

Half Marathon Training Plans

Beginner Half Marathon Training Plan

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	REST	20 min consistent pace, walk if necessary	5 min warm up, 1 min brisk run/1 min walk x 5. 5 min cool down	REST	5 min easy, 10 min faster pace, 5 min easy	REST	30 min easy pace
2	REST	20 min consistent pace, walk if necessary	5 min warm up, 1 min brisk run/1 min walk x 5. 5 min cool down	REST	5 min easy, 10 min faster pace, 5 min easy	REST	40 min easy pace
3	REST	25 min consistent pace	5 min warm up, 1 min brisk run/1 min walk x 5. 5 min cool down	REST	5 min easy pace, 12 min faster pace, 5 min easy pace	REST	50 min easy and consistent pace
4	REST	20 min consistent pace, walk if necessary	5 min warm up, 1 min brisk run/1 min walk x 5. 5 min cool down	REST	5 min easy, 10 min faster pace, 5 min easy	REST	45 min easy and consistent pace
5	REST	30 min consistent pace	5 min warm up	REST	5 min easy pace, 12 min faster pace, 5 min easy pace	REST	55 min easy and consistent pace
6	REST	30 min consistent pace	5 min warm up, 90 sec brisk run followed by 1 min jog x 6. 5 min easy.	REST	5 min easy, 8 min fast, 5 min easy, 8 min fast, 5 min easy	REST	60 min long slow distance run
7	REST	35 min consistent pace	5 min warm up, 90 sec brisk run followed by 1 min jog x 8. 5 min easy.	REST	5 min easy, 10 min faster, 5 min easy, 10 min faster, 5 min easy	REST	65 min easy and consistent pace
8	REST	25 min easy run	10 min warm up, 30 sec sprint, 30 sec jog x 5. 10 min cool down	REST	5 min easy, 8 min faster, 5 min easy, 8 min faster, 5 min easy	REST	65 min easy and consistent pace
9	REST	40 min consistent pace	5 min warm up, 90 sec brisk run, 1 min jog x 8, 5 min cool down	REST	5 min easy, 12 min faster, 5 min easy, 12 min faster, 5 min easy	REST	70 min easy and consistent pace
10	REST	45 min consistent pace	10 min warm up, 1 min up hill, 1 min downhill x 6. 10 min cool down	REST	5 min easy, 15 min faster, 5 min easy, 15 min faster, 5 min easy	REST	80 min easy and consistent pace

11	REST	50 min consistent pace	5 min warm up, 2 min brisk run, 1 min jog x 8. 5 min cool down	REST	20 min out steady pace, 20 min back to start steady pace. 5 min cool down	REST	90 min consistent pace
12	REST	45 min consistent pace	10 min warm up, 30 sec sprint, 30 sec jog x 10. 10 min cool down	REST	30 min consistent pace	REST	90 min easy and consistent pace
13	REST	55 min consistent pace	5 min warm up, 3 min fast, 1 min jog x 6. 5 min cool down	REST	5 min easy, 18 min faster, 5 min easy, 18 min faster, 5 min easy	REST	100 min easy and consistent pace
14	REST	60 min consistent pace	10 min warm up, 1 min up hill 1 min downhill x 8. 10 min cool down	REST	5 min easy, 20 min faster, 5 min easy, 20 min faster, 5 min easy	REST	110 min easy and consistent pace
15	REST	50 min consistent pace	5 min warm up 90 sec fast, 30 sec jog x 10. 5 min cool down	REST	5 min easy, 15 min faster, 5 min easy, 15 min faster, 5 min easy	REST	75 min easy and consistent pace
16	REST	30 min consistent pace	10 min warm up, 30 sec sprint, 30 sec jog x 5. 10 min cool down	REST	20 min easy	REST	RACE DAY

Glossary

Fartlek Training: This session will include short bursts of running at full speed, longer periods of sustained effort, easy running, jogging and walking.

Strides: A slightly longer than usual running step repeated for a set period of time.

Recovery: A very slow paced jog or walk to slow your breathing and heart rate down.

Repetitions: Anywhere in your programme where you see something written like 10 x 1 min we are asking you to do a repetition. For example 10 bursts of fast running with a 2 minute recovery in between.

