



Together we are  
beating cancer

# Half Marathon Training Plan Run / Walk



# Half Marathon

## Run/Walk



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>01</b>	Core	<b>30 minutes:</b> 3 minutes easy run 3 minutes walk alternate	Rest	<b>30 minutes:</b> 3 minutes easy run 3 minutes walk alternate	Rest	Rest or <b>20-30 minutes easy cross training</b>	<b>Long run:</b> 30 minutes - 1 minute run / 1 minute brisk walk alternating
<b>02</b>	Core	<b>30 minutes:</b> 3 minutes easy run 3 minutes walk alternate	Rest	<b>30 minutes:</b> 3 minutes easy run 3 minutes walk alternate	Rest	Rest or <b>20-30 minutes easy cross training</b>	<b>Long run:</b> 40 minutes - 1 minute run / 1 minute brisk walk alternating
<b>03</b>	Core	<b>40 minutes:</b> 5 minutes easy run 5 minutes walk alternate	Rest	<b>40 minutes:</b> 5 minutes easy run 5 minutes walk alternate	Rest	Rest or <b>20-30 minutes easy cross training</b>	<b>Long run:</b> 50 minutes - 1 minute run / 1 minute brisk walk alternating

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>04</b>	Core	<b>40 minutes:</b> 7 minutes easy run 5 minutes walk alternate	Rest	<b>40 minutes:</b> 7 minutes easy run 5 minutes walk alternate	Rest	Rest or <b>20-30 minutes easy cross training</b>	<b>Long run:</b> 60 minutes - 1 minute run / 1 minute brisk walk alternating
<b>05</b>	Core	<b>45 minutes:</b> 15 minutes easy run 5 minutes walk alternate	Rest	<b>45 minutes:</b> 15 minutes easy run 5 minutes walk alternate	Rest	Rest or <b>20-30 minutes easy cross training</b>	<b>Long run:</b> 70-75 minutes - 3 minutes run / 3-5 minutes brisk walk alternating (or follow 1 minute run 1 minute walk depending on how you feel)
<b>06</b>	Core	<b>45 minutes:</b> 15 minutes easy run 5 minutes walk alternate	Rest	<b>45 minutes:</b> 15 minutes easy run 5 minutes walk alternate	Rest	Rest or <b>20-30 minutes easy cross training</b>	<b>Long run:</b> 80-90 minutes - 3 minutes run / 3-5 minutes brisk walk alternating (or follow 1 minute run 1 minute walk depending on how you feel)

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>07</b>	Core	<b>45 minutes:</b> 20 minutes easy run, 5 minutes walk, 15 minutes easy run, 10 minutes walk	Rest	<b>45 minutes:</b> to include 3 x 3 minute blocks of threshold running taking a 3-5 minutes brisk walk recovery in between	Rest	Rest or <b>20-30 minutes easy cross training</b>	<b>Long run:</b> 90-100 minutes - 10 minutes run / 3-5 minutes brisk walk alternating (or follow 1 minute run 1 minute walk depending on how you feel)
<b>08</b>	Core	<b>45 minutes:</b> 20 minutes easy run, 5 minutes walk, 15 minutes easy run, 10 minutes walk	Rest	<b>45 minutes:</b> to include 3 x 3 minute blocks of threshold running taking a 3-5 minutes brisk walk recovery in between	Rest	Rest or <b>20-30 minutes easy cross training</b>	<b>Long run:</b> 45 minutes - 10 minutes run / 3-5 minutes brisk walk alternating (or follow 1 minute run 1 minute walk depending on how you feel)
<b>09</b>	Core	<b>Progression run:</b> 15 minute brisk walk, 15 minute easy run, 15 minute run picking up the pace if possible	Rest	<b>45 minutes:</b> to include 3 x 4 minute blocks of threshold running taking a 3-5 minutes brisk walk recovery in between	Rest	Rest or <b>20-30 minutes easy cross training</b>	<b>Long run:</b> 2 hours - 10-15 minutes run / 5 minutes brisk walk alternating (or follow 1 minute run 1 minute walk depending on how you feel)

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>10</b>	<b>Core</b>	<b>Progression run:</b> 15 minute brisk walk, 15 minute easy run, 15 minute run picking up the pace if possible	<b>Rest</b>	<b>45 minutes:</b> to include 3 x 5 minute blocks of threshold running taking a 3-5 minutes brisk walk recovery in between	<b>Rest</b>	<b>Rest or 20-30 minutes easy cross training</b>	<b>Long run:</b> 90 minutes - 10-15 minutes run / 5 minutes brisk walk alternating (or follow 1 minute run 1 minute walk depending on how you feel)
<b>11</b>	<b>Core</b>	<b>30 minutes -</b> 10 minute brisk walk, 20 minute easy run	<b>Rest</b>	<b>Rest or 20 minute easy run</b>	<b>Rest</b>	<b>Ideal day for a Park run</b> following your preferred run walk strategy	<b>Long run:</b> 75 minutes - 10-15 minutes run / 5 minutes brisk walk alternating (or follow 1 minute run 1 minute walk depending on how you feel)
<b>12</b>	<b>Core</b>	<b>20 minutes easy run</b>	<b>Rest</b>	<b>20 minutes easy run</b>	<b>Rest</b>	<b>Rest</b>	<b>Half marathon Good luck!</b>

## Important information

- Please do a 15-minute warm-up and cool-down before threshold, continuous or hills or interval sessions.
- If you're feeling up to it, you may wish to consider a 20–30 minute recovery run in the morning before any of the quality sessions.
- Always substitute cross-training for running if you are injured, very sore or it's not safe to run.
- Please add core conditioning, Pilates or yoga classes once or twice a week if you have time.
- Try to stretch every day for at least 10 minutes.
- Always eat within 20–30 minutes of finishing a run.
- Always train at the specified paces; don't compromise or run too hard. Tiredness always catches up, so take extra rest if required.