

**Pete and Sarah's Endurance training - Wokingham Half Marathon target –  
01/12/2022 to 30/03/2022**

**01/12/2021**

Timed mile  
4 min rest  
Decreasing recovery  
600 with decreasing recovery, 600, 400, 200  
Followed by 3 mins static recovery  
Repeat

**08/12/2021**

Fartleks  
Part one:  
800m at 1/2 marathon pace  
400 at 10k pace  
With 400 recovery  
Part two:  
200's with 200 recovery

**15/12/2021**

10 mins at 1/2 marathon pace  
3 mins active recovery  
10 mins at 10k pace  
3 mins active recovery  
4 mins static recovery  
Repeat

**22/12/2021**

12 Days of Christmas – in fancy dress

**05/01/2022**

timed mile  
4 min rest  
800's progressing in speed (target pace: 1/2 marathon, sub 1/2 marathon & 10k pace) with 400m active recovery  
Repeat

**12/01/2022**

1 mile at 10k pace  
3 min active recovery  
1 mile at 1/2 marathon pace  
4 mins active recovery  
1 mile at 1/2 marathon  
3 mins active recovery  
1 mile at 10k pace  
3 min active recovery  
Repeat  
200's partner Parlufs

**19/01/2022**

Pyramids  
400, 800, 1200, 1600, 1200, 800, 400 with 400 active recovery between

**26/01/2022**

\*\*off track\*\*  
Hills

**02/02/2022**

400 increasing in pace with each rep, (1/2 marathon, 10k)  
With 400 active recovery

**09/02/2022**

3 mins 1/2 marathon pace, 1 min recovery  
3 mins 1/2 marathon pace, 1 min recovery  
3 mins 10k marathon pace, 1 min recovery  
20 mins 10k pace, 2 min recovery  
8 mins 10k pace, 2 min recovery

**16/02/2022 - Bramley Week**

800 at 1/2 marathon pace  
800 at 10k pace  
400 active recovery  
Repeat

**23/02/2022 – Wokingham Half Week**

400's at 10k pace  
400 recovery  
Repeat  
100's effort (stride straights, jog bends)

**02/03/2022**

800 at 1/2 marathon pace  
400 active recovery  
Repeat

**09/03/2022**

400 at 1/2 marathon pace 200 faster  
400 active recovery

**16/03/2022**

1 mile at 10k pace  
3 min active recovery  
1 mile at 1/2 marathon pace  
4 mins active recovery  
1 mile at 1/2 marathon  
3 mins active recovery  
1 mile at 10k pace  
3 min active recovery  
Repeat  
200's partner Parlufs

**23/032022**

Pyramids from 400 to 1600 and back down, at 10k pace  
With 400 active recovery

**30/03/2022**

\*\*off track \*\*  
Hills