Intermediate Half Marathon Training Plan

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	REST	30 min consistent pace	5 min warm up, 2 min @ 80% effort with 1 min recovery x 5. 5 min cool down	REST	5 min easy pace, 20 min @ 70%, 5 min cool down	REST	30 min constant at 60% effort
2	REST	30 min consistent pace	5 min warm up, 2 min @ 80% effort with 1 min recovery x 6. 5 min cool down	REST	5 min easy pace, 20 min @ 70%, 5 min cool down	REST	40 min constant at 60% effort
3	REST	35 min consistent pace	5 min warm up, 3 min @ 80% effort with 1 min recovery x 6. 5 min cool down	REST	5 min easy, 10 min @ 70%, 5 min easy, 10 min @ 70%. 5 min cool down	REST	50 min constant at 60% effort
4	REST	30 min consistent pace	5 min warm up, 2 min @ 80% effort with 1 min recovery x 6. 5 min cool down	REST	5 min easy pace, 20 min @ 70% effort. 5 min cool down	REST	45 min constant at 60% effort
5	REST	40 min consistent pace	5 min warm up, 4 min @ 80% effort with 1 min recovery x 5. 5 min cool down	REST	5 min easy, 12 min @ 70% effort, 5 min easy, 12 min 70% effort, 5 min easy	REST	55 min constant at 60% effort
6	REST	45 min consistent pace	10 min warm up, 90 sec uphill, 1 min downhill x 6. 10 min cool down	REST	5 min easy, 15 min @ 70% effort, 5 min easy, 15 min @ 70% effort. 5 min cool down	REST	60 min constant at 60% effort
7	REST	50 min consistent pace	5 min warm up, 5 min @ 80% effort, 90 sec recovery x 5. 5 min cool down	REST	20 min out @ 70%, 20 min back @ 70%. 5 min cool down	REST	70 min constant at 60% effort
8	REST	45 min consistent pace	10 min warm up, 30 sec sprint, 30 sec jog x 8. 10 min cool down	REST	5 min easy, 15 min @ 70% effort, 5 min easy, 15 min @ 70% effort. 5 min cool down	REST	60 min constant at 60% effort

9	REST	55 min consistent pace	10 min warm up, 2 min uphill one min downhill x 6. 10 min cool down	REST	5 min easy, 18 min @ 70% effort. 5 min easy, 18 min @ 70% effort. 5 min cool down	REST	70 min at easy pace, last 10 min at higher pace.
10	REST	60 min consistent pace	5 min warm up, 3, 5, 7, 5, 3 min 80% effort with 90 sec recovery between each. 5 min cool down	REST	5 min easy, 20 min @ 70% effort, 5 min easy, 20 min @ 70% effort. 5 min cool down	REST	75 min easy pace, last 15 min at higher pace
11	REST	60 min consistent pace	5 min warm up, 5 min continuous hill effort with 2 min recovery x 4. 5 min easy	REST	25 min out steady pace, 25 min back steady pace. 5 min cool down	REST	80 min at easy pace, last 20 min at higher pace
12	REST	50 min consistent pace	10 min warm up, 30 sec sprint, 30 sec jog x 10. 10 min cool down	REST	30 min consistent pace	REST	50-60 min at race pace
13	REST	60 min consistent pace	5 min warm up, 3 ½ min @ 80% with 30 sec recovery, 95% for 1 min with 1 min recovery x 8. 5 min cool down	REST	5 min warm up, 15 min @ 70% x 3. 5 min cool down	REST	Easy pace for 80 min, last 40 min faster pace
14	REST	70 min consistent pace	5 min warm up, 5 min continuous hill effort with 2 min recovery x 8	REST	60 min steady pace, 5 min cool down	REST	120 min consistent pace
15	REST	50 min consistent pace	10 min warm up, 90 sec fast, 30 sec jog x 10. 10 min cool down	REST	5 min easy, 15 min faster, 5 min easy, 15 min faster. 5 min cool down	REST	75 min easy pace
16	REST	30 min easy	10 min warm up, 30 sec sprint, 30 sec jog x 5. 10 min cool down	REST	20 min easy	REST	RACE DAY