

CARDIFF HALF MARATHON 2023

Join us and celebrate 75 years of the NHS
and help raise funds for your local hospital



DOWNLOAD YOUR FREE TRAINING PDF

***CARDIFF HALF
MARATHON
2023***

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1-2	Stretching / Mobility 30min	Recovery Spin 20 min	5km moderate pace	Rest	Speed Work - Intervals 30 min	Core & Stretch 20 min	7.5km steady pace
3-4	Stretching / Mobility 30min	Recovery Spin 20 min	7.5km moderate pace	Rest	Speed Work - Intervals 40 min	Core & Stretch 20 min	10km steady pace
5-6	Stretching / Mobility 30min	Recovery Spin 20 min	10km moderate pace	Rest	Speed Work - Intervals 50 min	Core & Stretch 20 min	12.5 km steady pace
7-8	Stretching / Mobility 30min	Recovery Spin 20 min	12.5km moderate pace	Rest	Speed Work - Intervals 60 min	Core & Stretch 20 min	15km steady pace