

# HALF MARATHON TRAINING PLAN



Before you start remember that your body may need time to adjust to your new fitness regime. We recommend you ideally start your training plan no less than sixteen weeks before you start your challenge. When training, stick within the limits of speed and distance that are comfortable for you. And remember, rest is as important as time spent on your feet. We strongly recommend that you rest on three days out of seven. If you'd still like to exercise on your rest days, choose a low impact activity such as swimming.

## Beginner

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>1</b>	Rest or light cross train for 30 mins	Easy run for 30 minutes — run 3 minutes, walk 2 minutes. Repeat.	Pilates/ yoga	Easy run for 30 minutes — run 3 minutes, walk 2 minutes. Repeat.	REST	Easy run for 4 miles — run 3 minutes, walk 2 minutes. Repeat.	Easy 45 minute run.
<b>2</b>	Rest or light cross train for 30 mins	Easy run for 30 minutes — run 3 minutes, walk 2 minutes. Repeat.	Pilates/ yoga	Easy run for 50 minutes — run 4 minutes, walk 1 minute. Repeat.	REST	Rest or 30 min relaxed cross train.	Easy 3 mile run — run 4 minutes, walk 1 minute. Repeat.
<b>3</b>	Rest or light cross train for 30 mins	Easy run for 30 minutes — run 4 minutes, walk 1 minute. Repeat.	Pilates/ yoga	Easy 4 mile run. Run 4 minutes, walk 1 minute. Repeat.	REST	Rest or 30 min relaxed cross train.	Easy 4.5 mile run — run 4 minutes, walk 1 minute. Repeat.
<b>4</b>	Rest or light cross train for 30 mins	Easy run for 30 minutes.	Pilates/ yoga	Easy run for 45 minutes.	REST	Rest or 30 min relaxed cross train	Easy 5 mile run — run 4 minutes, walk 1 minute. Repeat.
<b>5</b>	Rest or light cross train for 30 mins	Easy 4 mile run.	Pilates/ yoga	4.5 mile run at best pace.	REST	Rest or 30 min relaxed cross train	Long easy run for 60 minutes

<b>6</b>	REST	Easy recovery run for 30 minutes.	Pilates/ yoga	Easy 4 mile run.	REST	REST	6 mile run at best pace.
<b>7</b>	REST or light cross train for 30 mins.	Easy 5 mile run.	Pilates/ yoga	Easy run for 45 minutes.	REST	Rest or 30 min relaxed cross train.	Long easy 8 mile run with run 4 minutes, walk 1 minute if needed.
<b>8</b>	REST or light cross train for 30 mins.	Easy 5 mile run.	Pilates/ yoga	6 mile run at best pace.	REST	Rest or 30 min relaxed cross train.	8 mile run with miles 4 — 7 at best pace.
<b>9</b>	REST or light cross train for 30 mins.	Easy 6 mile run.	Pilates/ yoga	6 mile run at best pace.	REST	Rest or 45 min relaxed cross train.	9 mile run with miles 3—6 at best pace.
<b>10</b>	REST	Easy 6 mile run.	Pilates/ yoga	Easy 8 mile run.	REST	Rest or 45 min relaxed cross train.	10 mile run with miles 4 — 8 at best pace.
<b>11</b>	REST or light cross train for 30 mins.	Easy 8 mile run.	45 min cross training and stretching	6 mile run at best pace.	REST	Rest or 45 min re-laxed cross train	10 mile run with 8 miles at best pace.
<b>12</b>	REST or light cross train for 30 mins.	Easy 6 mile run.	45 min cross training and stretching	Easy 8 mile run	REST	Rest or 45 min re-laxed cross train	10 mile run at best pace.
<b>13</b>	REST or light cross train for 30 mins.	Easy 8 mile run.	45 min cross training and stretching	Easy 12 mile run.	REST	Rest or 30 min re-laxed cross train	10 mile run at best pace.
<b>14</b>	REST or light cross train for 30 mins.	Easy 8 mile run.	45 min cross training and stretching	Easy 10 mile run.	REST	Rest or 30 min re-laxed cross train	12 mile run at best pace.
<b>15</b>	REST	Easy 8 mile run.	45 min cross training and stretching	6 mile run at best pace.	REST	Rest or 30 min re-laxed cross train	Long easy run 60 min.
<b>16</b>	REST	Easy 30 minute run.	45 min cross training and stretching	REST	20 min easy run.	Easy 15 min jog.	RACE DAY

