

Half Marathon Beginner training plan – Approximately 2:20 mins

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Week 1	Rest	30 mins Easy / recovery run	30 mins Easy run	Rest	30 mins Easy Run	Rest	Long Run 3 miles
Week 2	Rest	30 mins Easy / recovery run	30 mins 5 mins easy, 20 mins tempo, 5 mins easy	Rest	30 mins Easy run	Rest	Long Run 40 mins
Week 3	Rest	30 mins Easy / recovery run	30 mins 5 mins easy, 20 mins tempo, 5 mins easy	Rest	30 mins Easy run	Rest	Long Run 5 miles
Week 4	Rest	40 mins Easy / recovery run	30 mins 5 mins easy, 20 mins tempo, 5 mins easy	Rest	40 mins Cross training	Rest	Long Run 60 mins
Week 5	Rest	40 mins Easy / recovery run	30 mins 5 mins easy, 20 mins tempo, 5 mins easy	Rest	40 mins Fartlek run	Rest	Long Run 7 miles
Week 6	Rest	40 mins Easy / recovery run	25 mins 5 mins easy, 15 mins hill reps, 5 mins easy	Rest	40 mins 5 mins easy, 30 mins tempo, 5 mins easy	Rest	Long Run 8 miles
Week 7	Rest	40 mins Easy / recovery run	30 mins 5 mins easy, 20 mins tempo, 5 mins easy	Rest	40 mins cross training	Rest	Long Run 60 mins
Week 8	Rest	40 mins Easy / recovery run	30 mins 5 mins easy, 20 mins tempo, 5 mins easy	Rest	50 mins Fartlek run	Rest	Long run 10 miles
Week 9	Rest	40 mins Easy / recovery run	30 mins 5 mins easy, 20 mins tempo, 5 mins easy	Rest	50 mins Fartlek run	Rest	Long run 5 miles
Week 10	Rest	40 mins Easy / recovery run	25 mins 5 mins easy, 15 mins hill reps, 5 mins easy	Rest	Cross Training	Rest	Long Run 12 miles
Week 11	Rest	40 mins Easy / recovery run	30 mins 5 mins easy, 20 mins tempo, 5 mins easy	Rest	40 mins Fartlek run	Rest	6 mile run at race pace
Week 12	Rest	40 mins Easy / recovery run	Rest	Rest	50 mins easy	Rest	Half Marathon Race

Tempo Run – A faster paced workout described as ‘comfortably hard’.

Easy Run – 50%-75% of your usual training pace.

Cross Train – An alternative cardio workout eg. Cycling or swimming

Hill Run – Fast paced short burst up a hill with a steady incline.

Fartlek Run – Longer run with periods of fast running intermixed with periods of slow running.