



12 WEEK *Pretty* GRITTY HALF MARATHON PLAN



This plan is suitable for both first timers and improvers over the 13 mile distance, as well as those runners who are time-limited but aim to be in good shape in order to complete the Ilkley Half Marathon in July.

You will work through the plan by completing tempo runs, aerobic runs, some race pace efforts as well as a small but regular amount of strength/conditioning. We have included YouTube video links to the 10 min S&C sessions for you to follow along to.

Take time to rest but if you would like to cross train, don't make it too rigorous. Concentrate largely on stretching, yoga, swimming or light walking in between sessions as well as eating nourishing food to fuel your training.

Those who would consider themselves as a 'half marathon improver', can follow the extra reps (**orange text**) and the extra prescribed aerobic run for the week, as well as repeating the S&C session.

You will work through the base, build and peak phases of training with recovery weeks built in every 4th week. The amount of time per week will range from 1.5 hours initially, to just over 4 hours in the peak week. Let's do this!





UNDERSTANDING THE RUN PACES/EFFORTS THROUGHOUT THIS HALF MARATHON PLAN

This plan uses the universal levels of Rate of Perceived Exertion (RPE) in order to set the pace for your runs. The topic of RPE, is one that every runner can benefit from being familiar with. Grading the intensity of your runs on a 1-10 scale gives you a universal language that you can use for measuring your training or progress without having to get deep into data or compensate for variables like weather, tiredness, fuelling, variance in your route, your running shoes, heart rate levels, . . . the list goes on!

No matter how good your GPS device is, it can't tell you how you're feeling – what your level of motivation, willpower, or muscle fatigue is on any given day. RPE does. It also stops you from being too prescriptive in the pace you're running; some days will be better or worse than others, and constantly trying to hit the same time or speed is often counterproductive.

You can certainly download your metrics after your training session in order to gauge what pace you are hitting, but let RPE do the main work when carrying out these training sessions.

As we are building endurance for long-distance runs, more of your workouts will be spent in the lower RPE ranges. Nevertheless there are some speed sessions and some short-distance strides within the plan, so you will be required to work in some of the higher RPE zones too.

Long runs should feel pretty easy RPE 3

Tempo/progressive runs should feel moderate to hard RPE 5-6

Hard Effort intervals RPE 8-9

Sprints should feel very hard RPE 10

You might log your data electronically but use the space below the plan to write up any thoughts on any of the sessions which you feel might be beneficial to you.

RATE OF PERCEIVED EXERTION CHART



Use this RPE chart to gauge your workout intensity



10	ALL-OUT SPRINT <i>The maximum possible effort, sustainable for just 20-30 seconds.</i>
9	VERY HARD INTENSITY <i>Hard to speak, breathing labored after a few seconds, requires focus; good for 1-min intervals.</i>
8	HARD INTENSITY <i>Requires focus to maintain; hard to say more than 2-3 words; good for Cooper Tests, 5k PRs.</i>
7	VIGOROUS ACTIVITY <i>Can speak in short sentences; becomes uncomfortable quickly. Requires constant effort.</i>
6	HARD ACTIVITY <i>Labored breathing, challenging and uncomfortable but sustainable for 30-60 mins.</i>
5	PROGRESSIVE PACE <i>A pace that requires some pushing and effort to maintain; still able to hold a conversation.</i>
4	COMFORTABLE WITH SOME EFFORT <i>Slight 'push' but still at a pace which you could speak a few sentences without struggling.</i>
3	COMFORTABLE PACE <i>Able to maintain a conversation without getting out of breath while running.</i>
2	LIGHT AND EASY <i>Non-taxing, very gentle and easy to maintain a conversation - could continue for hours.</i>
1	MINIMUM EFFORT <i>Bare minimum exertion; a gentle stroll through the woods. Could continue all day.</i>



WEEK 1 of 12

BASE PHASE - Building-up an initial base fitness

Total time taken - 1.5 hours to **2 hours**

MON

TEMPO

Threshold Session

WARM-UP

15 mins RPE 2-3

MAIN SET

2 x 3 mins RPE 5-6
1 min walk
recovery in
between RPE 1-2

COOL DOWN

5 minutes
bringing down
your heart rate.