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## Intermediate

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>1</b>	Rest or light cross train for 30 mins	Easy run for 30 minutes.	Pilates/ yoga	Easy run for 30 minutes.	REST	Easy run for 4 miles.	Easy 45 minute run.
<b>2</b>	Rest or light cross train for 30 mins	Easy run for 30 minutes.	Pilates/ yoga	Easy run for 50 minutes.	REST	Rest or 30 min relaxed cross train.	Easy 60 minute run.
<b>3</b>	Rest or light cross train for 30 mins	Easy run for 30 minutes.	Pilates/ yoga	Easy 4 mile run.	REST	Rest or 30 min relaxed cross train.	Easy 5 mile run.
<b>4</b>	Rest or light cross train for 30 mins	Easy run for 30 minutes.	Pilates/ yoga	Easy run for 45 minutes.	REST	Rest or 30 min relaxed cross train	Easy 5 mile run with two miles at best pace.
<b>5</b>	Rest or light cross train for 30 mins	Easy 4 mile run.	Pilates/ yoga	4.5 mile run at best pace.	REST	Rest or 30 min relaxed cross train	Long easy run for 60 minutes
<b>6</b>	REST	Easy recovery run for 30 minutes.	Pilates/ yoga	Easy 4 mile run.	REST	REST	6 mile run at best pace.
<b>7</b>	REST or light cross train for 30 mins.	Easy 5 mile run.	Pilates/ yoga	Easy run for 45 minutes.	REST	Rest or 30 min relaxed cross train.	Long easy 8 mile run with 4 miles at best pace.
<b>8</b>	REST or light cross train for 30 mins.	Easy 6 mile run.	Pilates/ yoga	Easy run for 45 minutes.	REST	Rest or 30 min relaxed cross train.	8 mile run with miles 2 — 7 at best pace.
<b>9</b>	REST or light cross train for 30 mins.	Easy 6 mile run.	Pilates/ yoga	6 mile run at best pace.	REST	Rest or 45 min relaxed cross train.	9 mile run with miles 4 — 8 at best pace.
<b>10</b>	REST	Easy 6 mile run.	Pilates/ yoga	Easy 8 mile run.	REST	Rest or 45 min relaxed cross train.	10 mile run with miles 2 — 8 at best pace.
<b>11</b>	REST or light cross train for 30 mins.	Easy 10 mile run.	45 min cross training and stretching	6 mile run at best pace.	REST	Rest or 45 min re-laxed cross train	10 mile run at best pace.

<b>12</b>	REST or light cross train for 30 mins.	Easy 6 mile run.	45 min cross training and stretching	Easy 8 mile run	REST	Rest or 45 min re-laxed cross train	12 mile run with miles 4 — 10 at best pace.
<b>13</b>	REST or light cross train for 30 mins.	Easy 8 mile run.	45 min cross training and stretching	Easy 12 mile run.	REST	Rest or 30 min re-laxed cross train	10 mile run at best pace.
<b>14</b>	REST or light cross train for 30 mins.	Easy 8 mile run.	45 min cross training and stretching	Easy 10 mile run with miles 4 — 8 at best pace.	REST	Rest or 30 min re-laxed cross train	12 mile run with miles 4 — 10 at best pace.
<b>15</b>	REST	Easy 8 mile run.	45 min cross training and stretching	6 mile run at best pace.	REST	Rest or 30 min re-laxed cross train	Long easy run 60 min.
<b>16</b>	REST	Easy 30 minute run.		REST	REST	Rest or 30 min re-laxed cross train	RACE DAY