

Bristol Run Series.

Keep me moving.

5K
10K
Half Marathon

CONGRATULATIONS!

Well done for signing up to the Bristol Run Series **Keep me moving** pathway!

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.

HALF MARATHON TRAINING PLAN.





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A guide to your training plan.

EASY JOG / WALK:

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 W/C 19/2/24	Rest	10 x 2 mins (60 secs rest)	Rest	Rest	15 mins easy run	Rest	5 km event Good luck!
WEEK TWO W/C 26/2/24	Rest	3 x 8 mins (90 secs rest)	Gym / cross-train	Rest	20 mins easy run	Rest	5 km
WEEK THREE W/C 4/3/24	Rest	4 x 5 mins (90 secs rest)	25 mins easy run	Rest	6 x 1 km (2 mins rest)	Rest	7 km
WEEK FOUR W/C 11/3/24	Rest	5 km	Gym / cross-train	Rest	15 mins easy run	Rest	10 km event Good luck!

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
WEEK FIVE W/C 18/3/24	Rest	20 mins run	30 mins easy run	Rest	8 x 5 mins (60 secs rest)	Rest	10 km
WEEK SIX W/C 25/3/24	Rest	10 x 1 km (90 secs rest)	Gym / cross-train	Rest	4 x 10 mins (60 secs rest)	Rest	12 km
WEEK SEVEN W/C 1/4/24	Rest	25 mins easy run	35 mins easy run	Rest	4 x 15 mins (90 secs rest)	Rest	13 km
WEEK EIGHT W/C 8/4/24	15 mins easy run	35 mins run	Gym / cross-train	Rest	5 x 15 mins (90 secs rest)	Rest	15 km

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
WEEK NINE W/C 15/4/24	Rest	30 mins easy run	40 mins easy run	Rest	4 x 20 mins (90 secs rest)	Rest	15 km
WEEK TEN W/C 22/4/24	20 mins easy run	40 mins easy run	Gym / cross- train	Rest	3 x 25 mins (90 secs rest)	Rest	17 km
WEEK ELEVEN W/C 29/4/24	Rest	35 mins easy run	45 mins easy run	Rest	3 x 30 mins (90 secs rest)	Rest	19 km
WEEK TWELVE W/C 6/5/24	25 mins easy run	35 mins easy run	Gym / cross- train	Rest	30 mins + 15 mins (90 secs rest)	Rest	10 km
WEEK THIRTEEN W/C 13/5/24	Rest	25 mins easy run	20 mins easy run	Rest	15 mins easy run	Rest	Half marathon Good luck!