



Half marathon training plans

We recommend basing your training on time rather than distance. No two runs are the same and basing runs on time allows more flexibility; a 10k run on rough terrain in the wind and rain is very different to one run on a flat road course. It's also easier to explore new routes on your run – you can run a simple out and back run based on time wherever you are. Think about time on feet, not hitting arbitrary distance targets.

How to use this guide

Strides

Short 20 second relaxed sprints, focusing on tall posture and a fast smooth turnover of steps. Run 5–6 with a jog/walk back to your starting position after each one.

Short hills

A steep climb that takes 30–40 seconds to run up. Run these at a fast pace/effort. Walk back to the bottom after each one.

Long hills

A climb that takes 60–80 sec to run up. More of a grind – run these at steady pace/effort. Slowly jog back to the bottom after each one.

Fartlek session

A continuous mixed pace run. Fartlek is translated as 'speed play'.

Strength – core

60 seconds of each of these six exercises in turn = 1 round. See plan for number of rounds. (Video link: [Let's Get Running Core Workout](#))

Strength – legs

10–15 repetitions of each of these six exercises in turn = 1 round. (If in gym substitute leg press for squats or lunges.) (Video link: [Runners Conditioning Workout](#))

Run Gear 1 (G1)

Easy conversation pace, if you aren't able to talk, slow down!

Gear 2 (G2)

Steady, slightly more challenging rhythm. A positive tempo. For intermediates, and advanced runners this will be your Race Pace.

Gear 3 (G3)

Breathing starts to get a little more strained but you can still manage a short sentence. Comfortably hard or 70% effort.

Gear 4 (G4)

Breathing is deep but rhythmical – working hard; 75% to 80% effort. For more experienced runners this would be roughly 5k race pace.

Gear 5 (G5)

Hard running – could say a word or so. Less control over breathing. Probably only maintain this for 5 mins before slowing down significantly. Feel the lactic burn! 85% effort.

Gear 6 (G6)

Flat out sprinting. Wouldn't be able to speak at all! 10–20 seconds all out effort.

Beginner

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	Strength session – legs	Rest	20 mins @ G1	Rest	Rest	25 mins @ G1	Rest
2	Strength session – core	Rest	25 mins @ G1 + Strides	Rest	Rest	35 mins @ G1	Rest
3	30 mins @ G1 + Strides	Rest	35 mins @ G1	Rest	Rest	45 mins @ G1	Rest
4	Short hills session (6 reps)	Rest	35 mins @ G1	Rest	Strength session – legs x 2	55 mins @ G1	Rest
5	40 mins @ G1	Rest	Fartlek run: 10 mins @ G1, 10 mins @ G2, 5 mins @ G1, 10 mins @ G3, 5 mins @ G1	Rest	Strength session – core x 2	70 mins @ G1	Rest
6	50 mins @ G1	Rest	Long hills session (6 reps)	Rest	Rest	5km ParkRun! Visit ParkRun.com to find your local run	Rest
7	35 mins @ G1	Rest	Interval session: 8 x 2 mins @ G4, 2 mins rest in between each	Rest	Strength session – legs x 3	90 mins @ G1	Rest
8	45 mins @ G1	Rest	Fartlek: 15 mins @ G1, 10 mins @ G2, 10 mins @ G3, 10 mins @ G2, 5 mins @ G1	Optional 30 mins @ G1	Strength session – core x 3	50 mins @ G1	Rest
9	45 mins @ G1	Rest	Interval session: 6 x 3 mins @ G4, 2 mins rest in between each	Optional 30 mins @ G1	Rest	Fartlek: 60 mins @ G1	Rest
10	50 mins @ G1	Rest	Fartlek: 15 mins @ G1, 20 mins @ G2, 10 mins @ G3, 5 mins @ G1	Rest	Strength session – legs x 2	1 hour 45 mins @ G1	Rest
11	30 mins @ G1	Rest	Fartlek: 10 mins @ G1, 20 mins @ G2, 20 mins @ G3	Rest	Strength session – core x 2	50 mins @ G1	Rest
12	30 mins @ G1 + Strides	Rest	Rest	20 mins @ G1	Rest	Rest	Race day!

