

Bristol Run Series

26 / 27



Pathway 2

5K | 10K | 10 Miles | Half Marathon

Congratulations!

Well done for signing up to the Bristol Run Series **5K to half marathon challenge!**

This training plan guides you from 5K to half marathon distance with a daily guide of activity.

We have designed these plans to be adaptable to your own fitness journey and goal. Please read our [online activity disclaimer](#) before participating in the training plans.



Pathway 2

A guide to your Half Marathon training plan

Easy Jog / Run

When an activity is described as 'easy', it means it should be considered more of a 'recovery run' with a heart rate at around 60-70% of your maximum. At a pace that you would be happy to hold a conversation.

Interval sessions

For example, 8 x 2 minutes (60 seconds rest), would mean run for 2 minutes then stop and recover for 60 seconds before running for 2 minutes again and repeat until you've done it 8 times. All 2 minute reps should be at a consistent pace, if not getting faster towards the end - so don't start too quickly! These runs should be at a faster pace than the easy runs, working near your maximum.

Gym / Cross Train

To complement your running, we recommend you undertake gym or cross-training sessions. This means doing another activity that isn't running, which typically uses different parts of the body - such as swimming, weights / strength training or cycling. Examples of gym sessions can be found on our [support hub](#).



	MON	TUES	WEDS	THURS	FRI	SAT	SUN
WEEK ONE	Rest	5 x 3 mins (1 min rest)	Gym / cross-train	Rest	20 mins easy	Rest	(1 km run then 1 km walk) x 2
WEEK TWO	Rest	10 x 2 mins (1 min rest)	Rest	Rest	25 mins easy	Rest	3 km
WEEK THREE	Rest	2 x 12 mins (1 min rest)	Gym / cross-train	Rest	4 x 5 mins (90 secs rest)	Rest	4 km
WEEK FOUR	Rest	6 x 4 mins (90 secs rest)	Rest	Rest	25 mins easy	Rest	5 km event!

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
WEEK FIVE	Rest	4 x 8 mins (90 secs rest)	Gym / cross-train	Rest	15 mins easy	Rest	6 km
WEEK SIX	Rest	6 x 5 mins (90 secs rest)	25 mins easy	Rest	6 x 1 km (2 mins rest)	Rest	7 km
WEEK SEVEN	Rest	5 km easy	Gym / cross-train	Rest	15 mins easy	Rest	8 km
WEEK EIGHT	Rest	3 x 10 mins (1 min rest)	30 mins easy	Rest	20 mins easy	Rest	10 km event!

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
WEEK NINE	Rest	6 x 1 km (90 secs rest)	Gym / cross-train	Rest	4 x 10 mins (1 min rest)	Rest	12 km
WEEK TEN	Rest	30 mins	35 mins easy	Rest	4 x 15 mins (90 secs rest)	Rest	14 km
WEEK ELEVEN	Rest	4 x 20 mins (90 secs rest)	Gym / cross-train	Rest	30 mins easy	Rest	7.5 km
WEEK TWELVE	Rest	12 x 3 mins (1 min rest)	30 min easy	Rest	20 mins easy	Rest	10 mile event!
WEEK THIRTEEN	Rest	3 x 25 mins (90 secs rest)	Gym / cross-train	Rest	35 mins easy	Rest	18 km

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
WEEK FOURTEEN	Rest	3 x 30 mins (90 secs rest)	45 mins easy	Rest	40 mins easy	Rest	19 km
WEEK FIFTEEN	Rest	2 x 20 mins (90 secs rest)	Gym / cross-train	Rest	30 mins then 15 mins (90 secs rest)	Rest	12 km
WEEK SIXTEEN	Rest	25 mins easy	20 mins easy	Rest	15 mins easy	Rest	Half marathon event!