TRAINING PLAN

Half Marathon Training Plan - Beginner

HALF MARATHON TRAINING PLAN - BEGINNER

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 beginners runner's 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 complement the running outline with core conditioning and cross training as outlined in our Running Guide.

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 or consider our *Run/Walk Half Plan*.

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.

HALF MARATHON TRAINING PLAN - BEGINNER

WHAT DO ALL THE TERMS MEAN?

All of the training schedules involve a broad variety of training sessions and intensities. We have a full glossary of the different terms you will see in this guide, such as 'threshold running' and 'progression runs', in our Running Guide on page 7

WHAT IF I MISS A SESSION, PICK UP A NIGGLE OR GET SICK?

No training plan is designed to be a tablet of stone; it's a guide and only one approach to get you in great shape. Training for a half marathon is a journey, though, and doesn't always go smoothly. Feel free to chop and change the plan and shift runs to different days that may work better for you. Take care not to run back-to-back 'hard' days – so try to avoid running a threshold session followed the next day by a hill session, for example.

If you miss days through work, holiday, sickness or injury, don't try to play catch-up. Step back into the plan where you left off, and be patient. If you feel you need to catch up, check out our cross-training tips in the Running Guide ... don't just add more running unless you are ready.

NOTES

Always include a 10 minute easy warm up and cool down either side of 'threshold', 'hill' or 'interval' efforts.

Check out our *Running Guide* for our top core exercises and stretches. Remember to stretch well after every run.

HALF MARATHON TRAINING PLAN - BEGINNER

	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 minute easy run with walk breaks each 10-15 mins if needed
2	Core	Easy run: 30 minutes	Rest	Threshold run: 35 minutes to include 5 x 3 minutes effort, 3 minutes easy	Rest	Rest or 30 minutes easy cross training	Long Run: 50 minute easy run with walk breaks each 10-15 mins if needed
3	Core	Easy run: 30-40 minutes	Rest	Threshold run: 40 minutes to include 4 x 4 minutes effort, 2-3 minutes easy	Rest	Rest or 30 minutes easy cross training	Long Run: 60 minute easy run with walk breaks each 15-20 mins if needed
4	Core	Easy run: 40 minutes	Rest	Threshold run: 40 minutes to include 3 x 5 minutes effort, 2 minutes easy	Rest	Rest or 30 minutes easy cross training	Long Run: 75 minute easy run with walk breaks each 20 mins if needed
5	Core	Progression run: 10 minutes easy, 10 minutes steady, 10 minutes threshold	Rest	Rest or 30 minutes easy cross training	Rest	Rest	Ideal day for a 10km race or 45-50 minute time trial
6	Core	Progression run: 10 minutes easy, 10 minutes steady, 10 minutes threshold	Rest	Threshold run: 45 minutes to include 4 x 6 minutes effort, 2 minutes easy	Rest	Rest or 30-40 minutes easy run or cross training	Long Run: 80-90 minute easy run with walk breaks each 20-30 mins if needed

HALF MARATHON TRAINING PLAN - BEGINNER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7	Core	Steady run: 45 minutes	Rest	Threshold run: 45 minutes to include 2 x 10 minutes effort, 2 minutes easy	Rest	Rest or 30-40 minute easy run or cross training	Long Run: 90-100 minutes easy run with walk breaks each 20-30 mins if needed
8	Core	Steady run: 45 minutes	Rest	Threshold run: 45 minutes to include 3 x 8 minutes effort, 2 minutes easy	Rest	Rest or 30-40 minute easy run or cross training	Long Run: 1 hour 45 minutes, aiming for the final hour at a consistent steady pace
9	Core	Progression run: 15 minutes easy, 15 minutes steady, 15 minutes threshold	Rest	Fartlek run: 40 minutes with 5,4,3,2,1 min efforts Get faster each effort with 90 seconds jog between each.	Rest	Rest or 30-40 minute easy run or cross training	Long Run: 2 hours, aiming for the final hour at a consistent steady pace
10	Core	Threshold run: 45 minute run with final 20 at threshold	Rest	Fartlek run: 45 minutes with 6,5,4,3,2,1 min efforts Get faster each effort with 90 seconds jog between each	Rest	Rest or 30-40 minute easy run or cross training	Long Run: 90 minutes as a progression in effort with final 30 minutes at strong steady pace
11	Core	Threshold run: 40 minutes with final 20 at threshold effort	Rest	Rest or 30 minute easy run or cross training	Rest	parkrun or self timed 5km time trial	Long Run: 75 minutes easy & relaxed
12	Core	Progression run: 10 minutes easy, 10 minutes steady, 10 minutes threshold	Rest	Easy run: 25 minutes	Rest	Rest or 15 minute easy run & stretch	Half Marathon Good luck!

HALF MARATHON TRAINING PLAN - BEGINNER

- 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.