Intermediate

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	35 mins @ G1	Rest	30 mins @ G1 + Strides	Rest	Rest	Strength session – legs x 2	40 mins @ G1
2	40 mins @ G1	Rest	Short hills session (6 reps)	Rest	Rest	Strength session – core x 2	50 mins @ G1
3	45 mins @ G1	Rest	Speed interval session: 5 x (run 75 secs, rest 45 secs, run 45 secs) Rest for 4 mins between each set. Run intervals in G4/G5	Rest	Rest	Strength session – legs x 3	60 mins @ G1
4	45 mins @ G1	Rest	Long hills session (8 reps)	Rest	Rest	Strength session – legs x 3	Progression: 30 mins @ G1, 20 mins @ G2, 10 mins @ G3
5	50 mins @ G1	Rest	Interval session: 7 x 3 mins @ G4, 2 mins rest in between each	Rest	Strength session – core x 3	Fartlek: 20 mins @ G1, 7 mins @ G3, 3 mins @ G1, 7 mins @ G3, 3 mins @ G1, 7 mins @ G3, 10 mins @ G1	80 mins @ G1
6	50 mins @ G1	Rest	Fartlek: 20 mins @ G1, 10 mins @ G2, 5 mins @ G1, 10 mins @ G3, 10 mins @ G1	Rest	Strength session – legs x 3	5km ParkRun! Visit ParkRun.com to find your local run	70 mins @ G1
7	50 mins @ G1	Rest	Interval session: 3 x (3 mins 30 run @ G4, 2 mins rest, 2 mins 30 run @ G4, 1 min 30 rest, 1 min run @ G5) Between each round take only 45 secs rest!	Rest	Strength session – core x 3	Fartlek: 20 mins @ G1, 10 mins @ G2, 5 mins @ G1, 10 mins @ G3, 10 mins @ G1	90 mins @ G1
8	55 mins @ G1	Rest	Interval session: 7 x 4 mins @ G4, 2 mins rest in between each	Rest	Strength session – legs x 3	50 mins @ G1	Fartlek: 30 mins @ G1, 20 mins @ G2, 10 mins @ G1, 10 mins @ G3, 10 mins @ G1
9	60 mins @ G1		Interval session: 3 x 9 mins @ G3, 3 mins jog between each	Rest	Strength session – core x 3	50 mins @ G1	Fartlek: 60 mins @ G1, 30 mins @ G2
10	50 mins @ G1		Progression: 20 mins @ G1, 20 mins @ G2, 20 mins @ G3	Rest	45 mins @ G1 + Strides		1 hour 45 mins @ G1
11	50 mins @ G1		10 mins @ G1, 30 mins @ G2 + Strides	Rest		ParkRun or fast 5k Timetrial (can you beat week 6 time?)	40 mins @ G1
12	35 mins @ G1	Rest	30 mins @ G1 + Strides	Rest	Optional – 20 mins @ G1	Rest	Race day!

Advanced

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	40 mins @ G1	Rest	35 mins @ G1 + Strides	Rest	50 mins @ G1	Strength session – legs x 2	60 mins @ G1
2	50 mins @ G1	Rest	Short hills session (8 reps)	Rest	Progression run: 20 mins @ G1, 10 mins @ G2, 5 mins @ G3	Strength session – core x 2	70 mins @ G1
3	Fartlek: 25 mins @ G1, 5 mins @ G2, 3 mins @ G1, 5 mins @ G3, 3 mins @ G1, 5 mins @ G3, 10 mins @ G1	Rest	50 mins @ G1	Rest	Strength session – legs x 3	Speed interval session: 6 x (run 75 secs, rest 45 secs, run 45 secs) Rest for 4 mins between each set. Run intervals in G5	Progression: 30 mins @ G1, 20 mins @ G2, 15 mins @ G3
4	50 mins @ G1	Rest	Long hills session (8 reps)	Rest	Strength session – core x 3		90 mins @ G1
5	60 mins @ G1	Rest	Interval session: 7 x 3 mins @ G4, 90 secs rest in between each	Rest	Strength session – legs x 4	50 mins @ G1	Fartlek: 30 mins @ G1, 20 mins @ G2, 10 mins @ G1, 10 mins @ G3, 10 mins @ G1
6	50 mins @ G1	Rest	Interval session: 3 x (4 mins run @ G3, 2 mins rest, 3 mins run @ G3, 1 min 30 rest, 1 min run @ G4) Then take only 45 secs rest between each round!	Rest	30 mins @ G1 + Strides	5km ParkRun! Visit ParkRun.com to find your local run	1 hour 40 mins @ G1
7	60 mins @ G1	Rest	Interval session: 10 mins @ G3, 3 mins rest, 5 x 1 min @ G4 with 1 min rest between, 3 mins rest, 10 mins @ G3	Rest	Optional 35 mins @ G1 + Strength session – core x 3	50 mins @ G1	Fartlek: 30 mins @ G1, 20 mins @ G2, 10 mins @ G1, 20 mins @ G3, 10 mins @ G1
8	65 mins @ G1		Interval session: 5 x 5 mins @ G4, 2 mins rest in between each	Optional 35 mins @ G1 + Strength session – legs x 3			1 hour 50 mins @ G1
9	60 mins @ G1		Interval session: 3 x 9 mins @ G3, 3 mins jog between each	40 mins @ G1 + Strength session – core x 3		50 mins @ G1	Fartlek: 30 mins @ G1, 10 mins @ G2, 10 mins @ G3, 10 mins @ G2, 20 mins @ G1
10	50 mins @ G1		Progression: 20 mins @ G1, 10 mins @ G2, 5 mins @ G3	40 mins @ G1 + Strength session – legs x 3		Speed interval session: 6 x (run 75 secs, rest 45 secs, run 45 secs) Rest for 4 mins between each set. Run intervals in G5	1 hour 45 mins @ G1
11	50 mins @ G1		Fartlek: 10 mins @ G1, 30 mins @ G2, Strides, 10 mins @ G2	Optional 40 mins @ G1 + Strength session – core x 3		5km ParkRun! Visit ParkRun.com to find your local run	50 mins @ G1
12	35 mins @ G1	Rest	30 mins @ G1 + Strides	Rest	Optional – 20 mins @ G1	Rest	Race day!