SUMMARY

The main set
intervals are at
your 1 hour race
pace

TIME: 27 MINS

TUES

STRENGTH WORK

PG Video Session

SESSION #1

BODY WEIGHT

Pretty Gritty
run specific
strength and
conditioning
session #1

Follow along [here](#)

40 sec work
20 sec rest
5 exercises
2 rounds

TIME: 10 MINS

WED

REST DAY/CROSS TRAIN

Stretch, cross train or relax

Prevent training
stress by relaxing
and stretching
today. The aim is
to keep injuries at
bay.

You might want to
cross train but
keep it very low
key e.g. gentle bike
riding, leisurely
swimming, playing
paddle in pairs etc

THURS

SPEEDWORK

VO2 Max/V hard efforts

WARM-UP

10 mins RPE 2-3

MAIN SET

4 x 1 min RPE 7-8
1 min walk
recovery in
between RPE 1-2

COOL DOWN

5 minutes
bringing down
your heart rate.

SUMMARY

The main set
intervals are at
your 5km race
pace

TIME: 23 MINS

FRI

REST DAY

Stretch and Relax

Beginners to half
marathon training,
should rest today.
An extra weekly
run will be added
in the final 3rd of
the 12 week plan.

AEROBIC DAY

Extra weekly run for
improvers

20 minutes run
at a chatty pace
Keep your heart
rate down.
RPE 3-4

TIME: 0 = 20 MINS

SAT

ENDURANCE RUN

Aerobic Session

This will be your
long distance
run of the week
which will
extend your
endurance levels
throughout the
plan

MAIN SET

30 mins steady
run at RPE 3

TIME: 30 MINS

SUN

REST DAY

Stretch and Relax

Relaxing and
stretching today.
Maybe some light
yoga for 15 mins.

S&C

Improvers are to
repeat
strength
session #1 of
the week

TIME: 0 = 10 MINS

NOTES ON SESSIONS

Are your trainers suitable for the job?
Ensuring you have properly fitted
road running trainers will ward off injury
and make you more comfortable
- A worthwhile investment.



WEEK 2 of 12 BASE PHASE - Building-up an initial base fitness
Total time taken - 1h 40m to **2h 16m**

MON

REST DAY

Stretch and Relax

TUES

TEMPO

Hard/ Threshold Session

WED

STRENGTH WORK

PG Video Session

THURS

REST DAY/CROSS TRAIN

Stretch, relax or X-train

FRI

SPEEDWORK

VO2 Max/V hard efforts

SAT

REST DAY

Stretch and Relax

SUN

ENDURANCE RUN

Aerobic Session

Prevent training stress by relaxing and stretching today. The aim is to keep injuries at bay.

You might want to cross train but keep it very low key e.g. gentle bike riding, leisurely swimming, playing paddle in pairs etc

WARM-UP

15 mins RPE 2-3

MAIN SET

2 x 4 mins RPE 6-8
1 min walk recovery in between RPE 1-2

COOL DOWN

5 minutes bringing down your heart rate.

SUMMARY

The main set intervals are at your 10km race pace

TIME: 30 MINS

**SESSION #2
BODY WEIGHT**

Pretty Gritty run specific strength and conditioning **session #2**
Follow along [here](#)

40 sec work
20 sec rest
5 exercises
2 rounds

TIME: 10 MINS

Beginners to running half marathons should rest today or only carry out very light cross training

ENDURANCE RUN
Extra weekly run for improvers

22 minutes run at a chatty pace
Keep your heart rate down.
RPE 3-4

TIME: 0 = 22 MINS

WARM-UP

10 mins RPE 2-3

MAIN SET

3 x 2 mins RPE 8-9
4 x 2 mins RPE 8-9
2 min walk recovery in between RPE 1-2

COOL DOWN

5 minutes bringing down your heart rate.

SUMMARY

The main set intervals are at your 1 mile race pace

TIME: 25 TO 29 MINS

Beginners take a full rest day. Relax and stretch only. Maybe some light yoga for 15 mins.

