



# HALF MARATHON TRAINING PLANS

**BEGINNER | RUN-WALK | IMPROVER**

Whatever kind of runner you are, a half marathon is definitely a challenge. But the sense of achievement - and the bragging rights that come with conquering 13.1 miles - are immense. Set yourself up for glory with one of our training plans.

# HALF MARATHON BEGINNER

## 12 WEEK TRAINING PLAN

A half marathon can feel daunting if you're a beginner. But remember, Great Runs are for everyone. Follow this training plan and you'll soon be hitting your stride, whatever your pace.



# HALF MARATHON BEGINNER

## 12 WEEK TRAINING PLAN

### WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	Mix up periods of running & walking for 10 minutes.	REST	REST	Mix up periods of running & walking for 15 minutes.	REST	Mix up periods of running & walking for 10 minutes.

### WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	Mix up periods of running & walking for 15 minutes.	REST	REST	10 minutes of easy running.	REST	20 minutes of easy running.

### WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	15 minutes of easy running.	REST	REST	20 minutes of easy running.	REST	20 minutes of easy running.

### WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	15 minutes of easy running.	REST	REST	20 minutes of easy running.	REST	20 minutes of easy running.

### WEEK 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	15 minutes of easy running.	REST	20 minutes of easy running.	REST	10 minutes of easy running.	40 minutes of easy running.

### WEEK 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 minutes of easy running.	REST	25 minutes of easy running.	REST	15 minutes of easy running.	50 minutes of easy running.

# HALF MARATHON BEGINNER

## 12 WEEK TRAINING PLAN

### WEEK 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 minutes of easy running.	REST	25 minutes of easy running.	REST	15 minutes of easy running.	50 minutes of easy running.

### WEEK 8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 minutes of easy running.	REST	30 minutes of easy running.	REST	10 minutes of easy running.	60 minutes of easy running.

### WEEK 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 minutes of easy running.	REST	30 minutes of easy running.	REST	15 minutes of easy running.	70 minutes of easy running.

### WEEK 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 minutes of easy running.	REST	20 minutes of easy running.	REST	20 minutes of easy running.	80 minutes of easy running.

### WEEK 11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	15 minutes of easy running.	REST	20 minutes of easy running.	REST	10 minutes of easy running.	40 minutes of easy running.

### WEEK 12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 minutes of easy running.	REST	15 minutes of easy running.	REST	10 minutes of easy running.	<b>EVENT DAY</b> GOOD LUCK!

# HALF MARATHON RUN WALK

## 12 WEEK TRAINING PLAN

It's a huge achievement to commit to a training plan and complete an event whether you run it, walk it or do a mixture of both. With our run-walk training schedule, you'll be on the road to success in no time.



# HALF MARATHON RUN WALK

## 12 WEEK TRAINING PLAN

### WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	6 x (1 min easy run followed by 1 min of easy walk)	REST	REST	20 minutes brisk walking.	REST	1 min easy run followed by 1 min easy walk, for a total distance of 1 mile.

### WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 minutes brisk walking.	REST	REST	10 x (1 min easy run followed by 1 min easy walk)	REST	1.5 min easy run followed by 1.5 min easy walk, for a total distance of 2 miles.

### WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	25 minutes brisk walking.	REST	REST	10 x (1 min easy run followed by 1 min easy walk)	REST	1.5 min easy run followed by 1.5 min easy walk, for a total distance of 2 miles.

### WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	25 minutes brisk walking.	REST	REST	5 x (3 min easy run followed by 2 min easy walk)	REST	2 min easy run followed by 1 min easy walk, for a total distance of 3 miles.

### WEEK 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	25 minutes brisk walking.	REST	REST	6 x (3 min easy run followed by 2 min easy walk)	REST	2 min easy run followed by 1 min easy walk, for a total distance of 4 miles.

### WEEK 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	25 minutes brisk walking.	REST	REST	6 x (3 min easy run followed by 2 min easy walk)	REST	2 min easy run followed by 1 min easy walk, for a total distance of 5 miles.

# HALF MARATHON RUN WALK

## 12 WEEK TRAINING PLAN

### WEEK 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes brisk walking.	REST	REST	9 x (2 min easy run followed by 2 min easy walk)	REST	3 min easy run followed by 1 min easy walk, for a total distance of 6 miles.

### WEEK 8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes brisk walking.	REST	REST	6 x (4 min easy run followed by 1 min easy walk)	REST	3 min easy run followed by 1 min easy walk, for a total distance of 7 miles.

### WEEK 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes brisk walking.	REST	REST	7 x (4 min easy run followed by 1 min easy walk)	REST	3 min easy run followed by 1 min easy walk, for a total distance of 8 miles.

### WEEK 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes brisk walking.	REST	REST	7 x (4 min easy run followed by 1 min easy walk)	REST	3 min easy run followed by 1 min easy walk, for a total distance of 10 miles.

### WEEK 11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes brisk walking.	REST	REST	5 x (4 min easy run followed by 1 min easy walk)	REST	3 min easy run followed by 1 min easy walk, for a total distance of 5 miles.

### WEEK 12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes easy walking.	REST	REST	30 minutes easy walking.	REST	<b>EVENT DAY</b> GOOD LUCK!

# HALF MARATHON IMPROVER

## 12 WEEK TRAINING PLAN

Already capable of running non-stop for 30-40 minutes at an easy pace? Perhaps even completed a half marathon (or two)? With this training plan you'll be hot-footing it towards a PB in no time.





# HALF MARATHON IMPROVER

## 12 WEEK TRAINING PLAN

### WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 minutes of easy running.	REST	20 minutes of easy running.	REST	20 minutes of easy running.	30 minutes of easy running.

### WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 minutes of easy running.	REST	4 x (5 min at half marathon pace followed by 3 min jog/walk to recover)	REST	4 x (5 min at half marathon pace followed by 3 min jog/walk to recover)	40 minutes of easy running.

### WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	25 minutes of easy running.	REST	6 x (3 min efforts followed by 2 min jog/walk to recover)	REST	20 minutes of easy running.	30 minutes of easy running.

### WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes of easy running.	REST	25 min of steady running, plus 10 min warm up and 10 min warm down.	REST	30 minutes of easy running.	50 minutes of easy running.

### WEEK 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes of easy running.	REST	4 x (3 min at your 5k pace followed by 2.5 min jog/walk to recover)	REST	30 minutes of easy running.	60 minutes of easy running.

### WEEK 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes of easy running.	REST	30 minutes of easy running.	REST	10 minutes of easy running.	40 minutes of easy running.

# HALF MARATHON IMPROVER

## 12 WEEK TRAINING PLAN

### WEEK 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 minutes of easy running.	REST	20 min at your half marathon pace, then jog for 3 min, then 15 min at your half marathon pace.	REST	25 minutes of easy running.	40 minutes of easy running.

### WEEK 8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes of easy running.	REST	25 minutes of steady running.	REST	30 minutes of easy running.	60 minutes of easy running.

### WEEK 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes of easy running.	REST	10 min run at your half marathon pace followed by 5 min run at your 10k pace.	REST	30 minutes of easy running.	80 minutes of easy running.

### WEEK 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	40 minutes of easy running.	REST	30 min of steady running, then 5 min of hard running.	REST	30 minutes of easy running.	45 minutes of easy running.

### WEEK 11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes of easy running.	REST	3 x (6 min at your half marathon pace followed 2 min jog/walk to recover)	REST	30 minutes of easy running.	45 minutes of easy running.

### WEEK 12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 minutes of easy running.	REST	20 minutes of easy running.	REST	10 minutes of easy running.	<b>EVENT DAY</b> GOOD LUCK!