

12-WEEK BEGINNER HALF MARATHON TRAINING PLAN

MY PLEDGE: _____

MY TARGET TIME: _____

Our schedule is designed to fit around your timetable – change the order of the runs to suit your commitments. Just try to have a rest day between training sessions. Be flexible, but follow the plan’s principles of progression, overload and rest.

Make your training plan your own. Print it out, write in your target time and make a pledge – whatever it takes to help you stick to the plan.

- Tempo** Run at a challenging – but sustainable – pace.
- Fast** Push yourself to the highest pace you can.
- Easy** Run at a relaxed pace.
- Jog** Run at a slow pace.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1 <i>Building time on feet</i>	Rest	30 Mins Brisk Walk	Rest	30 Mins Brisk Walk	Rest	10 Mins Easy Walk 2 Mins Easy Run 2 Mins Walk X 5 Reps 10 Mins Easy Walk	Rest
2 <i>Increasing length of weekend runs</i>	Rest	10 Mins Walk 2 Mins Easy Run 1 Min Walk X 5 Reps 10 Mins Walk	Rest	10 Mins Walk 4 Mins Easy Run 2 Mins Walk X 3 Reps 10 Mins Walk	Rest	10 Mins Brisk Walk 6 Mins Easy Run 3 Mins Walk X 3 Reps 10 Mins Walk	Rest
3 <i>Maintain your motivation</i>	Rest	10 Mins Walk 4 Mins Easy Run 1 Min Walk X 4 Reps 10 Mins Walk	Rest	5 Mins Easy Run 5 Mins Walk X 3 Reps	Rest	10 Mins Easy Run 2 Mins Walk 10 Mins Easy Run 2 Mins Walk 10 Mins Easy Run 2 Mins Walk 5 Mins Easy Run 10 Mins Walk	Rest
4 <i>Start trying out your race pace</i>	Rest	10 Min Walk 2 Min Easy Run 1 Min Walk X 10 Reps 5 Mins Easy Run	Rest	10 Min Walk 1 Min Steady Run 2 Mins Walk X 6 Reps 5 Mins Easy Run	Rest	5 Mins Walk 20 Mins Easy Run 3 Mins Walk 20 Mins Easy Run 5 Mins Walk	Rest
5 <i>Reduce the length of recovery</i>	Rest	10 Mins Easy Run 2 Mins Steady Run 1 Min Easy Run 1 Min Walk X 6 Reps 10 Mins Easy Run	Rest	10 Mins Easy Run 30secs Steady Run 10 Mins Easy Run	Rest	20 Mins Easy Run 2 Min Walk X 3 Reps	Rest
6 <i>You're almost half way through your training!</i>	Rest	10 Mins Easy Run 3 Mins Steady Run 1 Min Walk 6 Reps 10 Mins Easy Run	Rest	40 Mins Steady Run	Rest	10 Mins Easy Run 1 Min Walk X 7 Reps	Rest

<p>7</p> <p><i>Start including that hill training into your plans!</i></p>	Rest	30 Mins Easy Run	Rest	15 Mins Easy Run 1 Min Walk X 3 Reps	Rest	90 Mins Easy Run (walk and run whenever you find necessary but stay on your feet for 90mins)	Rest
<p>8</p> <p><i>Get those long miles under your belt!</i></p>	Rest	10 Mins Easy Run 3 Mins Steady Run 1 Min Walk X 8 Reps 10 Mins Easy Run	Rest	10 Mins Easy Run 2 Mins Threshold Run 2 Min Walk X 4 Reps 10 Mins Easy Run	Rest	1 Mile Run 2 Min Walk X 8 Reps	Rest
<p>9</p> <p><i>Continue building on that confidence!</i></p>	Rest	40 Mins Easy Run	Rest	10 Mins Easy Run 3 Mins Threshold Run 2 Min Walk X 5 Reps 10 Mins Easy Run	Rest	9 Mile Run (walk and run whenever you find necessary but cover the 9miles)	Rest
<p>10</p> <p><i>Get practicing that half marathon pace!</i></p>	Rest	40 Mins Easy Run	Rest	10 Mins Easy Run 3 Mins Threshold Run 2 Min Walk 5 Reps 10 Mins Easy Run	Rest	11 Mile Run (walk and run whenever you find necessary but cover the 11miles)	Rest
<p>11</p> <p><i>Stay healthy and remain injury free!</i></p>	Rest	30 Mins Easy Run	Rest	10 Mins Easy Run 5 Mins Threshold Run 2 Min Walk X 3 Reps 5 Mins Easy Run	Rest	60 Mins Easy Run	Rest
<p>12</p> <p><i>Prepare for the race</i></p>	Rest	30 Mins Easy Run	Rest	20 Mins Easy Run	Rest	Rest	Race Day! Good Luck!