

# SIDLEY LONDON REVOLUTION 2022 HALF MARATHON TRAINING PLAN



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# INTRODUCTION

# MEET OUR COACH

Sometimes there can come a point in life when we are looking for something else; something to shake things up, something which gives us the opportunity to stretch ourselves, test ourselves, something that takes us out of the ordinary flow of life... That or you made a drunken bet which you are now being held to! Either way running events are perfect to have a new challenge and test yourself in a very different way.

I fell into the former category twenty years ago. It began with an endurance walk of 50 miles across Scotland. I trained hard, it wasn't always easy to fit sessions in around 4 tiny children, but I made it to the start line ready to give it my best shot – and I absolutely loved it! Fast forward 20 years, and I am now a competitive ultra runner taking on challenges for varying distances and I have had the good fortune of racing all around the world. So first a warning: beware, endurance events are hugely addictive, because, believe it or not, they are a lot of fun!

My experience from ultra walker to competitive ultra runner means that I can understand first-hand what it is like to take on the challenges. I have written the plan below to get you to the start line of Sidley London Revolution, fit and ready for the challenge ahead of you. It is easy to follow and will lead you by the hand, gradually building your endurance base and fitness over the course of 16 weeks.

If however you would like a more personalised plan I am also able to offer bespoke coaching. Being coached by me will allow you to have a plan which is tailor made to you and your specific life challenges, sporting ability and goals. The plan I write for you will be backed up with phone, email and text contact providing guidance, support, and motivation.

If you would like further advice visit [www.perpetualmotioncoaching.com](http://www.perpetualmotioncoaching.com) or email [Kerry@perpetualmotioncoaching.com](mailto:Kerry@perpetualmotioncoaching.com)

'Take the first step'

Kerry Sutton – *Threshold Trail Series Training Coach*

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# INTRODUCTION

# THE 5 RULES

## THE KEY TO A HAPPY FINISHER

1	<b>Consistency</b> is key. Improvement happens when we do the activity repeatedly, but not in a stop/start fashion. Decide how much time is manageable for you on a weekly basis and stick to it.
2	<b>Rest</b> is when the transformation happens. We train to break our muscles down, it's when we rest that they rebuild stronger.
3	Don't neglect your <b>mental game</b> . Be aware of the sessions that made you stronger. When you went out and trained when you didn't want to, when you carried on and did another 3 km even though you had blisters. The day you finished your 9.5 km in the driving rain. All of these scenarios make you mentally more able to deal with them next time they arise.
4	Have the right <b>kit</b> . If you don't, it'll either be the reason you don't train or training will be uncomfortable and less enjoyable. Don't 'make do'.
5	Train in all <b>weathers</b> . You'll be fully prepared for what ever is thrown at you on the day itself.
<b>Don't forget:</b>	No one ever regrets having completed a training session but one often regrets missing one.

# INTRODUCTION

# TRAINING INTENSITIES

This plan assumes you can currently run 30 minutes without stopping. Pace isn't important at this stage, but in 30 minutes you will likely cover somewhere around 4 – 5 km.

The 12-week training plan is separated into three 4-week blocks. Each block contains 3 weeks where your training will build and increase, and the fourth week will be a recovery week. The final week of Block 3 will be a taper, ending with the half marathon.

I said it before in the earlier section but it is worth saying again. Consistency is key to this training plan. Running two, three or four times per week on a regular, consistent basis will lead to huge gains, regardless of the pace and intensity of the session. So, make consistency your goal.

