

Beginner Half Marathon Training Plan - 21.1km



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	3km Very Easy 30 minutes	Rest	1km warm up 4 x 4 minutes challenging with 2 minutes recovery 1km cool down	3km comfortable pace	Rest	6km Long Run
Week 1 Notes / Weekly Distance							
2	Rest	4km 36 minutes	Rest	1km warm up 4 x 20-30 second hill reps with walk/jog recovery 1km cool down	3km comfortable pace	Rest	6km Long Run
Week 2 Notes / Weekly Distance							
3	Rest	5km 45 minutes	Rest	1km warm up 4 x 5 minutes challenge with 2 minutes recovery 1km cool down	3km comfortable pace	Rest	7km Long Run
Week 3 Notes / Weekly Distance							
4	Rest	5km 42.5 minutes	Rest	1km warm up 5 x 200m at a steady pace & 5 x 200m recovery 1km cool down	4km comfortable pace	Rest	8km Long Run
Week 4 Notes / Weekly Distance							

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5	Rest	5km 40 minutes	Rest	1km warm up 6 x 20-30 second hill reps with walk/jog recovery 1km cool down	4km comfortable pace	Rest	Race/Time Trial 5km at 7.30 minutes per km
Week 5 Notes / Weekly Distance							
6	Rest	5km 40 minutes	Rest	1km warm up 4 x 8 minutes challenge with 2 minutes recovery 1km cool down	4km comfortable pace	Rest	8km Long Run
Week 6 Notes / Weekly Distance							
7	Rest	4km 30 minutes	Rest	1km warm up 8 x 20-30 second hill reps with walk/jog recovery 1km cool down	5km comfortable pace	Rest	10km Long Run
Week 7 Notes / Weekly Distance							
8	Rest	5km 37.5 minutes	Rest	1km warm up 3 x 600m steady with 3 x 400m recovery 1km cool down	5km comfortable pace	Rest	12km Long Run
Week 8 Notes / Weekly Distance							
9	Rest	3km slow	Rest	5km steady	5km comfortable pace	Rest	Race/Time Trial 10km at 7.00 minutes per km
Week 9 Notes / Weekly Distance							

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10	Rest	5km 35 minutes	Rest	1km warm up 6 x 8 minutes challenge with 2 minutes recovery 1km cool down	6km comfortable pace	Rest	13km Long Run
Week 10 Notes / Weekly Distance							
11	Rest	6km 41 minutes	Rest	1km warm up 10 x 20-30 second hill reps with walk/jog recovery 1km cool down	6km comfortable pace	Rest	15km Long Run
Week 11 Notes / Weekly Distance							
12	Rest	4km 28 minutes	Rest	1km warm up 5 x 400m steady with 5 x 300m recovery 1km cool down	6km comfortable pace	Rest	17km Long Run
Week 12 Notes / Weekly Distance							
13	Rest	5km 32.5 minutes	Rest	1km warm up 8 x 200m steady with 8 x 200m recovery 1km cool down	7km comfortable pace	Rest	15km Long Run
Week 13 Notes / Weekly Distance							
14	Rest	5km 30 minutes	Rest	1km warm up 4 x 800m steady with 4 x 400m recovery 1km cool down	7km comfortable pace	Rest	10km Long Run
Week 14 Notes / Weekly Distance							

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15	Rest	4km Easy	Rest	30 minutes slow jog	5km comfortable pace	Rest	7km Long Run
Week 15 Notes / Weekly Distance							
16	Rest	3km Easy	Rest	20 minutes slow jog	3km very slow in race kit	Rest	Race Day ENJOY!
Week 16 Notes / Weekly Distance							

Notes:

- * As with any physical exercise we recommend that you consult with a healthcare representative before embarking on this half marathon training schedule. Our plan has been created by the team at 13milers and is from our own personal experiences - we hold no responsibility for the information shared.
- * As a beginner it's important to take note: it is advisable to start on 2 to 4 runs per week - about 20-30 minutes/3-6km. The 10% rule applies (maximum) - build your foundation strongly & don't be tempted to do more than the plan says. It will help your body to get used to the training in a gentle and manageable manner to avoid injury.
- * On the Monday run if you feel that you are able to go quicker, then do so - we've based this on being fairly easy, but you will improve and therefore will no doubt want to give yourself a challenge perhaps? Or if you prefer just enjoy!
- * Friday's run will be on tired legs (useful for the race) always at a comfortable pace for you - this will vary from week to week - if your legs are tired then you are working hard! Well done!
- * Hill Training - remember to go onto the balls of your feet, focus on the spot a metre or so in front of you and use your arms! In recovery release the arms and give them a good shake.
- * Long Run - mantra - 'this moment will pass' or 'I am strong and I am doing this' (or use one of your choice), focus on your posture - head up and shoulders back, core tight.
- * Saturday parkrun - you could substitute the Friday run for a regular Saturday morning parkrun should you wish, but remember to keep it comfortable/steady - your focus is the long run the day after!