

TORBAY

HALF MARATHON & 10K



Nuffield Health

Official Health & Wellbeing Sponsor

**TORBAY HALF MARATHON
TRAINING PLAN & GUIDANCE**

The Torbay Half Marathon returns on Sunday 21st September, and this 12-week training programme is designed to help you prepare for the challenge ahead.

We're proud to have Nuffield Health as the official race sponsor. As one of the UK's largest healthcare charities, Nuffield Health is committed to building a healthier nation through connected services that span fitness, wellbeing, and clinical care.

Whether you're aiming for a personal best or simply looking to cross the finish line, this structured training plan will help ensure you're fit, confident, and ready on race day.

A few important reminders:

- **Make sure you have appropriate running trainers – they'll make a real difference to your comfort and performance.**
- **Follow the programme at a pace that suits you, and listen to your body as you build endurance and strength.**

We'll see you at the warm-up on Sunday 21st September – best of luck with your training!



week 1 half training plan

MONDAY

REST DAY

TUESDAY

20 MIN RUN / WALK

WEDNESDAY

REST DAY

THURSDAY

20 MIN RUN / WALK

FRIDAY

REST DAY

SATURDAY

30 MIN RUN / WALK

SUNDAY

REST DAY



week 2 half training plan

MONDAY

REST DAY

TUESDAY

20 MIN RUN / WALK

WEDNESDAY

REST DAY

THURSDAY

25 MIN RUN / WALK

FRIDAY

REST DAY

SATURDAY

**10 MIN WALK, 2 MIN EASY RUN, 2
MIN WALK X5 10 MIN WALK**

SUNDAY

REST DAY



week 3 half training plan

MONDAY

REST DAY

TUESDAY

15 MIN EASY RUN

WEDNESDAY

REST DAY

THURSDAY

20 MIN EASY RUN

FRIDAY

REST DAY

SATURDAY

30 MIN EASY RUN

SUNDAY

REST DAY



week 4 half training plan

MONDAY

REST DAY

TUESDAY

15 MIN EASY RUN

WEDNESDAY

REST DAY

THURSDAY

20 MIN EASY RUN

FRIDAY

REST DAY

SATURDAY

40 MIN EASY RUN

SUNDAY

REST DAY



week 5 half training plan

MONDAY

REST DAY

TUESDAY

5 MIN WALK, 2 MIN EASY RUN, 1 MIN WALK. REPEAT 8 TIMES. 5 MIN EASY RUN. 34 MINS TOTAL

WEDNESDAY

REST DAY

THURSDAY

20 MIN EASY RUN

FRIDAY

REST DAY

SATURDAY

40 MIN EASY RUN

SUNDAY

REST DAY



week 6 half training plan

MONDAY

REST DAY

TUESDAY

20 MIN EASY RUN

WEDNESDAY

REST DAY

THURSDAY

**10 MIN EASY RUN, 5 MIN STEADY RUN,
2 MIN WALK, REPEAT 3 TIMES, 10 MIN
EASY RUN**

FRIDAY

REST DAY

SATURDAY

40 MIN EASY RUN

SUNDAY

REST DAY



week 7 half training plan

MONDAY

REST DAY

TUESDAY

**8 MIN EASY RUN, 2 MIN WALK -
REPEAT THREE TIMES**

WEDNESDAY

REST DAY

THURSDAY

**10 MIN EASY RUN, 10 MIN STEADY
RUN, 10 MIN EASY RUN**

FRIDAY

REST DAY

SATURDAY

40 MIN EASY RUN

SUNDAY

REST DAY



week 8 half training plan

MONDAY

REST DAY

TUESDAY

25 MIN EASY RUN

WEDNESDAY

REST DAY

THURSDAY

**10 MIN EASY RUN, 8 MIN STEADY RUN,
2 MIN EASY RUN-REPEAT 3 TIMES, 10
MIN EASY RUN**

FRIDAY

REST DAY

SATURDAY

**70 MIN EASY RUN OR A DISTANCE
OF 7 MILES**

SUNDAY

REST DAY



week 9 half training plan

MONDAY

REST DAY

TUESDAY

20 MIN EASY RUN

WEDNESDAY

REST DAY

THURSDAY

**10 MIN EASY RUN, 2 MIN FAST RUN 2
MIN WALK-REPEAT 5 TIMES, 10 MIN
EASY RUN**

FRIDAY

REST DAY

SATURDAY

**90 MIN EASY RUN OR A DISTANCE
OF 9 MILES**

SUNDAY

REST DAY



week 10 half training plan

MONDAY

REST DAY

TUESDAY

25 MIN EASY RUN

WEDNESDAY

REST DAY

THURSDAY

**10 MIN EASY RUN, 5 MIN STEADY RUN
1 MIN EASY RUN-REPEAT 5 TIMES, 10
MIN EASY RUN**

FRIDAY

REST DAY

SATURDAY

10 MILES EASY RUN

SUNDAY

REST DAY



week 11 half training plan

MONDAY

REST DAY

TUESDAY

30 MIN EASY RUN

WEDNESDAY

REST DAY

THURSDAY

**10 MIN EASY RUN, 3 MIN FAST RUN, 2
MIN WALK-REPEAT 5 TIMES, 10 MIN
EASY RUN**

FRIDAY

REST DAY

SATURDAY

12 MILES EASY RUN

SUNDAY

REST DAY



week 12 half training plan

MONDAY

REST DAY

TUESDAY

30 MIN EASY RUN

WEDNESDAY

REST DAY

THURSDAY

20 MIN EASY RUN

FRIDAY

REST DAY

SATURDAY

REST DAY

SUNDAY

RACE DAY! GOOD LUCK!