INTENSITY	DEFINITION
<b>Easy</b>	Conversational pace. Effort should not be taxing at all.
<b>Steady</b>	A little harder, but you should still be able to speak long sentences.
<b>Tempo</b>	This is 'uncomfortably comfortable'. You can speak a few words between breaths, but it's hard.
<b>Hills</b>	These feature in Block 2 and are written like this: 4x5 on 5'. This means complete 4 reps of running uphill for 5 minutes. Take 5 minutes rest as you descend between each hill. 3x6 on 3' means complete 3 hill repetitions of 6 minutes in length. Take 3 minutes rest between each. The uphill should be run at a steady to tempo effort.
<b>Long</b>	Use the long runs as practice for the half marathon. Don't run them all at race pace, as that will be tough. Aim for somewhere between easy and steady pacing and use them to test your shoes and to try out different clothing. Make the effort to run on a mix of trails and road for race specificity.

# INTRODUCTION STRENGTH & CONDITIONING /RECOVERY

## STRENGTH AND CONDITIONING

Strength & Conditioning (S&C) is an important piece of the puzzle when it comes to training for a half marathon but is often neglected. The first 8 weeks include S&C and it's worth making the effort to get these sessions in. A half marathon, particularly the latter stages, is very much about strength rather than aerobic capacity, so building a strong foundation in the first half of the training plan will pay dividends in the second half of the plan, and in the race itself.

Each S & C session can be anywhere between 30 – 60 minutes. Include exercises that will develop running-specific muscles as well as your core and stabilizer muscles. The following types of session will help you to work on these areas.

### Running specific muscles

- Band workouts
- Circuit Training
- Kettlebell workouts
- TRX sessions
- Weight sessions

### Core work

- Plank
- Bird dog
- Mountain climbers
- Russian twists
- Stability ball work

## RECOVERY

Finally, ensure you pay attention to your recovery after each session. To be able to train consistently your body needs the nutrition and rest required to build between each run. This means eating a balanced diet with plenty of protein, healthy fats, vegetables and healthy carbs (brown rice, pasta and bread, for example). It also needs good sleep and to be well hydrated.

# INTRODUCTION YOUR TRAINING BLOCKS

## DIVIDE YOUR TRAINING INTO MANAGEABLE BLOCKS

BLOCK	AIM
BLOCK 1	This block is all about consistency. Apart from a couple of steady runs, it's all very low intensity and designed to get you out the door. Go easy on yourself.
	If you struggle to get out, just put your shoes on and tell yourself to just do 5 minutes...chances are that after 5 minutes you'll finish the session.
	We're starting S&C sessions from the very beginning, so do ensure these are completed - they'll pay dividends down the line
BLOCK 2	As the kms rise, so does the specificity of training. Keep doing the easy runs, however short they are, as well as the strength sessions.
	Tempo runs are a great way to push your aerobic system a little harder. They should be "comfortably uncomfortable" efforts of around 10 minutes with relatively little rest.
	Saturday runs are now steady, so focus on pace a little more than in Block 1. Steady should still feel comfortable - no hero efforts required.
BLOCK 3	The final couple of weeks are a real wind-down. The kms will feel easy, but don't get slack: make sure you complete all the sessions. Although the fitness has been gained, completing these runs will be good for you mentally.
	Make sure you have all your kit together the week before the event so you have a couple of days to buy any last minute bits.

# THE PLAN BLOCK 1

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
1	Easy 5km	REST	Easy 5km	S&C	REST	Easy 6.5km	REST	
2	Easy 5km	REST	Easy 5km	S&C	REST	Easy 8km	REST	
3	Easy 5km	REST	Easy 5km	S&C	REST	Easy 9.5km	REST	
4	Easy 5km	REST	Steady 5km	S&C	REST	Easy 7.5km	REST	

## THINGS TO THINK ABOUT

WEEK		KM
1	This week is all about getting out there and taking the first steps on your journey to running a half marathon. Enjoy your runs this week and don't forget the S&C session – these are crucial to reducing the likelihood of injury, as well as toughening up your body for the higher mileage weeks.	16.5km
2	If you want to incorporate a Parkrun into your Saturday run then go for it – just keep it all nice and easy paced.	18km
3	We'll hit your first 9.5km this weekend. Don't worry about running the whole thing: focus on covering the distance and taking walking breaks when needed. Eat and drink well and have a good stretch afterwards.	19.5km
4	Well done on completing your first block! Enjoy some down time, both physical and mental. Include one steady run this week at a pace slightly faster than easy pace.	17.5km

