

HALF MARATHON TRAINING PLAN - BEGINNERS

THIS TRAINING 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 beginner 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 compliment the running outline with core conditioning and cross training as outlined in our Running Guide.



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IS THIS EVERYTHING I NEED TO KNOW?

No – this plan is supported by our Running Guide, 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.



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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.

WHAT IF I AM NOT THERE YET?

This training plan assumes you are able to run a 30 minute 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.

Week number	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	CORE	EASY RUN 30 MINUTES	REST	EASY RUN 30 MINUTES	REST	REST OR 30 MINUTES EASY CROSS TRAINING	LONG RUN 40 MINUTES EASY WITH WALK BREAKS EVERY 10-15 MINUTES IF NEEDED
2	CORE	EASY RUN 30 MINUTES	REST	THRESHOLD RUN 35 MINUTES TO INCLUDE 5X3 MINUTES (3 MIN JOG RECOVERY)	REST	REST OR 30 MINUTES EASY CROSS TRAINING	LONG RUN 50 MINUTES EASY WITH WALK BREAKS EVERY 10-15 MINUTES IF NEEDED
3	CORE	EASY RUN 30-40 MINUTES	REST	THRESHOLD RUN 40 MINUTES TO INCLUDE 4X4 MINUTES (2-3 MINUTE JOG RECOVERY)	REST	REST OR 30 MINUTES EASY CROSS TRAINING	LONG RUN 60 MINUTES EASY WITH WALK BREAKS EVERY 10-15 MINUTES IF NEEDED
4	CORE	EASY RUN 40 MINUTES	REST	THRESHOLD RUN 40 MINUTES TO INCLUDE 3X5 MINUTES (2 MINUTE JOG RECOVERY)	REST	REST OR 30 MINUTES EASY CROSS TRAINING	LONG RUN 75 MINUTES EASY WITH WALK BREAKS EVERY 20 MINUTES IF NEEDED
5	CORE	PROGRESSION RUN 10 INUTES EASY 10 MINUTES STEADY 10 MINUTES THRESHOLD	REST	REST OR 30 MINUTES EASY CROSS TRAINING	REST	REST	IDEAL RACE FOR A 10KM RACE OR 45-50 MINUTE TIME TRIAL
6	CORE	PROGRESSION RUN 10 INUTES EASY 10 MINUTES STEADY 10 MINUTES THRESHOLD	REST	THRESHOLD RUN 45 MINUTES TO INCLUDE 4X6 MINUTES (2 MINUTE JOG RECOVERY)	REST	REST OR 30-40 MINUTES EASY CROSS TRAINING	LONG RUN 90 MINUTES EASY WITH WALK BREAKS EVERY 20-30 MINUTES IF NEEDED

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Beginners plan

Week number	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7	CORE	STEADY RUN 45 MINUTES	REST	THRESHOLD RUN 45 MINUTES TO INCLUDE 2X10 MINUTES (2 MINUTE JOG RECOVERY)	REST	REST OR 30-40 MINUTES EASY RUN OR CROSS TRAINING	LONG RUN 90-100 EASY WITH WALK BREAKS EVERY 20-30 MINUTES IF NEEDED
8	CORE	STEADY RUN 45 MINUTES	REST	THRESHOLD RUN 45 MINUTES TO INCLUDE 3x8 MINUTES (2 MINUTE JOG RECOVERY)	REST	REST OR 30-40 MINUTES EASY RUN OR CROSS TRAINING	LONG RUN 1HR 45 MINS AIMING FOR THE FINAL HOUR TO BE RUN AT A CONSISTENT STEADY PACE
9	CORE	PROGRESSION RUN 15 MINUTES EASY 15 MINUTES STEADY 15 MINUTES THRESHOLD	REST	FARTLEK RUN 40 MINUTES TO INCLUDE 5 MINS, 4 MINS, 3 MINS, 2 MINS, 1 MIN INCREASE THE PACE WITH EACH EFFORT (90 SEC JOG RECOVERY)	REST	REST OR 30-40 MINUTES EASY RUN OR CROSS TRAINING	LONG RUN 2 HRS AIMING FOR THE FINAL HOUR TO BE RUN AT A CONSISTENT STEADY PACE
10	CORE	THRESHOLD RUN 45 MINUTES WITH THE LAST 20 MINUTES AT THRESHOLD EFFORT	REST	FARTLEK RUN 45 MINUTES TO INCLUDE 6 MINS, 5 MINS, 4 MINS, 3 MINS, 2 MINS, 1 MIN INCREASE THE PACE WITH EACH EFFORT (90 SEC JOG RECOVERY)	REST	REST OR 30-40 MINUTES EASY RUN OR CROSS TRAINING	LONG RUN 90 MINS AIMING FOR THE FINAL 30 MINS TO BE RUN AT A STRONG STEADY PACE
11	CORE	THRESHOLD RUN 40 MINUTES WITH THE LAST 20 MINUTES AT THRESHOLD EFFORT	REST	REST OR 30 MINUTE EASY RUN OR CROSS TRAINING	REST	PARK RUN OR SELF TIMED 5K TIME TRIAL	LONG RUN 75 MINUTES EASY AND RELAXED
12	CORE	PROGRESSION RUN 10 MINUTES EASY 10 MINUTES STEADY 10 MINUTES THRESHOLD	REST	EASY RUN 25 MINUTES	REST	15 MINUTES EASY RUN AND STRETCH OR REST	HALF MARATHON! GOOD LUCK!

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- Important note: please do a 15-minute warm-up and cool-down before threshold, continuous hills or interval sessions. - If you're feeling OK, you may wish to consider a 20–30 minute 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 10 minutes.
 - Always eat within 20–30 minutes 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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