

Macclesfield Half Marathon 2010 Training Programme

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	10 May	11 May	12 May	13 May	14 May	15 May	16 May Run/walk 2 miles
2	17 May Rest	18 May Rest	19 May Run/walk 2 miles	20 May Rest	21 May Rest	22 May Rest	23 May Run/walk 2 miles
3	24 May Rest	25 May Rest	26 May Run/walk 2.5 miles	27 May Rest	28 May Run 2 miles	29 May Rest	30 May Run 2 miles
4	31 May Rest	01 Jun Rest	02 Jun Run 2.5 miles	03 Jun Rest	04 Jun Run 2.5 miles	05 Jun Rest	06 Jun Run 2.5 miles
5	07 Jun Rest	08 Jun Rest	09 Jun Run 3 miles	10 Jun Rest	11 Jun Run 3.5 miles	12 Jun Rest	13 Jun Run 3.5 miles
6	14 Jun Rest	15 Jun Rest	16 Jun Run 4 miles	17 Jun Rest	18 Jun Run 4.5 miles	19 Jun Rest	20 Jun Run 4.5 miles
7	21 Jun Rest	22 Jun Rest	23 Jun Run 5 miles	24 Jun Rest	25 Jun Run 5 miles	26 Jun Rest	27 Jun Run for 1 hour
8	28 Jun Rest	29 Jun Rest	30 Jun Run 6 miles	01 Jul Rest	02 Jul Run 5 miles	03 Jul Rest	04 Jul Run 4 miles
9	05 Jul Rest	06 Jul Hills	07 Jul 6 miles	08 Jul Rest	09 Jul 7 miles	10 Jul Rest	11 Jul Run 5 miles
10	12 Jul Rest	13 Jul Cross	14 Jul 7 miles	15 Jul Rest	16 Jul 7 miles	17 Jul Rest	18 Jul 9 miles or 1 hour 30 min
11	19 Jul Rest	20 Jul Rest Optional: speedwork	21 Jul 5 miles	22 Jul Rest	23 Jul 7 miles	24 Jul Rest	25 Jul 1 hour 45 min
12	26 Jul Rest	27 Jul Rest Optional: cross training	28 Jul 7 miles	29 Jul Rest	30 Jul Rest	31 Jul 1 hour 30 min	01 Aug Rest
13	02 Aug 4 miles	03 Aug Rest	04 Aug 6 miles	05 Aug Rest	06 Aug 8 miles	07 Aug Rest	08 Aug 4 miles
14	09 Aug Rest	10 Aug Rest Optional: speedwork	11 Aug 7 miles	12 Aug Rest	13 Aug 8 miles	14 Aug Rest	15 Aug 1 hour 45 min
15	16 Aug Rest	17 Aug Rest Optional: cross training	18 Aug 5 miles	19 Aug Rest	20 Aug Rest	21 Aug 2 hours	22 Aug Rest
16	23 Aug 4 miles	24 Aug Rest	25 Aug 7 miles	26 Aug Rest	27 Aug 8 miles	28 Aug Rest	29 Aug 2 hours 15 min Start at race time(10:30), eat and drink at right time
17	30 Aug Rest	31 Aug Rest	01 Sep 7 miles	02 Sep Rest	03 Sep 3 miles	04 Sep Rest	05 Sep 2 hours 30 min Start at race time(10:30), eat and drink at right time
18	06 Sep Rest	07 Sep Rest	08 Sep 7 miles	09 Sep Rest	10 Sep 3 miles	11 Sep Rest	12 Sep 1 hour 30 min Start at race time(10:30), eat and drink at right time
19	13 Sep Rest	14 Sep Rest	15 Sep 6 miles	16 Sep Rest	17 Sep 7 miles steady	18 Sep Rest	19 Sep Rest
20	20 Sep 4 miles at half marathon pace	21 Sep Rest	22 Sep 3 miles at half marathon pace	23 Sep Rest	24 Sep 2 miles jog	25 Sep Rest	26 Sep Macclesfield Half Marathon