




Example 12-Week Training Schedule

Tick off each run as you complete it. Note down how long it took you and record your progress.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 1 (Sun 4 Sep)	off	3 miles	3 miles	3 miles	off	3 miles	4 miles
Week 2 (Sun 11 Sep)	off	3 miles	4 miles	3 miles	off	3 miles	4 miles MRC Race
Week 3 (Sun 18 Sep)	off	3 miles	4 miles	3 miles	off	3 miles	5 miles
Week 4 (Sun 25 Sep)	off	3 miles	5 miles	3 miles	off	4 miles	6 miles
Week 5 (Sun 2 Oct)	off	4 miles	5 miles	4 miles	off	3 miles	7 miles
Week 6 (Sun 9 Oct)	off	4 miles	4 miles	4 miles	off	4 miles	8 miles MRC Race
Week 7 (Sun 16 Oct)	off	4 miles	6 miles	4 miles	off	4 miles	9 miles
Week 8 (Sun 23 Oct)	off	4 miles	6 miles	4 miles	off	4 miles	10 miles
Week 9 (Sun 30 Oct)	off	4 miles	6 miles	4 miles	off	3 miles	11 miles
Week 10 (Sun 6 Nov)	off	4 miles	5 miles	4 miles	off	4 miles	12 miles
Week 11 (Sun 13 Nov)	off	4 miles	5 miles	4 miles	off	3 miles	6 miles
Week 12 (Sun 20 Nov)	off	3 miles	5 miles	3 miles	off	2 miles	 13.1 miles

Example distances in Montserrat (approximate):



or... 5 laps around the outside of Salem Park is 1 mile! (And it's flat!)



Top Training Tips

Rest Days

It is important to give your body time to recover during your training programme. Plan your schedule so that your rest days fit in with your daily activities. It's often easier to plan longer, time consuming runs for the weekend and shorter runs and rests for weekdays.

Water

Drink plenty of water to stay hydrated! This is especially important for long distance runs. Consider leaving a bottle of water half way along your route or planning to stop for a short drink by one of the taps around the roads (e.g. Runaway Ghaut, St Peter's, Ashok's...). Avoid dehydration by running during the cooler part of the day – early morning or near dusk. Try using energy drinks such as Gatorade, or adding a small amount of sugar (1tsp) and a pinch of salt to your water bottle, although just using water will be fine too.

Walking & Taking Breaks

If you need to walk or take a break on longer runs, don't worry. It's about building up endurance, and working towards a pace you will be happy with on the race day. If you regularly need to stop, try slowing your running pace or alternating short periods of running with short periods of walking. As your training progresses, especially for beginner runners, your endurance will improve.

Stretch

It's important to warm up properly (walk a while before your runs) and stretch afterwards, especially your leg muscles, to avoid injury.

Have fun and take care of yourself

If you start to feel any pain, stop and work out what is wrong. If it continues, seek medical advice. Make sure you stay hydrated, train gradually and stretch properly and you'll be running your way to victory in this year's Volcano Half Marathon!

N.B. Individuals are responsible for their own race preparation. This information is provided without charge, as a suggested guide to assist race training. The Montserrat Running Club and its members take no responsibility for injury or illness resulting from the use or misuse of this guide. Please train safely and consult a professional if you have any concerns.