



Training for a half marathon needs to see you build up some regular running miles. Start this plan if you can already run for 20 to 30 minutes continuously. Your training should be progressive and balanced so you don't feel too tired.

Monday is a day for rest or active recovery. For example, going to the gym or for a swim or cycle. Tuesday is a day for fast intervals, Thursday is a mixed day for developing your race endurance and the weekend is for building your strength and stamina. Wednesday and Friday are rest days and Sat (or Sun) is an active recovery or rest day. Change the days to fit your lifestyle if Preferred but always ensure a balanced running week.

Walk:run. *This is a strategy for many new runners and involves breaking up the race into periods of running then walking. For example, 8min run – 2min walk repeated.*

Easy or recovery runs. *During an easy run you should feel relaxed. You should be breathing comfortably and be capable of holding a conversation throughout the run. If you're a new/novice runner then you'll probably be questioning whether any runs feel easy and holding a conversation may feel impossible. Slow down, walk if necessary and control your effort.*

Steady runs. *These are the bread and butter of your training, the 'miles in the bank'. Steady runs build the aerobic base that acts as the foundation for the rest of your training. Conversations are still possible at this pace but in sentences rather than long gossip.*

Tempo runs. *Running at tempo pace is great for improving your running economy. You will find them slightly uncomfortable and they'll require concentration but they are well worth the effort. You'll only be capable of uttering a four or five words as you run. As you get fitter and more experienced you'll learn how to find your own tempo pace and this will change the fitter, stronger and faster you get.*

WEEK 1						
WEEK 2						
WEEK 3						
WEEK 4						
WEEK 5						
WEEK 6						
	This week is about getting started and building your exercise routine	This week affirm your routine and build your longest workout	This week, start to run more and walk less. Feel like you are into the groove of your running	You are feeling well into the routine now and so it's time to play with the pace a little and increase your total time on your feet	Increase the amount of time you are able to steady run for and break the hour on a single workout	Increase the amount of time you are able to steady run for and break the hour on a single workout
MON	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY
TUES	30 min brisk walk	10 min walk (2 min easy run 1 min walk) x 5. 10 min walk = 35 mins.	10 min walk (4 min easy run 1 min walk) x 4. 10 min walk = 40 mins.	10 min walk (2 min easy run 1 min walk) x 10. 5 min easy run 5 mins walk = 45 mins.	10 min easy run (2 min steady run 1 min easy run 1 min walk) x 6 10 min easy run = 44 mins.	10 min easy run (3 min steady run 1 min walk) x 6 10 min easy run = 44 mins.
WEDS	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY
THURS	30 min brisk walk	10 min walk (4 min easy run 2 min walk) x 3. 10 min walk = 38 mins.	(5 min easy run 5 min walk) x 3 = 30 mins.	10 min easy run (1 min steady run 2 min walk) x 6. 5 min easy run = 33 mins.	10 min easy run 1 x 30 min steady run 10 min easy run = 50 mins.	40 mins steady run = 40 mins.
FRI	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY
SAT	10 min easy walk. (2 min easy run 2 min walk) x 5. 10 min easy walk = 40 mins.	10 min brisk walk (6 min easy run 3 min walk) x 3. 10 min walk = 47 mins.	(10 min easy run 2 min walk) x 3 5 min easy run 10 min walk =51 mins.	5 min walk 20 min easy run 3 min walk 20 min easy run 5 min walk = 53 mins.	(20 min easy run 2 min walk) x 3 = 66 mins.	(10 min easy run 1 min walk) x 7 = 77 mins.
SUN	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY

	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	RACE WEEK
	<i>A week of easy running. Refresh your spirit and your legs</i>	<i>Introduce some faster running. Start to understand miles in your training and your pace</i>	<i>Build on your now fantastic routine. This is probably the hardest of your half marathon training. The next 2 weeks hold your routine and supercharge your confidence</i>	<i>You are almost there. This week is about doing your final and longest run</i>	<i>Now it's time to do a little less running as race day draws closer. Maintain your routine and feel strong and fresh</i>	<i>This is it. Race week is here. Relax and enjoy the fact that you've made it this far. Have a light week and enjoy your half marathon race</i>
MON	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY
TUES	30 min easy run	10 min easy run (3 min steady run 1 min walk) x 8 10 min easy run = 52 mins.	40 min easy run	40 min easy run	30 min easy run	30 min easy run
WEDS	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY
THURS	(15 min easy run 1 min walk) x 3 = 48 mins.	10 min easy run (2 min threshold run 2 min walk) x 4 10 min easy run = 36 mins.	10 min easy run (3 min threshold run 2 min walk) x 5 10 min easy run = 45 mins.	10 min easy run (3 min threshold run 2 min walk) x 5 10 min easy run (beat last week?) = 45 mins.	10 min easy run (5 min threshold run 2 min walk) 3 5 min easy run = 36 mins.	Easy 20 min run
FRI	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY
SAT	90 mins of easy running. Walk as and when you feel it is necessary and appropriate for however long you feel like. Stay on your feet for 90 mins.	1 mile run. 2 min walk x 8 = The time taken for this run will vary depending on the pace at which you cover each mile. For example, at 10 minute per mile the total will be 98 mins.	9 mile run. Walk as and when you feel it is necessary and appropriate for however long you feel like but cover 9 miles in total.	11 mile run. Walk as and when necessary and appropriate for however long you feel like but cover 11 miles in total. This will give you the confidence that you can cover the distance on race day	60 min easy paced run	REST DAY
SUN	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	Half Marathon RACE DAY