# THE PLAN BLOCK 2

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
5	REST	Easy 6km	S&C	Tempo 5km 2x5 on 4'	REST	Steady 9.5km	REST	
6	REST	Easy 6km	S&C	Tempo 8km 2x5 on 4'	REST	Steady 11km	REST	
7	REST	Steady 5km	S&C	Hills 5km 5x3 on 2'	REST	Easy 7km	REST	
8	REST	Easy 5km	S&C	Tempo 8km 2x5 on 2'	REST	Long 13km	Easy 3km	

## THINGS TO THINK ABOUT

WEEK		KM
5	As we start Block 2, I hope you enjoy the first tempo session on Thursday. If possible, complete this session with friends - it's much more enjoyable! Remember to get out even when you don't want to, consistency is key.	20.5km
6	Another week of building before an easy week. 11 km is a really solid milestone - you're well on your way to completing a half. Run on a mix of road and trails, if possible, and test the kit you're planning on using in the half. Remember to keep going with those S&C sessions right to the end of the block.	25km
7	In this week of Block 2 the weekend will feel particularly relaxed after the longer runs earlier in the month. Make use of the lower volume by focusing on recovery, but also rewarding yourself with some treats that you've abstained from until now.	17km
8	The km ramps up this week, but if you've ticked all the sessions in the previous few weeks then you can do this!	29km



# THE PLAN BLOCK 3

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
9	REST	Hills 5km 5x4 on 3'	REST	Steady 7km	REST	Long 16km	Easy 4km	
10	REST	Easy 5km	REST	Steady 7km	REST	Long 11km	Easy 4km	
11	Easy 5km	Easy 5km	S&C	Easy 5km	REST	Easy 5km	REST	
12	Easy 5km	REST	REST	Easy 3km	REST	<b>EVENT DAY!</b>	<b>RELAX &amp; REVEL!</b>	

## THINGS TO THINK ABOUT

WEEK		KM
9	Block 3 starts with your biggest week of the entire plan. Treat this as a practice: use the same equipment, fuel and pacing strategy you intend on using in the race. Choose a route that uses a mix of trail and road. It'll be hard getting up and out on Sunday, but do make the effort to do so - it'll encourage your body to not stiffen up.	32km
10	Recover well on Monday, before your final push. The weekend should feel relatively easy compared to the last! This will be your final build week before things really get easy next week. The work has now been done. Huge congrats for getting here.	27km
11	This week we wind right down. 4 runs of 5 km - 16 weeks ago this would have felt pretty tough! Be sure to complete each run at very easy effort and include 5-10 x 30s at half marathon pace to stretch the legs out. Nothing too hard - there's no fitness to be gained now. It's all about getting your body feeling rested and prepared next week.	20km
12	You'll read a lot of advice that suggests doing nothing and eating as many carbs as possible are good pre-half marathon preparations. It's not! Eat well, absolutely, and eat plenty, but keep it healthy and make sure you get out on that very short run on Thursday. It'll keep your legs awake and ready for the half.	29km

# ANY MORE QUESTIONS? GET IN TOUCH

FOR MORE INFORMATION PLEASE  
CHECK OUT ONE OF THE  
FOLLOWING PLATFORMS.

## Edit your registration

You can edit your registration by logging into MyEvents portal [here](#).

## Join the Community

Make sure to also join us on the [Sidley London Revolution Participant Facebook Forum](#) to meet other participants and swap advice and training tips.

## Follow us on social media

Follow us on our social media channels to see the latest tips from Sidley London Revolution ambassadors, hear inspirational stories and get the latest news ahead of your event.

- [Facebook](#)
- [Instagram](#)

## Still can't find something...

If you can't find the answer you're looking for, please feel free to email us:

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