





# Half Marathon Beginner Training Plan





















## PHASE 1

Week	1	2	3	4
Monday	 Rest	 Rest	 Rest	 Rest
Tuesday	 3 miles easy	 4 miles easy	 5 miles easy	 5 miles easy
Wednesday	 Rest	 Rest	 Rest	 Rest
Thursday	 4 miles easy	 4 miles easy	1.5Mi warm up, (4 x 2)mins uphill, (4 x 2)mins downhill, 1.5Mi cool down run	1.5Mi warm up, 20mins Fartlek, 1.5Mi cool down run
Friday	Strength Training	Strength Training	1.5M jog, 6M tempo pace run, 1.5M cool down run	 8Mi steady run
Saturday	 Rest	 Rest	 Rest	 Rest
Sunday	 7Mi Long Run	 8Mi Long Run	 9Mi Long Run	 10Mi Long Run

# PHASE 2

Week	5	6	7	8
Monday	 Rest	 Rest	 Rest	 30 mins recovery run
Tuesday	 6 miles easy	 6 miles easy	 6 miles easy	 Rest
Wednesday	 Rest	 Rest	 Rest	 Rest
Thursday	 Rest	1Mi warm up, 30mins Fartlek, 1Mi cool down run	1.5Mi warm up, 40mins jog moderate pace, 1.5Mi cool down run	1Mi warm up, 40mins Fartlek, 1Mi cool down run
Friday	1.5Mi warm up, 30mins half marathon pace, 1.5Mi cool down run	40mins Strength Training	40mins Strength Training	40mins Strength Training
Saturday	 Rest	 Rest	 Rest	 Rest
Sunday	 8Mi Long Run	 11Mi Long Run	1.5Mi warm up, 10kms run, 1.5Mi cool down run	 12Mi Long Run

# PHASE 3

Week	9	10	11	12
Monday	 Rest	 Rest	 Rest	 Rest
Tuesday	 5 miles easy	 4 miles easy	 4 miles easy	 4 miles easy
Wednesday	 Rest	 Rest	 Rest	 Rest
Thursday	1.5Mi warm up, (6 X 4mins) uphill moderate pace, 1.5Mi cool down run	1Mi warm up, 8kms Fartlek run, 1Mi cool down run	1Mi warm up, 6Mi Fartlek run, 1Mi cool down run	 3 miles easy run
Friday	40mins Strength Training	40mins Strength Training	40mins Strength Training	 Rest
Saturday	 Rest	 Rest	 Rest	 30mins shake out run
Sunday	 10Mi Long Run	 12Mi Long Run	 7Mi Long Run	 HALF MARATHON!!!