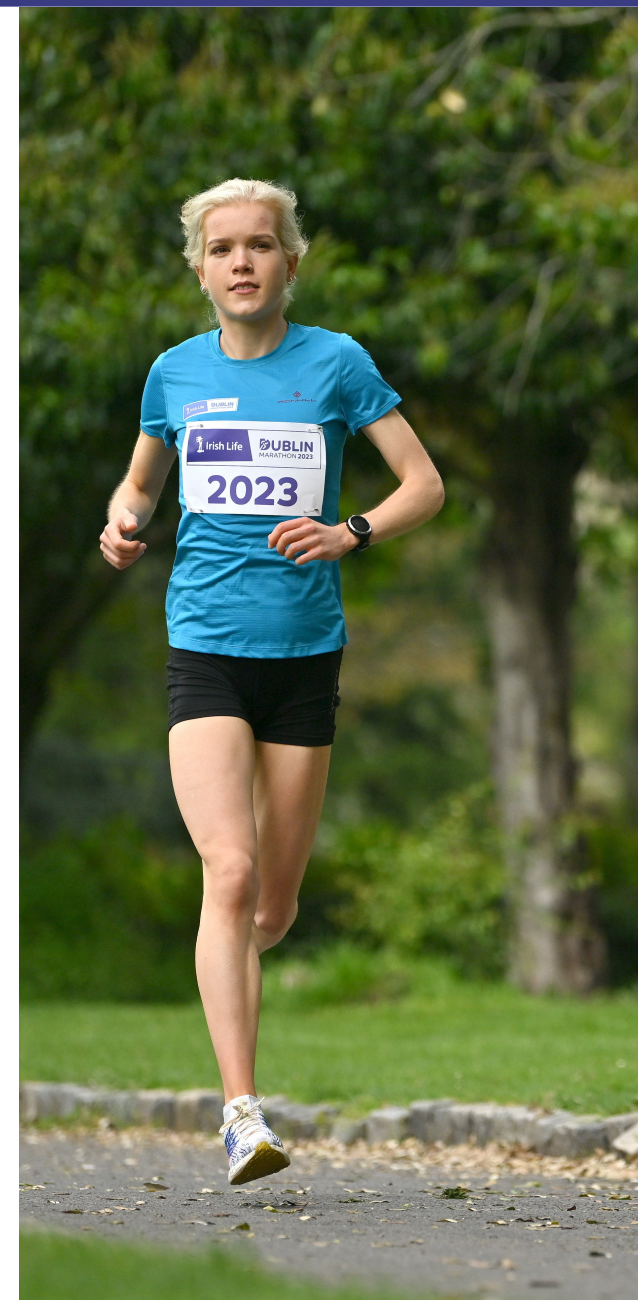


**10mins easy / 8x150m hill reps with easy  
jog recoveries / 10mins easy**

**SUNDAY**



**95mins**







## Irish Life Dublin Half Marathon Training Plan – Week 12

**MONDAY**



**Rest**

**TUESDAY**



**10mins easy / 5x2min fast with 2min  
easy jog recoveries / 5min easy**

**WEDNESDAY**



**30mins**

**THURSDAY**



**30mins**

**FRIDAY**



**20mins**

**SATURDAY**



**Irish Life Dublin Half Marathon**

**SUNDAY**



**Rest**







## Irish Life Dublin Half Marathon Training Plan – Definitions

### WARM UP



Warming up can help prevent injury & improve performance. Incorporate walking, strides & stretches such as lunges and leg swings into your pre--run routine.

### COOL DOWN



Finish your run with a cool down walk. This relaxes your muscles and lowers your heart rate & breathing from our workout intensity.

### REST DAY



Take a break and let your body recover. Feel free to go for a walk/cycle or even do a strength workout if your body feels good. Use this time to get stretching/foam rolling to get ready for the next run/walk.

### FARTLEK



This is simple speed-work. After a warm up, run fast for as far as you can, take as much time as needed to recover & then go again. To help, pick a point up ahead, run to it and then pick another point up ahead & recover for the specified time. Repeat for the specified time & then cool down.

### TEMPO



A pace you should be able to maintain for a longer period if needed.

### FAST



Is a harder pace but not totally all out.