S & C

Improvers are to repeat strength session #2 of the week

TIME: 10 MINS

This is your long distance run of the week which includes your warm-up and cool down. Keep it nice and easy.. If your heart rate rises when running any hills, walk them instead to keep it low.

MAIN SET

35 mins steady run at RPE 3

TIME: 35 MINS

NOTES ON SESSIONS



WEEK 3 of 12 BASE PHASE - Building-up an initial base fitness
Total time taken - 1h 50m to **2h 33m**

MON

REST DAY

Stretch and Relax

TUES

TEMPO

Hard/ Threshold Session

WED

STRENGTH WORK

PG Video Session

THURS

REST DAY/CROSS TRAIN

Stretch, relax or X-train

FRI

SPEEDWORK

VO2 Max/V hard efforts

SAT

REST DAY

Stretch and Relax

SUN

ENDURANCE RUN

Aerobic Session

Prevent training stress by relaxing and stretching today. The aim is to keep injuries at bay.

You might want to cross train but keep it very low key e.g. gentle bike riding, leisurely swimming, playing paddle in pairs etc

WARM-UP
15 mins RPE 2-3
MAIN SET
2 x 5 mins RPE 6-7
2 mins walk recovery in between RPE 1-2
COOL DOWN
5 minutes bringing down your heart rate.
SUMMARY
The main set intervals are at your 1 hour race pace
TIME: 32 MINS

SESSION #3
BODY WEIGHT
Pretty Gritty run specific strength and conditioning **session #3**
Follow along [here](#)
40 sec work
20 sec rest
5 exercises
2 rounds
TIME: 10 MINS

Beginners to running half marathons should rest today, or only carry out very light cross training

ENDURANCE RUN
Extra weekly run for improvers

30 minutes run at a chatty pace
Keep your heart rate down.
RPE 3-4

TIME: 0 = 30 MINS

WARM-UP
10 mins RPE 2-3
MAIN SET
3 x 2 mins RPE 8-9
4 x 2 min RPE 8-9
2 mins walk recovery in between RPE 1-2
COOL DOWN
5 minutes bringing down your heart rate.
SUMMARY
The main set intervals are at your 1 hour race pace
TIME: 28 TO 31 MINS

Beginners take a full rest day. Relax and stretch only. Maybe some light yoga for 15 mins.

S & C

Improvers are to repeat strength session #3 of the week
TIME: 10 MINS

Long run. Keep it nice and easy. If your heart rate rises when running any hills, walk them instead to keep it low.
MAIN SET
40 mins steady run at RPE 3
TIME: 40 MINS

NOTES ON SESSIONS

Finding a training buddy can be really useful! Not only will it motivate you to get out and do the sessions, it will also ensure you keep the steady runs at a nice chatty conversational pace - perfect!



WEEK 4 of 12 RECOVERY WEEK - Rolling back the overall effort and volume
Total time taken - 1h 40m to **1h 53m**

MON

REST DAY

Stretch and Relax

TUES

TEMPO

Hard/ Threshold Session

WED

STRENGTH WORK

PG Video Session

THURS

REST DAY/CROSS TRAIN

Stretch, relax or X-train

FRI

SPEEDWORK

VO2 Max/V hard efforts

SAT

REST DAY

Stretch and Relax

SUN

ENDURANCE RUN

Aerobic Session

WARM-UP

15 mins RPE 2-3

MAIN SET

2 x 3 mins RPE 5-6
1 min walk recovery
in between RPE 1-2

COOL DOWN

5 minutes bringing
down
your heart rate.

SUMMARY

The main set
intervals are at
your 1 hour race
pace

TIME: 27 MINS

**SESSION #4
BODY WEIGHT**

Pretty Gritty
run specific
strength and
conditioning
session #4
Follow along [here](#)

45 sec work
15 sec rest
5 exercises
2 rounds

TIME: 10 MINS

REST DAY

No extra run for
improvers
this week

WARM-UP

5 mins RPE 2-3

MAIN SET

4 x 30 secs strides
with
30 sec walk
recoveries RPE 1-2

Then, 3 x 2 mins
@RPE 8

or 4 x 2 mins
@RPE 8

with 1 min
recoveries in
between

COOL DOWN

5 mins.

