

TORBAY

HALF MARATHON & 10K

TORBAY HALF MARATHON TRAINING PLAN & GUIDANCE



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The Torbay Half Marathon returns on Sunday 20 September and this 12-week training programme is designed to help you prepare for the challenge ahead.

Whether you're aiming for a personal best or simply looking to cross the finish line, this structured training plan will help prepare you for event day.

A few important reminders:

- **Make sure you have appropriate running trainers – they'll make a real difference to your comfort and performance.**
- **Follow the programme at a pace that suits you and listen to your body as you build endurance and strength**
- **This training plan is designed as a guide. Always listen to your body and adjust sessions if needed.**

We'll see you at the warm-up on Sunday 20 September – best of luck with your training!

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Understanding Your Running Pace

Easy Pace - A relaxed pace where you can comfortably hold a conversation.

Steady Pace - A controlled effort where talking becomes more difficult but still possible.

Fast Pace - A hard effort where conversation is difficult. Think around your 5K pace.

Run / Walk - Alternate between running and walking whenever required.

Warm-up & cool-down

Before every run we suggest you do the following:

- 5-minute brisk walk
- Dynamic leg swings
- Light mobility

After every run:

- 5-minute walk
- Gentle stretching



WEEK 1 HALF TRAINING PLAN

MONDAY	REST DAY
TUESDAY	20 MIN RUN / WALK
WEDNESDAY	20-30 MIN GENTLE WALK OR BEGINNER STRENGTH TRAINING (OPTIONAL)
THURSDAY	20 MIN RUN / WALK
FRIDAY	REST DAY
SATURDAY	30 MIN RUN / WALK
SUNDAY	REST DAY



WEEK 2 HALF TRAINING PLAN

MONDAY	REST DAY
TUESDAY	20 MIN RUN / WALK
WEDNESDAY	20-30 MIN GENTLE WALK OR BEGINNER STRENGTH TRAINING
THURSDAY	25 MIN RUN / WALK
FRIDAY	REST DAY
SATURDAY	40 MIN RUN/WALK (5 MIN WALK, 2 MIN RUN, 2 MIN WALK X5, 5 MIN WALK)
SUNDAY	REST DAY



WEEK 3 HALF TRAINING PLAN

MONDAY	REST DAY
TUESDAY	20 MIN EASY RUN
WEDNESDAY	STRENGTH & CORE (20-30 MINS)
THURSDAY	25 MIN EASY RUN
FRIDAY	REST DAY
SATURDAY	45 MIN EASY RUN
SUNDAY	REST DAY



WEEK 4 HALF TRAINING PLAN

MONDAY	REST DAY
TUESDAY	25 MIN EASY RUN
WEDNESDAY	MOBILITY OR STRENGTH SESSION
THURSDAY	30 MIN EASY RUN
FRIDAY	REST DAY
SATURDAY	55 MIN EASY RUN
SUNDAY	REST DAY



WEEK 5 HALF TRAINING PLAN

MONDAY	REST DAY
TUESDAY	5 MIN WALK, 2 MIN EASY RUN, 1 MIN WALK. REPEAT 8 TIMES. 5 MIN EASY RUN. 34 MINS TOTAL
WEDNESDAY	STRENGTH & CORE
THURSDAY	30 MIN EASY RUN
FRIDAY	REST DAY
SATURDAY	65 MIN EASY RUN
SUNDAY	REST DAY



WEEK 6 HALF TRAINING PLAN

MONDAY	REST DAY
TUESDAY	30 MIN EASY RUN
WEDNESDAY	MOBILITY/SHORT RECOVERY WALK
THURSDAY	10 MIN EASY RUN, 5 MIN STEADY RUN, 2 MIN WALK, REPEAT 3 TIMES, 10 MIN EASY RUN
FRIDAY	REST DAY
SATURDAY	75 MIN EASY RUN
SUNDAY	REST DAY



WEEK 7 HALF TRAINING PLAN

MONDAY	REST DAY
TUESDAY	8 MIN EASY RUN, 2 MIN WALK - REPEAT THREE TIMES
WEDNESDAY	STRENGTH TRAINING
THURSDAY	10 MIN EASY RUN, 10 MIN STEADY RUN, 10 MIN EASY RUN
FRIDAY	REST DAY
SATURDAY	90 MIN EASY RUN
SUNDAY	REST DAY



WEEK 8 HALF TRAINING PLAN

MONDAY

REST DAY

TUESDAY

35 MIN EASY RUN

WEDNESDAY

MOBILITY / STRETCHING

THURSDAY

10 MIN EASY RUN, 8 MIN STEADY RUN, 2 MIN EASY RUN-REPEAT 3 TIMES, 10 MIN EASY RUN

FRIDAY

REST DAY

SATURDAY

70 MIN EASY RUN OR A DISTANCE OF 7 MILES

SUNDAY

REST DAY



WEEK 9 HALF TRAINING PLAN

MONDAY	REST DAY
TUESDAY	35 MIN EASY RUN
WEDNESDAY	STRENGTH TRAINING
THURSDAY	10 MIN EASY RUN, 2 MIN FAST RUN 2 MIN WALK-REPEAT 5 TIMES, 10 MIN EASY RUN
FRIDAY	REST DAY
SATURDAY	90 MIN EASY RUN OR A DISTANCE OF 9 MILES
SUNDAY	REST DAY



WEEK 10 HALF TRAINING PLAN

MONDAY	REST DAY
TUESDAY	40 MIN EASY RUN
WEDNESDAY	STRENGTH TRAINING
THURSDAY	10 MIN EASY RUN, 5 MIN STEADY RUN 1 MIN EASY RUN-REPEAT 5 TIMES, 10 MIN EASY RUN
FRIDAY	REST DAY
SATURDAY	10 MILE EASY RUN
SUNDAY	REST DAY



WEEK 11 HALF TRAINING PLAN

MONDAY	REST DAY
TUESDAY	35 MIN EASY RUN
WEDNESDAY	GENTLE WALK / MOBILITY TRAINING
THURSDAY	10 MIN EASY RUN, 3 MIN FAST RUN, 2 MIN WALK-REPEAT 5 TIMES, 10 MIN EASY RUN
FRIDAY	REST DAY
SATURDAY	12 MILES EASY RUN
SUNDAY	REST DAY



WEEK 12 HALF TRAINING PLAN

MONDAY

REST DAY

TUESDAY

30 MIN EASY RUN

WEDNESDAY

REST DAY

THURSDAY

20 MIN EASY RUN

FRIDAY

REST DAY

SATURDAY

REST DAY

SUNDAY

EVENT DAY! GOOD LUCK!