

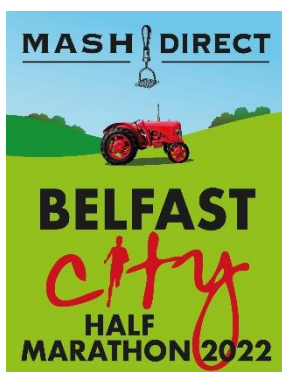
2022 Mash Direct Belfast City Half Marathon

Training Plan by Stuart Kennedy

June 2022

Monday	6 th	Rest, yoga, Pilates or circuits or 4 miles easy
Tuesday	7 th	1 mile warm, then 5 x 45 seconds bursts with 1 min jog between each 45 second burst you aren't supposed to be sprinting run about 70% of your sprinting pace, relax your shoulders, lengthen your stride and pump your arms & 1 mile warm down
Wednesday	8 th	4 miles or rest
Thursday	9 th	1 mile warm up find a hill that's about 45 secs long, run steady up it 5 times & run back down to recover after each one & immediately start the next one. Then do a 1-mile warm down run.
Friday	10 th	Rest, yoga, Pilates or circuits or 4 miles easy
Saturday	11 th	Your local Parkrun
Sunday	12 th	6 miles easy
Monday	13 th	Rest, yoga, Pilates or circuits or 5 miles
Tuesday	14 th	1 mile warm, then 6 x 45 seconds bursts with 1 min jog between each 45 second burst you aren't supposed to be sprinting run about 70% of your sprinting pace, relax your shoulders, lengthen your stride and pump your arms & 1 mile warm down
Wednesday	15 th	5 miles easy or rest
Thursday	16 th	1 mile warm up find a hill that's about 45 secs long, run steady up it 6 times & run back down to recover after each one & immediately start the next one. Then do a 1-mile warm down run.
Friday	17 th	Rest, yoga, Pilates or circuits or 5 miles
Saturday	18 th	Parkrun
Sunday	19 th	7 miles easy
Monday	20 th	Rest, yoga, Pilates or circuits or 5 miles
Tuesday	21 st	1 mile warm, then 7 x 45 seconds bursts with 1 min jog between each 45 second burst you aren't supposed to be sprinting run about 70% of your sprinting pace, relax your shoulders, lengthen your stride and pump your arms & 1 mile warm down
Wednesday	22 nd	5 miles easy or rest
Thursday	23 rd	1 mile warm up find a hill that's about 45 secs long, run steady up it 7 times & run back down to recover after each one & immediately start the next one. Then do a 1-mile warm down run.
Friday	24 th	Rest, yoga, Pilates or circuits or 5 miles
Saturday	25 th	Parkrun
Sunday	26 th	7
Monday	27 th	Rest, yoga, Pilates or circuits or 6
Tuesday	28 th	1 mile warm, then 8 x 45 seconds bursts with 1 min jog between each 45 second burst you aren't supposed to be sprinting run about 70% of your sprinting pace, relax your shoulders, lengthen your stride and pump your arms & 1 mile warm down
Wednesday	29 th	6 miles easy or rest
Thursday	30 th	1 mile warm up find a hill that's about 45 secs long, run steady up it 8 times & run back down to recover after each one &

		immediately start the next one. Then do a 1-mile warm down run.
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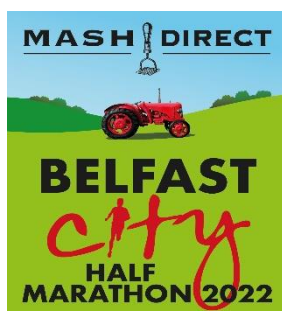
2022 Mash Direct Belfast City Half Marathon

Training Plan by Stuart Kennedy

July 2022

Friday	1 st	Rest, yoga, Pilates or circuits or 4 miles easy
Saturday	2 nd	Parkrun
Sunday	3 rd	8 miles easy
Monday	4 th	Rest, yoga, Pilates or circuits or 6 miles
Tuesday	5 th	1 mile warm, then 9 x 45 seconds bursts with 1 min jog between each 45 second burst you aren't supposed to be sprinting run about 70% of your sprinting pace, relax your shoulders, lengthen your stride and pump your arms & 1 mile warm down
Wednesday	6 th	6 miles easy or rest
Thursday	7 th	1 mile warm up find a hill that's about 45 secs long, run steady up it 9 times & run back down to recover after each one & immediately start the next one. Then do a 1-mile warm down run.
Friday	8 th	Rest, yoga, Pilates or circuits or 6 miles
Saturday	9 th	Parkrun
Sunday	10 th	8 miles easy
Monday	11 th	Rest, yoga, Pilates or circuits or 6 miles
Tuesday	12 th	1 mile warm, then 10 x 45 seconds bursts with 1 min jog between each 45 second burst you aren't supposed to be sprinting run about 70% of your sprinting pace, relax your shoulders, lengthen your stride and pump your arms & 1 mile warm down
Wednesday	13 th	6 miles easy or rest
Thursday	14 th	1 mile warm up find a hill that's about 45 secs long, run steady up it 10 times & run back down to recover after each one & immediately start the next one. Then do a 1-mile warm down run.
Friday	15 th	Rest, yoga, Pilates or circuits or 6 miles
Saturday	16 th	Parkrun
Sunday	17 th	9 miles easy
Monday	18 th	Rest, yoga, Pilates or circuits or 6
Tuesday	19 th	1 mile warm, then 5 x 1 min bursts with 1 min jog between each 45 second burst you aren't supposed to be sprinting run about 70% of your sprinting pace, relax your shoulders, lengthen your stride and pump your arms & 1 mile warm down
Wednesday	20 th	6 miles easy or rest
Thursday	21 st	1 mile warm up find a hill that's about 1 min long, run steady up it 5 times & run back down to recover after each one & immediately start the next one. Then do a 1-mile warm down run.
Friday	22 nd	Rest, yoga, Pilates or circuits or 6 miles
Saturday	23 rd	Parkrun
Sunday	24 th	9 miles easy
Monday	25 th	Rest, yoga, Pilates or circuits or 6

