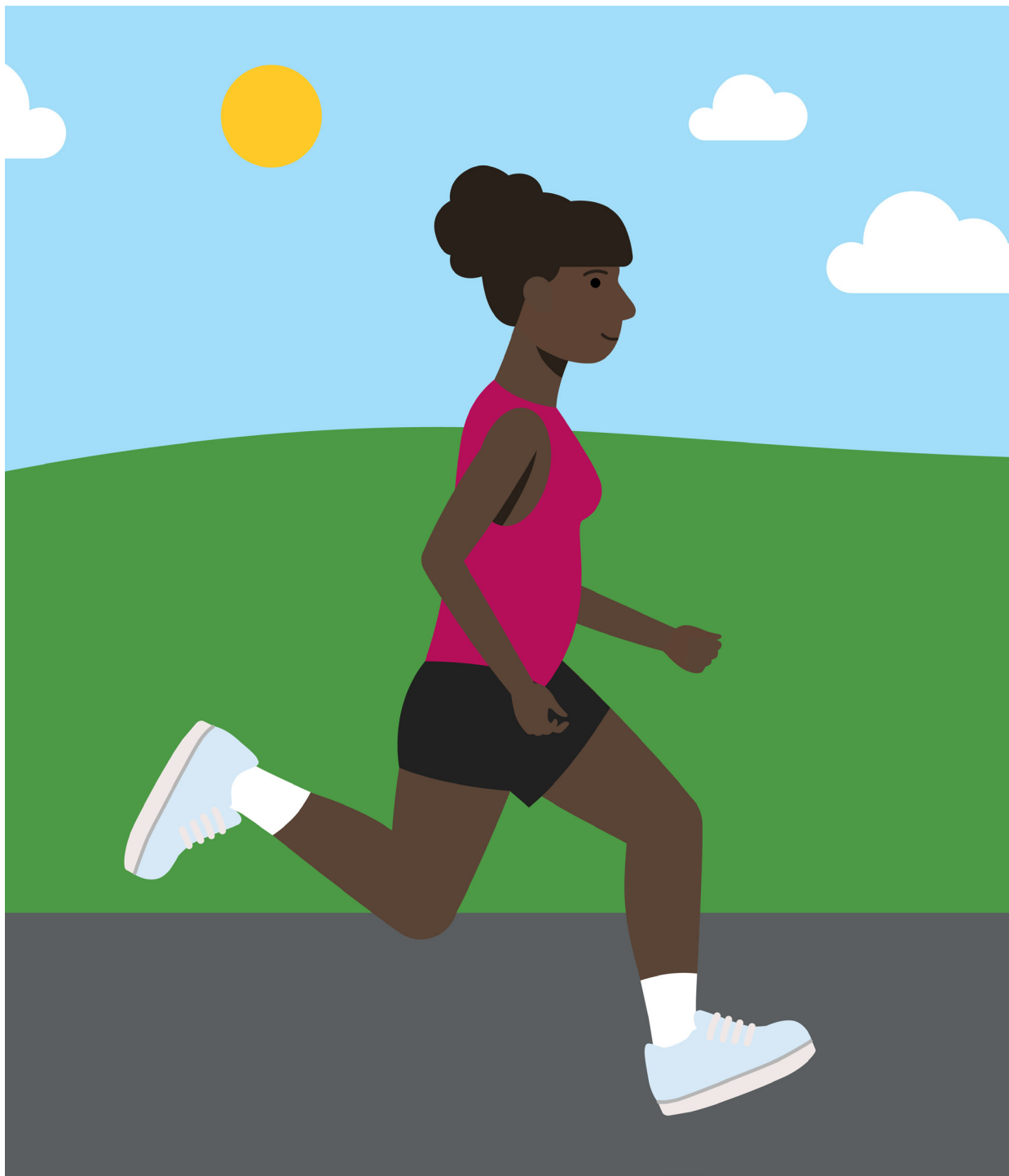




Together we are
beating cancer

Half Marathon Training Plan Beginner

running
withus 

Half Marathon Beginner



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
01	Core	Easy run: 30 minutes	Rest	Easy run: 30 minutes	Rest	Rest or 30 minutes easy cross training	Long run: 40 minute easy run with walk breaks each 10-15 minutes if needed
02	Core	Easy run: 30 minutes	Rest	Threshold run: 35 minutes to include 5 x 3 minutes effort, 3 minutes easy	Rest	Rest or 30 minutes easy cross training	Long run: 50 minute easy run with walk breaks each 10-15 minutes if needed
03	Core	Easy run: 30-40 minutes	Rest	Threshold run: 40 minutes to include 4 x 4 minutes effort, 2-3 minutes easy	Rest	Rest or 30 minutes easy cross training	Long run: 60 minute easy run with walk breaks each 15-20 minutes if needed

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
04	Core	Easy run: 40 minutes	Rest	Threshold run: 40 minutes to include 3 x 5 minutes effort, 2 minutes easy	Rest	Rest or 30 minutes easy cross training	Long run: 75 minute easy run with walk breaks each 20 minute if needed
05	Core	Progression run: 10 minutes easy, 10 minutes steady, 10 minute threshold	Rest	Rest or 30 minutes easy cross training	Rest	Rest	Ideal day for a 10km race or 45-50 minute time trial
06	Core	Progression run: 10 minutes easy, 10 minutes steady, 10 minute threshold	Rest	Threshold run: 40 minutes to include 4 x 4 minutes effort, 2-3 minutes easy	Rest	Rest or 30-40 minutes easy cross training	Long run: 60 minute easy run with walk breaks each 15-20 minutes if needed
07	Core	Steady run: 45 minutes	Rest	Threshold run: 45 minutes to include 2 x 10 minutes effort, 2 minutes easy	Rest	Rest or 30-40 minutes easy cross training	Long run: 90-100 minutes easy run with walk breaks each 20-30 minutes if needed

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08	Core	Steady run: 45 minutes	Rest	Threshold run: 45 minutes to include 3 x 8 minutes effort, 2 minutes easy	Rest	Rest or 30–40 minutes easy run or cross training	Long run: 1 hour 45 minutes, aiming for the final hour at a consistent steady pace
09	Core	Progression run: 15 minutes easy, 15 minutes steady, 15 minutes threshold	Rest	Fartlek run: 40 minutes with 5,4,3,2,1 minute efforts Get faster each effort with 90 seconds jog between each	Rest	Rest or 30–40 minutes easy run or cross training	Long run: 2 hours, aiming for the final hour at a consistent steady pace
10	Core	Threshold run: 45 minute run with final 20 at threshold	Rest	Fartlek run: 45 minutes with 6,5,4,3,2,1 minute efforts Get faster each effort with 90 seconds jog between each	Rest	Rest or 30–40 minutes easy run or cross training	Long run: 90 minutes as a progression in effort with final 30 minutes at strong steady pace
11	Core	Threshold run: 40 minutes with final 20 at threshold effort	Rest	Rest or 30 minute easy run or cross training	Rest	Parkrun or self timed 5km time trial	Long run: 75 minutes easy and relaxed

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12	Core	Progression run: 10 minutes easy, 10 minutes steady, 10 minutes threshold	Rest	Easy run: 25 minutes	Rest	Rest or 15 minutes easy run and stretch	Half marathon good luck!

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.