TIME: 23 TO 26 MINS

Beginners take a
full rest day. Relax
and stretch only.
Maybe some light
yoga for 15 mins.

S&C

Improvers are to
repeat
strength
session #4 of
the week

TIME: 10 MINS

Long run.
Keep it nice and
easy. Take a
friend along for a
chat

MAIN SET
40 mins steady
run at RPE 3

TIME: 40 MINS

NOTES ON SESSIONS



WEEK 5 of 12 BUILD PHASE - Adding to the solid foundation of initial work
Total time taken - 2h 8m to **2h 56m**

MON	TUES	WED	THURS	FRI	SAT	SUN
REST DAY Stretch and Relax	PYRAMID RUN Tempo Session	REST DAY/CROSS TRAIN Stretch, relax or X-train	STRENGTH WORK PG Video Session	SPEEDWORK VO2 Max/V hard efforts	REST DAY Stretch and Relax	ENDURANCE RUN Aerobic Session
REST DAY	WARM-UP 10mins RPE 2-3 MAIN SET 3 mins RPE 3 3 mins RPE 4 3 mins RPE 5 3 mins RPE 6 3 mins RPE 5 3 mins RPE 4 3 mins RPE 3 COOL DOWN 5 mins SUMMARY progressing your speed then relaxing again TIME: 36 MINS	REST DAY ENDURANCE RUN Extra weekly run for improvers 35 minutes run at a chatty pace Keep your heart rate down. RPE 3-4 TIME: 0 - 35 MINS	SESSION #5 BODY WEIGHT Pretty Gritty run specific strength and conditioning session #5 Follow along here 45 sec work 15 sec rest 5 exercises 2 rounds TIME: 10 MINS	WARM-UP 5 mins RPE 2-3 MAIN SET 4 x 30 sec progressing strides with 30 sec walk recoveries RPE 1-2 Then on a hill, carry out 5 x 1 mins @RPE 8 or 6 x 1 mins @RPE 8 with 2 min walk down recoveries COOL DOWN 5 mins. TIME: 32 TO 35 MINS	Beginners take a full rest day. Relax and stretch only. Maybe some light yoga for 15 mins. S&C Improvers are to repeat strength session #5 of the week TIME: 10 MINS	Long run. Keep it nice and easy. If your heart rate rises when running any hills, walk them instead to keep it low. MAIN SET 50 mins steady run at RPE 3 TIME: 50 MINS

NOTES ON SESSIONS

Hill training will give you real bang for your buck! Not only is the effort of doing intervals uphill harder on your cardiovascular system, it will also add the benefit of strength training. This is particularly useful if your race has hills in it!



WEEK 6 of 12 BUILD PHASE - Capitalising on your good work
 Total time taken - 2h 21m - 3h 14m

MON	TUES	WED	THURS	FRI	SAT	SUN
REST DAY Stretch and Relax	PYRAMID RUN Tempo Session	REST DAY/CROSS TRAIN Stretch, relax or X-train	STRENGTH WORK PG Video Session	SPEEDWORK VO2 Max/V hard efforts	REST DAY Stretch and Relax	ENDURANCE RUN Aerobic Session
REST DAY	<p>WARM-UP 10mins RPE 2-3</p> <p>MAIN SET 3 mins RPE 3 3 mins RPE 4 3 mins RPE 5 4 mins RPE 6 3 mins RPE 5 3 mins RPE 4 3 mins RPE 3</p> <p>COOL DOWN 5 mins</p> <p>SUMMARY Progressing your speed. hold it for longer then bring pace down</p> <p>TIME: 36 MINS</p>	<p>REST DAY If you x-train, keep it very gentle e.g. easy spin, leisurely swimming, walking</p> <p>ENDURANCE RUN Extra weekly run for improvers</p> <p>40 minutes run at a chatty pace Keep your heart rate down. RPE 3-4</p> <p>TIME: 0 = 40 MINS</p>	<p>SESSION #6 BODY WEIGHT</p> <p>Pretty Gritty run specific strength and conditioning session #6 Follow along here</p> <p>45 sec work 15 sec rest 5 exercises 2 rounds</p> <p>TIME: 10 MINS</p>	<p>WARM-UP 5 mins RPE 2-3</p> <p>MAIN SET 4 x 30 sec progressing strides with 30 sec walk recoveries RPE 1-2</p> <p>Then on a hill, carry out 6 x 1 mins @RPE 8 or 7 x 1 mins @RPE 8 with 2 min walk down recoveries</p> <p>COOL DOWN 5 mins.</p> <p>TIME: 35 TO 38 MINS</p>	<p>Beginners take a full rest day. Relax and stretch only. Maybe some light yoga for 15 mins.</p> <p>S&C Improvers are to repeat strength session #6 of the week TIME: 10 MINS</p>	<p>Long run. Remember to keep it nice and easy. If you begin to tire towards the end, really concentrate on keeping good running form.</p> <p>MAIN SET 60 mins steady run at RPE 3</p> <p>TIME: 60 MINS</p>

