

10-week 1:50-plus half-marathon schedule

WEEK 1	4M slow	3M slow	4M	3M, timed
WEEK 2	3M easy	3M, with a few 50m bursts	3M easy	5-6M slow
WEEK 3	4M easy	4M, with a few 100m bursts	3M, timed, plus 1M jog	7-8M slow (or 1 hour)
WEEK 4	4M easy	4M, inc several 30-sec bursts	4M	8M slow (or 1 hr)
WEEK 5	4M or 35 mins easy, off-road if possible	4-5M of fast-and-slow, with bursts up the hills (but not down them)	4M or 35 mins easy, off-road if possible	9-10M steady, or 10K race
WEEK 6	3-4M easy on soft ground	1M jog, then 2 x 5 mins fast, with 5-min slow jog recovery	4M easy on grass	9-10M slow
WEEK 7	3-4M easy, off-road if possible	3M, inc a few short bursts	3M on grass	Warm up, then 10K race, then 10 mins walking or jogging
WEEK 8	4-5M easy, off-road	1M jog, then 2 x 7-8 mins fast, with 5-min jog recovery	4M on grass, inc several short bursts	11-12M, as slow as you like
WEEK 9	3-4M easy, on soft ground	1M jog, then 2 x 5 mins fast, with 5-min slow jog recovery between	4M easy on grass	9-10M slow
WEEK 10	3M easy, off-road	1M jog, then 1M at race speed, then 1M jog	2M jog	Race day

This program has been designed by Bruce Tulloh.