

**Hyde Village Striders RC**  
2017 Manchester Half Marathon Training Plan

<b>Week</b>	<b>Starting</b>	<b>Mon</b>	<b>Wed</b>	<b>Sun</b>	<b>Total</b>
<b>1</b>	<b>31-Jul-17</b>	4	5	5	14
<b>2</b>	<b>07-Aug-17</b>	5	6	6	17
<b>3</b>	<b>14-Aug-17</b>	5	5	7	17
<b>4</b>	<b>21-Aug-17</b>	5	5	6	16
<b>5</b>	<b>28-Aug-17</b>	5	6	8	19
<b>6</b>	<b>04-Sep-17</b>	5	6	10	21
<b>7</b>	<b>11-Sep-17</b>	5	6	8	19
<b>8</b>	<b>18-Sep-17</b>	5	6	11	22
<b>9</b>	<b>25-Sep-17</b>	5	6	12	23
<b>10</b>	<b>02-Oct-17</b>	5	4	9	18
<b>11</b>	<b>09-Oct-17</b>	4	3	<b>Race</b>	20

We recommend speed/hill work to help your running. Please see the facebook group or speak to one of the coaches for info

Friday Runs can be swapped for gym work if preferred

This is a general plan that suits many people at the club but if you would like a personal plan or training advice please come and speak to any of the senior coaches at the club.