NOTES ON SESSIONS



WEEK 7 of 12 BUILD PHASE - Capitalising on your good work
Total time taken - 2h 28m to 3h 45m

MON

REST DAY

Stretch and Relax

REST DAY

TUES

PROGRESSIVE RUN

Tempo Session

WARM-UP
10mins RPE 2-3
MAIN SET
5 mins RPE 3
5 mins RPE 4
5 mins RPE 5
5 mins RPE 6
COOL DOWN
5 mins
SUMMARY
Progressing your speed for longer intervals. Plan your pacing for each section.

TIME: 35 MINS

WED

REST DAY/CROSS TRAIN

Stretch, relax or X-train

REST DAY

If you x-train, keep it very gentle e.g. easy spin, leisurely swimming, walking

ENDURANCE RUN
Extra weekly run for improvers

45 minutes run at a chatty pace
Keep your heart rate down.
RPE 3-4

TIME: 45 MINS

THURS

STRENGTH WORK

PG Video Session

**SESSION #7
BODY WEIGHT**

Pretty Gritty run specific strength and conditioning
session #1

This time you will be adding weights
Follow along [here](#)
40 sec work
20 sec rest
5 exercises
2 rounds

TIME: 10 MINS

FRI

SPEEDWORK

VO2 Max/V hard efforts

WARM-UP
5 mins RPE 2-3
MAIN SET
4 x 30 sec progressing strides with 30 sec walk recoveries RPE 1-2
On the flat, carry out 6 x 75secs @RPE 8
or 7 x 75 secs @RPE 8
with 2 min walk back recoveries
COOL DOWN
5 mins.

TIME: 33.5 TO 37 MINS

SAT

REST DAY

Stretch and Relax

Beginners take a full rest day. Relax and stretch only.

S&C
Improvers are to repeat strength session #1 of the week with weights
TIME: 10 MINS

SUN

ENDURANCE RUN

Aerobic Session

Prepare well for your long run. Plan the route, take a small drink and some nutrition. Pace yourself well.

MAIN SET
70 mins steady run at RPE 3

TIME: 70 MINS

Running on different surfaces can be beneficial to your training. Although you want the bulk of your running to be done on the surface that your race will be on, switching things up can keep it interesting and softer surfaces can also give your joints a rest from pavement pounding.

NOTES ON SESSIONS



WEEK 8 of 12 RECOVERY WEEK - There is a roll back in volume this week in preparation for the penultimate long run
Total time taken - 2h 31m to **2h 45m**

MON

REST DAY

Stretch and Relax

REST DAY

TUES

TEMPO RUN

Tempo/threshold Session

WARM-UP
10 mins RPE 3-4

MAIN SET
10 mins RPE 6-7

COOL DOWN
5 mins

SUMMARY
This is a solid paced session for 10 mins

TIME: 35 MINS

WED

STRENGTH WORK

PG Video Session

SESSION #8
BODY WEIGHT

Pretty Gritty run specific strength and conditioning **session #2**
Weights added
Follow along [here](#)
40 sec work
20 sec rest
5 exercises
2 rounds

TIME: 10 MINS

THURS

REST DAY/CROSS TRAIN

Stretch, relax or X-train

REST DAY

FRI

SPEEDWORK

VO2 Max/V hard efforts

WARM-UP
5 mins RPE 4-5

MAIN SET
4 x 30 sec progressing strides with 30 sec walk recoveries RPE 1-2

On the flat, carry out 3 x 2 mins @RPE 8
or 4 x 2 mins @RPE 8 with 2 min walk back recoveries

COOL DOWN
5 mins.