Tuesday	26 th	1 mile warm, then 6 x 1 min bursts with 1 min jog between each 45 second burst you aren't supposed to be sprinting run about 70% of your sprinting pace, relax your shoulders, lengthen your stride and pump your arms & 1 mile warm down
Wednesday	27 th	6 miles easy or rest
Thursday	28 th	1 mile warm up find a hill that's about 1 min long, run steady up it 6 times & run back down to recover after each one & immediately start the next one. Then do a 1-mile warm down run.
Friday	29 th	Rest, yoga, Pilates or circuits or 6 miles
Saturday	30 th	Parkrun
Sunday	31 st	10 miles easy



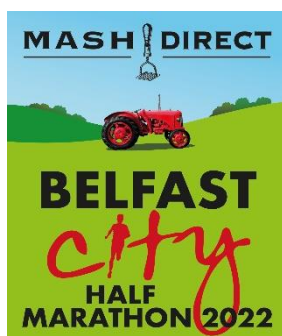
2022 Mash Direct Belfast City Half Marathon

Training Plan by Stuart Kennedy

August 2022

Monday	1 st	Rest, yoga, Pilates or circuits or 6 miles
Tuesday	2 nd	1 mile warm up find a hill that's about 1 min long, run steady up it 7 times & run back down to recover after each one & immediately start the next one. Then do a 1-mile warm down run.
Wednesday	3 rd	6 miles easy or rest
Thursday	4 th	1 mile warm up find a hill that's about 1 min long, run steady up it 7 times & run back down to recover after each one & immediately start the next one. Then do a 1-mile warm down run.
Friday	5 th	Rest, yoga, Pilates or circuits or 6 miles
Saturday	6 th	Parkrun
Sunday	7 th	11 miles easy
Monday	8 th	Rest, yoga, Pilates or circuits or 6 miles
Tuesday	9 th	1 mile warm up find a hill that's about 1 min long, run steady up it 8 times & run back down to recover after each one & immediately start the next one. Then do a 1-mile warm down run.
Wednesday	10 th	6 miles easy or rest
Thursday	11 th	1 mile warm up find a hill that's about 1 min long, run steady up it 8 times & run back down to recover after each one & immediately start the next one. Then do a 1-mile warm down run.
Friday	12 th	Rest, yoga, Pilates or circuits or 6 miles
Saturday	13 th	Parkrun
Sunday	14 th	11 miles easy
Monday	15 th	Rest, yoga, Pilates or circuits or 6
Tuesday	16 th	1 mile warm up find a hill that's about 1 min long, run steady up it 9 times & run back down to recover after each one & immediately start the next one. Then do a 1-mile warm down run.
Wednesday	17 th	6 miles easy or rest
Thursday	18 th	1 mile warm up find a hill that's about 1 min long, run steady up it 9 times & run back down to recover after each one & immediately start the next one. Then do a 1-mile warm down run.
Friday	19 th	Rest, yoga, Pilates or circuits or 6 miles
Saturday	20 th	Parkrun
Sunday	21 st	12 miles easy
Monday	22 nd	Rest, yoga, Pilates or circuits or 6
Tuesday	23 rd	1 mile warm up find a hill that's about 1 min long, run steady up it 10 times & run back down to recover after each one & immediately start the next one. Then do a 1-mile warm down run.
Wednesday	24 th	6 miles easy or rest
Thursday	25 th	1 mile warm up find a hill that's about 1 min long, run steady up it 10 times & run back down to recover after each one &

		immediately start the next one. Then do a 1-mile warm down run.
Friday	26 th	Rest, yoga, Pilates or circuits or 6 miles
Saturday	27 th	Parkrun
Sunday	28 th	12 miles easy
Monday	29 th	Rest, yoga, Pilates or circuits or 6
Tuesday	30 th	1 mile warm up find a hill that's about 1 min long, run steady up it 11 times & run back down to recover after each one & immediately start the next one. Then do a 1-mile warm down run.
Wednesday	31 st	6 miles easy or rest



2022 Mash Direct Belfast City Half Marathon

Training Plan by Stuart Kennedy

September 2022

Thursday	1 st	1 mile warm up find a hill that's about 1 min long, run steady up it 11 times & run back down to recover after each one & immediately start the next one. Then do a 1-mile warm down run.
Friday	2 nd	Rest, yoga, Pilates or circuits or 6 miles
Saturday	3 rd	Parkrun
Sunday	4 th	12 miles easy
Monday	5 th	Rest, yoga, Pilates or circuits or 6 miles
Tuesday	6 th	1 mile warm up find a hill that's about 1 min long, run steady up it 12 times & run back down to recover after each one & immediately start the next one. Then do a 1-mile warm down run.
Wednesday	7 th	6 miles easy or rest
Thursday	8 th	1 mile warm up find a hill that's about 1 min long, run steady up it 12 times & run back down to recover after each one & immediately start the next one. Then do a 1-mile warm down run.
Friday	9 th	Rest, yoga, Pilates or circuits or 6 miles
Saturday	10 th	Parkrun
Sunday	11 th	8 miles easy
Monday	12 th	Rest, yoga, Pilates or circuits or 6
Tuesday	13 th	6 miles easy
Wednesday	14 th	rest
Thursday	15 th	5 miles easy
Friday	16 th	3 miles easy or rest
Saturday	17 th	Rest
Sunday	18 th	Belfast Half Marathon you are good to go, enjoy your success