

NIK'S OXFORD HALF MARATHON PLAN

Easy Run
Intervals
Tempo
Long Run
Time Trial
Strength

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1 JUN 2ND	Rest	Rest	Rest	4km 4km Easy Run	Rest	Rest	5.5km 5.5km Progressive Long Run
WEEK 2 JUN 9TH	Rest	25m - 35m Legs & Core	4.5km 4.5km Easy Run	5.4km 400m Repeats	Rest	Rest	6km 6km Long Run
WEEK 3 JUN 16TH	Rest	25m - 35m Legs & Core	6km 6km Easy Run	4.4km Rolling 300s	Rest	Rest	7km 7km Block Long Run
WEEK 4 JUN 23RD	Rest	25m - 35m Legs & Core	4.5km 4.5km Easy Run	4km Progressive Run	Rest	Rest	5km 5km Long Run
WEEK 5 JUN 30TH	Rest	25m - 35m Legs & Core	6km 6km Easy Run	6km Broken Miles	Rest	Rest	8km 8km Progressive Repeat Long Run
WEEK 6 JUL 7TH	Rest	25m - 35m Legs & Core	6km 6km Easy Run	6km Over and Unders 1km	Rest	Rest	9km 9km Long Run
WEEK 7 JUL 14TH	Rest	25m - 35m Legs & Core	7km 7km Easy Run	6.2km Tempo 1200s	Rest	Rest	10km 10km Progressive Long Run
WEEK 8 JUL 21ST	Rest	25m - 35m Legs & Core	7km 7km Easy Run	8km 1km Repeats	Rest	Rest	11km 11km Block Long Run



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WEEK 9 JUL 28TH	Rest	25m - 35m Legs & Core	6km 6km Easy Run	6km 5km Time Trial	Rest	Rest	7km 7km Long Run
WEEK 10 AUG 4TH	Rest	25m - 35m Legs & Core	7km 7km Easy Run	8km Tempo 6km	Rest	Rest	12km 12km Progressive Long Run
WEEK 11 AUG 11TH	Rest	25m - 35m Legs & Core	7km 7km Easy Run	8km 800m into 400m Intervals	Rest	Rest	14km 14km Long Run
WEEK 12 AUG 18TH	Rest	25m - 35m Legs & Core	7km 7km Easy Run	6.4km Rolling 400s	Rest	Rest	16km 16km Long Run
WEEK 13 AUG 25TH	Rest	25m - 35m Legs & Core	7km 7km Easy Run	7.5km Over and Unders 1km	Rest	Rest	18km 18km Race Practice Long Run
WEEK 14 SEP 1ST	Rest	25m - 35m Legs & Core	5.5km 5.5km Easy Run	5km Fast 8-4-2s	Rest	Rest	10km 10km Long Run
WEEK 15 SEP 8TH	Rest	25m - 35m Legs & Core	9km 9km Easy Run	7km Tempo 4km	Rest	Rest	20km 20km Progressive Repeat Long Run
WEEK 16 SEP 15TH	Rest	25m - 35m Legs & Core	9km 9km Easy Run	9km Tempo 2km Repeats	Rest	Rest	18km 18km Long Run



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 17 SEP 22ND	Rest	25m - 35m Legs & Core	9km 9km Easy Run	7.5km Broken Miles	Rest	Rest	15km 15km Progressive Long Run
WEEK 18 SEP 29TH	Rest	25m - 35m Legs & Core	8km 8km Easy Run	6km Rolling 300s	Rest	Rest	11km 11km Race Practice Long Run
WEEK 19 OCT 6TH	Rest	Rest	6km Race Pace Practice K's	Rest	Rest	Rest	21.1km Oxford Half Marathon 12/10/2025