TIME: 26 TO 30 MINS

SAT

REST DAY

Stretch and Relax

Beginners take a full rest day. Relax and stretch only.

S&C
Improvers are to repeat strength session #2 of the week with weights
TIME: 10 MINS

SUN

ENDURANCE RUN

Aerobic Session

Prepare well for your long run. Plan the route, take a small drink and some nutrition. Pace yourself well.


MAIN SET
80 mins steady run at RPE 3

TIME: 80 MINS

NOTES ON SESSIONS



WEEK 9 of 12 PEAK PHASE - Introducing two runs on back to back days
Total time taken - 3h 34m to **3h 50m**

MON	TUES	WED	THURS	FRI	SAT	SUN
REST DAY Stretch and Relax	ENDURANCE RUN Aerobic Session	ENDURANCE RUN Aerobic Session	STRENGTH WORK PG Video Session	SPEEDWORK VO2 Max/V hard efforts	REST DAY Stretch and Relax	ENDURANCE RUN Aerobic Session
REST DAY	WARM-UP 10 mins RPE 3-4 MAIN SET 20 mins RPE 4 COOL DOWN 5 mins SUMMARY Road running Keep the pace easy. Enjoy the run. TIME: 35 MINS	45 minutes run Choose a hilly off road route RPE 3-4 TIME: 45 MINS	SESSION #9 BODY WEIGHT Pretty Gritty run specific strength and conditioning session #3 Weights added Follow along here 40 sec work 20 sec rest 5 exercises 2 rounds TIME: 10 MINS	WARM-UP 10 mins RPE 3-4 MAIN SET 4 x 30 sec progressing strides with 30 sec walk recoveries RPE 1-2 On the flat, carry out 5 x 1 mins @RPE 8 or 7 x 1 mins @RPE 8 with 2 min walk back recoveries COOL DOWN 5 mins. TIME: 34 TO 40 MINS	Beginners take a full rest day. Relax and stretch only.  S&C Improvers are to repeat strength Session #3 of the week with weights TIME: 10 MINS	Prepare well for your long run. Plan the route, take a small drink and some nutrition. Pace yourself well. MAIN SET 90 mins steady run at RPE 3 TIME: 90 MINS

NOTES ON SESSIONS

Listen to your body. It really is key!
The volume of your plan has really ramped up now, so paying attention to little niggles or feeling overly tired is very important. Take an extra rest day if you need it - you want to make that start line!!



WEEK 10 of 12 PEAK PHASE - Make this week count
Total time taken - 4h 5m to **4h 18m**

MON

REST DAY

Stretch and Relax

REST DAY

TUES

ENDURANCE RUN

Aerobic Session

Road running
Keep the pace easy. Enjoy the run.

WARM-UP

10 mins RPE 3-4

MAIN SET

20 mins RPE 4

COOL DOWN

5 mins

TIME: 35 MINS

WED

ENDURANCE RUN

Aerobic Session

45 minutes run
Choose a **hilly off road** route
RPE 3-4

TIME: 45 MINS

THURS

STRENGTH WORK

PG Video Session

**SESSION #10
BODY WEIGHT**

Pretty Gritty run specific strength and conditioning **session #4**

Weights added
Follow along [here](#)

45sec work
15 sec rest
5 exercises
2 rounds

TIME: 10 MINS

FRI

SPEEDWORK

VO2 Max/V hard efforts

WARM-UP

10 mins RPE 2-3

MAIN SET

4 x 30 sec
progressing strides
with 30 sec walk
recoveries RPE 1-2

On the flat, carry
out 6 x 75 secs

@RPE 8-9

or 7 x 75 secs

@RPE 8-9

with 3 min walk
back recoveries

COOL DOWN

5 mins.

TIME: 45.5 TO 48.5 MINS

SAT

REST DAY

Stretch and Relax

Beginners take a full rest day. Relax and stretch only.

