

Half Marathon Beginners Training Plan



This plan is designed to get you to the start line of the half marathon feeling prepared and confident that you can achieve your goal.

The right plan for me?

This 12 week beginners runner's plan is designed for those who are either new to regular running or those stepping up to longer distances for the first time. This plan will see you training 3-4 times a week and we would encourage you to complement the running outline with core conditioning and cross training as outlined in our *Your Guide to Running* document.

What if I am not there yet?

This training plan assumes you are able to run a 30minute continuous run at an easy pace. Really focus on holding back your effort on your easy runs – many beginner runners try to run them a little too hard. You can always mix the sessions in the plan with cross training or consider our Run/Walk Half Plan.

Why train in this way?

If you keep doing the same things over and over again you can't expect different results. This plan is designed to add variety, structure and progression to your training. It will challenge you across a range of different heart rate zones and gradually build up your ability to run at your desired goal half marathon pace.

Is this everything I need to know?

No – this plan is supported by our *Guide to Running* document, which gives more detail on the structure of the running sessions and top tips on nutrition and recovery to leave you fitter, stronger and more energised as you progress through your training journey.





What do all the training terms mean?

All of the training schedules involve a broad variety of training sessions and intensities. We have a full glossary of the different terms in our *'Your Guide to Running'* document. Information on 'threshold' and 'progression' runs can be found on page 7.

What if I miss a session, pick up a niggle or get sick?

No training plan is designed to be a tablet of stone; it's a guide and only one approach to get you in great shape. Training for a half marathon is a journey, though, and doesn't always go smoothly. Feel free to chop and change the plan and shift runs to different days that may work better for you.

Take care not to run back-to-back 'hard' days – so try to avoid running a threshold session followed the next day by a hill session, for example. If you miss days through work, holiday, sickness or injury, don't try to play catch-up. Step back into the plan where you left off, and be patient. If you feel you need to catch up, check out our cross-training tips in the Guide.... Try not to add more running unless you are ready!

Top Tip

Always include a 10 minute easy warm up and cool down either side of 'threshold', 'hill' or 'interval' efforts.

Check out our *'Your Guide to Running'* document for more core exercises and stretches. It is important to stretch well after every run!



Half Marathon Beginners Training Plan

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
1	Core	Easy 30min run	Rest	Easy 30min run	Rest	Rest or 30min easy cross training	40min long run easy pace with walk breaks every 10-15mins if required
2	Core	Easy 30min run	Rest	35min threshold run including 5 x 3mins effort and 3mins easy running	Rest	Rest or 30min easy cross training	50min long run easy pace with walk breaks every 10-15mins if required
3	Core	Easy 30-40min run	Rest	40min threshold run including 4 x 4mins effort and 2-3mins easy running	Rest	Rest or 30min easy cross training	60min long run easy pace with walk breaks every 15-20mins if required
4	Core	Easy 40min run	Rest	40min threshold run including 3 x 5mins effort and 2mins easy running	Rest	Rest or 30min easy cross training	75min long run easy pace with walk breaks every 20mins if required
5	Core	30min progression run of 10mins easy/ 10mins steady/ 10mins @threshold	Rest	Rest or 30min easy cross training	Rest	Rest	Ideal day for a 10km race or 45-50min time trial
6	Core	30min progression run of 10mins easy/ 10mins steady/ 10mins @threshold	Rest	45min threshold run including 4 x 6mins effort and 2mins easy running	Rest	Rest or 30-40min easy run or cross training	80-90min run easy pace with walk breaks every 20-30mins if required
7	Core	Steady 45min run	Rest	45min threshold run including 2 x 10mins effort and 2mins easy running	Rest	Rest or 30-40min easy run or cross training	90-100min run easy pace with walk breaks every 20-30mins if required
8	Core	Steady 45min run	Rest	45min threshold run including 3 x 8mins effort and 2mins easy running	Rest	Rest or 30-40min easy run or cross training	1hr 45mins long run with final hour run at a consistent steady pace
9	Core	45min progression run of 15mins easy/ 15mins steady/ 15mins @threshold	Rest	40min fartlek run with 5, 4, 3, 2, 1min efforts, getting faster each effort with 90s recovery jog between each	Rest	Rest or 30-40min easy run or cross training	2hr long run with final hour run at a consistent steady pace
10	Core	45min threshold run with last 20mins @threshold	Rest	45min fartlek run with 6, 5, 4, 3, 2, 1min efforts, getting faster each effort with 90s recovery jog in-between each	Rest	Rest or 30-40min easy run or cross training	90min progression run with a progression of effort and final 30mins at a strong pace
11	Core	40min threshold run with last 20mins @threshold	Rest	Rest or 30min easy cross training	Rest	Parkrun or self timed 5km time trial	75min long run relaxed pace
12	Core	30min progression run of 10mins easy/ 10mins steady/ 10mins @threshold	Rest	Easy 25min run	Rest	Rest or 15min easy run and stretch	Half Marathon! Good Luck!

Important information

- Please do a 15minute warm-up and cool-down before threshold, continuous hills or interval sessions.
- If you're feeling OK, you may wish to consider a 20-30minute recovery run in the morning before any of the quality sessions above.
- 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 10minutes.
- Always eat within 20-30minutes 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.

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