



ORCHID   
FIGHTING MALE CANCER

# HALF MARATHON TRAINING PLAN

Join #TeamOrchid and fight male cancer

# HALF MARATHON TRAINING PLAN

Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
01	Core	Easy run 30 minutes	REST	Easy run 30 minutes	REST	Rest or 30 minutes easy cross training	Long run 40 minutes easy run Walk breaks each 10-15 minutes if needed
02	Core	Easy run 30 minutes	REST	Tempo run 35 minutes 5x 3 minutes effort 3 minutes easy	REST	Rest or 30 minutes easy cross training	Long run 50 minutes easy run Walk breaks each 10-15 minutes if needed
03	Core	Easy run 30-40 minutes	REST	Tempo run 40 minutes 4x 4 minutes effort 2-3 minutes easy	REST	Rest or 30 minutes easy cross training	Long run 60 minutes easy run Walk breaks each 15-20 minutes if needed
04	Core	Easy run 40 minutes	REST	Tempo run 40 minutes 3x 5 minutes effort 2 minutes easy	REST	Rest or 30 minutes easy cross training	Long run 75 minutes easy run Walk breaks each 20 minutes if needed

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Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
05	Core	<b>Progression run</b> 30 minutes 10 minutes easy 10 minutes steady 10 minutes hard	REST	Rest or 30 minutes easy <b>cross training</b>	REST	REST	Ideal day for a <b>10K race</b> or 45-50 minute time trial
06	Core	<b>Progression run</b> 30 minutes 10 minutes easy 10 minutes steady 10 minutes hard	REST	<b>Tempo run</b> 40 minutes 5x 4 minutes effort 2-3 minutes easy	REST	Rest or 30-40 minutes easy <b>cross training</b>	<b>Long run</b> 60 minutes easy run Walk breaks each 15-20 minutes if needed
07	Core	<b>Steady run</b> 45 minutes	REST	<b>Tempo run</b> 45 minutes 2x 10 minutes effort 2 minutes easy	REST	Rest or 30-40 minutes easy <b>cross training</b>	<b>Long run</b> 90-100 minutes easy run Walk breaks each 20-30 minutes if needed
08	Core	<b>Steady run</b> 45 minutes	REST	<b>Tempo run</b> 45 minutes 3x 8 minutes effort 2 minutes easy	REST	Rest or 30 minutes easy <b>run or cross training</b>	<b>Long run</b> 1 hour 45 minutes Aiming for final hour at consistent steady pace

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Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09	Core	<b>Progression run</b> 45 minutes 15 minutes easy 15 minutes steady 15 minutes hard	REST	<b>Fartlek run</b> 40 minutes With 5, 4, 3, 2, 1 minute efforts. Each faster with 90 jog between each	REST	Rest or 30 minutes <b>easy run</b> or <b>cross training</b>	<b>Long run</b> 2 hours Aiming for final hour at consistent steady pace
10	Core	<b>Tempo run</b> 45 minutes Final 20 minutes at hard	REST	<b>Fartlek run</b> 45 minutes With 6, 5, 4, 3, 2, 1 minute efforts. Each faster with 90 jog between each	REST	Rest or 30 minutes <b>easy run</b> or <b>cross training</b>	<b>Long run</b> 90 minutes As a progression in effort with final 30 minutes at strong steady pace
11	Core	<b>Tempo run</b> 40 minutes Final 20 minutes at hard	REST	Rest or 30 minutes <b>easy run</b> or <b>cross training</b>	REST	Ideal day for a <b>Parkrun</b> or self timed 5k time trial	<b>Long run</b> 75 minutes Easy and relaxed
12	Core	<b>Progression run</b> 30 minutes 10 minutes easy 10 minutes steady 10 minutes hard	REST	<b>Easy run</b> 25 minutes	REST	Rest or 15 minutes <b>easy run</b> and stretch	<b>HALF MARATHON</b> GOOD LUCK!!

# HALF MARATHON

## IMPORTANT INFORMATION



### Thanks for choosing us

Orchid exists to save men's lives. We raise awareness and fund pioneering research into testicular, penile and prostate cancer.

For over 25 years we have been working to save men's lives from testicular, penile and prostate cancer through a range of support services, education and awareness campaigns and a world-class research programme.

**It's supporters like you that mean we can continue this vital work.**

**Need to talk?**  
**0808 802 0010**

**The Orchid National Male Cancer Helpline is a free service for anyone who has been affected by testicular, penile or prostate cancer. Speak to one of our nurses and get information and support. The helpline is open Monday to Friday between 9am and 5.30pm.**

<b>Core</b> For improved stability, posture and strength, add core conditioning, Pilates, or yoga once a week if you have time.	<b>Cross training</b> Add different types of training into your routine to achieve a more rounded set of skills that your body can call on when needed. For example, swimming, cycling or weight-lifting.	<b>Fartlek run</b> A fartlek run is a type of running workout that involves running continuously at varying paces. It challenges your body to adapt to various speeds, conditioning you to become faster over longer distances.
<b>Progression run</b> A progression run is a classic speed-endurance workout that involves efforts gradually increasing over a set time. Simply, the run will start easy, efforts will gradually increase, then finish with a hard effort.	<b>Rest</b> Rest gives your body time to adapt to your training and grow stronger and fitter, so you'll be better placed to make the next workout count than if you skip the recovery period.	<b>Tempo run</b> Tempo runs are often described as 'comfortably hard'. They push you to run at a relatively high speed for a long distance, but without completely wearing yourself out.

### Fundraising support

We recommend **JustGiving** for online fundraising – it's quick and easy to set up; simply go to [www.justgiving.com/orchidcancer](http://www.justgiving.com/orchidcancer) and hit the blue 'fundraise for us' button

Get our fundraising guide, sponsor forms and downloadable fundraising resources at [www.orchid-cancer.org.uk/get-involved/downloadable-fundraising-materials](http://www.orchid-cancer.org.uk/get-involved/downloadable-fundraising-materials).

Get in touch at [events@orchid-cancer.org.uk](mailto:events@orchid-cancer.org.uk) for tips and support.

### Online training group

We have a Strava group and would love you to join to meet the team, share challenges and successes or even arrange to train together before the big day. Join today at <https://www.strava.com/clubs/teamorchidrunning>.