S&C

Improvers are to repeat strength Session #4 of the week with weights

TIME: 10 MINS

SUN

ENDURANCE RUN

Aerobic Session

Prepare well for your long run. Plan the route, take a small drink and some nutrition. Pace yourself well.

MAIN SET

1 hour 40 mins steady run at RPE 3

TIME: 100 MINS

NOTES ON SESSIONS



WEEK 11 of 12 PEAK PHASE

Total time taken - 2h 57m to 3h 11m

MON

REST DAY

Stretch and Relax

REST DAY

TUES

ENDURANCE RUN

Aerobic Session

Road running
Keep the pace easy. Enjoy the run.

WARM-UP

10 mins RPE 3-4

MAIN SET

10 mins RPE 4

COOL DOWN

5 mins

TIME: 25 MINS

WED

ENDURANCE RUN

Aerobic Session

40 minutes run
Choose a **hilly off road** route
RPE 3-4

TIME: 40 MINS

THURS

STRENGTH WORK

PG Video Session

SESSION #11 BODY WEIGHT

Pretty Gritty run specific strength and conditioning

session #5

Weights added
Follow along [here](#)

45 sec work
15 sec rest
5 exercises
2 rounds

TIME: 10 MINS

FRI

SPEEDWORK

VO2 Max/V hard efforts

WARM-UP

10 mins RPE 2-3

MAIN SET

4 x 30 sec
progressing strides
with 30 sec walk
recoveries RPE 1-2

On the flat, carry
out 4 x 90 secs

@RPE 8-9

or 5 x 90 secs

@RPE 8-9

with 3 min walk
back recoveries

COOL DOWN

5 mins.

TIME: 42 TO 46.5 MINS

SAT

REST DAY

Stretch and Relax

Beginners take a full rest day. Relax and stretch only.

S&C

Improvers are to repeat strength session #5 of the week with weights

TIME: 10 MINS

SUN

ENDURANCE RUN

Aerobic Session

Prepare well for your long run. Plan the route, take a small drink and some nutrition. Pace yourself well.

MAIN SET

1 hour steady run at RPE 3

TIME: 60 MINS

You are almost there! Although it is your body that will carry you around your half marathon, your brain is an important & powerful tool. Spend some time reflecting on what has gone well; the hard sessions that you were able to complete & the runs where you felt really strong. Carry these thoughts with you into race day.

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NOTES ON SESSIONS



WEEK 12 of 12 RACE WEEK - Let's taper - this week you need to focus on looking after yourself.
Total time taken - 1h 11 plus race time

MON

STRENGTH WORK

PG Video Session

SESSION #12

BODY WEIGHT

Pretty Gritty run specific strength and conditioning **session #6**
Weights added
Follow along [here](#)
45 sec work
15 sec rest
5 exercises
2 rounds

TIME: 10 MINS

TUES

ENDURANCE RUN

Aerobic Session

Jogging to stretch the legs
Keep the pace super easy - even do the CD as a walk.

MAIN SET

15 mins RPE 2-3

COOL DOWN

5 mins
Carry out lots of stretching today

TIME: 20 MINS

WED

SPEEDWORK

Threshold Session

Your last interval session.
Keep the pace easy. Enjoy the run.

WARM-UP

10 mins RPE 2-3

MAIN SET

3 x 45 sec RPE 6
with 75 sec recoveries

COOL DOWN

5 mins

TIME: 21 MINS

THURS

REST DAY

Stretch and Relax

REST DAY

FRI

ENDURANCE RUN

Aerobic Session

JOGGING to stretch the legs

Keep the pace super easy - even do the CD as a walk.

MAIN SET

15 mins RPE 2-3

COOL DOWN

5 mins
Carry out lots of stretching today

TIME: 20 MINS

SAT

REST DAY

Stretch and Relax

REST DAY

Prepare well for your half marathon. Keep off your feet. Fuel well and stay hydrated. Get some good sleep.

SUN

RACE DAY

Best of luck. You have done the work. Have a great race!

TIME: WHAT WILL YOU DO?

NOTES ON SESSIONS