



YOUR 16-WEEK HALF MARATHON **BEGINNER TRAINING PLAN**

If you are completely new to running then take a look at a Couch-5K plan before starting this training plan. There are plenty of apps available to help you jump into your half marathon training, and you will be a stronger runner for it. When building the time on your feet during the Sunday Endurance Runs, think about your route, and if you need to, break it down into a Run/Walk session. The running guidelines break down a couple of approaches to Run/Walk.

BASE BUILDING

This plan starts from you being able to run continuously for 30 minutes. The pace is not important; what matters is being comfortable on your feet for that period of time.

WEEKS 1-4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	REST DAY	30 Mins Steady Jog	STRENGTH TRAINING OR REST DAY	40 Mins Steady Jog / Brisk Walk	STRENGTH TRAINING OR REST DAY	20 Mins Recovery Run (Optional)	45 Minutes Endurance Run / Walk
WEEK 2	REST DAY	30 Mins Steady Jog	STRENGTH TRAINING OR REST DAY	40 Mins Steady Jog / Brisk Walk	STRENGTH TRAINING OR REST DAY	20 Mins Recovery Run (Optional)	55 Minutes Endurance Run / Walk
WEEK 3	REST DAY	30 Mins Steady Jog	STRENGTH TRAINING OR REST DAY	40 Mins Steady Jog / Brisk Walk	STRENGTH TRAINING OR REST DAY	20 Mins Recovery Run (Optional)	65 Minutes Endurance Run / Walk
WEEK 4	REST DAY	30 Mins Steady Jog	STRENGTH TRAINING OR REST DAY	40 Mins Steady Jog / Brisk Walk	STRENGTH TRAINING OR REST DAY	20 Mins Recovery Run (Optional)	55 Minutes Endurance Run / Walk

ENDURANCE

The next block of training focuses on increasing your endurance. Running should start to become more comfortable as we increase the time on your feet and prepare you for some harder work in the next block.

WEEKS 5-8	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 5	REST DAY	30 Mins Steady Jog	STRENGTH TRAINING OR REST DAY	50 Mins Steady Jog / Brisk Walk	STRENGTH TRAINING OR REST DAY	20 Mins Recovery Run (Optional)	65 Minutes Endurance Run / Walk
WEEK 6	REST DAY	30 Mins Steady Jog	STRENGTH TRAINING OR REST DAY	50 Mins Steady Jog / Brisk Walk	STRENGTH TRAINING OR REST DAY	20 Mins Recovery Run (Optional)	75 Minutes Endurance Run / Walk
WEEK 7	REST DAY	30 Mins Steady Jog	STRENGTH TRAINING OR REST DAY	50 Mins Steady Jog / Brisk Walk	STRENGTH TRAINING OR REST DAY	20 Mins Recovery Run (Optional)	85 Minutes Endurance Run / Walk
WEEK 8	REST DAY	30 Mins Steady Jog	STRENGTH TRAINING OR REST DAY	50 Mins Steady Jog / Brisk Walk	STRENGTH TRAINING OR REST DAY	20 Mins Recovery Run (Optional)	75 Minutes Endurance Run / Walk

ENDURANCE & SPEED

This block adds some race specific work into the rotation and sees the introduction of some speed work. We should be feeling comfortable running for over an hour now, so we will continue to increase our long run to its peak before tapering off towards race day.

WEEKS 9-12	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 9	REST DAY	30 Mins Steady Jog	STRENGTH TRAINING OR REST DAY	60 Mins Fartlek 20 Minute Warm Up 5 x 1 Minute Hard 2 Minute Easy 25 Minute Cool Down	STRENGTH TRAINING OR REST DAY	30 Mins Recovery Run (Optional)	75 Minutes Endurance Run
WEEK 10	REST DAY	30 Mins Steady Jog	STRENGTH TRAINING OR REST DAY	60 Mins Steady Jog / Brisk Walk	STRENGTH TRAINING OR REST DAY	30 Mins Recovery Run (Optional)	85 Minutes Endurance Run
WEEK 11	REST DAY	30 Mins Steady Jog	STRENGTH TRAINING OR REST DAY	60 Mins Steady Jog / Brisk Walk	STRENGTH TRAINING OR REST DAY	30 Mins Recovery Run (Optional)	95 Minutes Endurance Run
WEEK 12	REST DAY	30 Mins Steady Jog	STRENGTH TRAINING OR REST DAY	60 Mins Fartlek 20 Minute Warm Up 5 x 1 Minute Hard 2 Minute Easy 25 Minute Cool Down	STRENGTH TRAINING OR REST DAY	20 Mins Low Intensity Run	85 Minutes Endurance Run

RACE READY!

This is the final block of training; we have a couple of hard weeks followed by a taper and race day. It's important to listen to your body throughout this block period. The most important thing is to feel strong when we get to the start line so if you feel that an extra rest day would be beneficial then take it.

WEEKS 13-16	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 13	REST DAY	30 Mins Steady Jog	STRENGTH TRAINING OR REST DAY	60 Mins Steady Jog / Brisk Walk	STRENGTH TRAINING OR REST DAY	30 Mins Recovery Run (Optional)	90 Minutes Endurance Run
WEEK 14	REST DAY	30 Mins Steady Jog	STRENGTH TRAINING OR REST DAY	60 Mins Fartlek 20 Minute Warm Up 5 x 1 Minute Hard 2 Minute Easy 25 Minute Cool Down	STRENGTH TRAINING OR REST DAY	30 Mins Recovery Run (Optional)	70 Minutes Endurance Run
WEEK 15	REST DAY	30 Mins Steady Jog	STRENGTH TRAINING OR REST DAY	40 Mins Steady Jog / Brisk Walk	STRENGTH TRAINING OR REST DAY	30 Mins Recovery Run (Optional)	50 Minutes Endurance Run
WEEK 16	REST DAY	30 Mins Steady Jog	REST DAY	30 Mins Steady Jog / Brisk Walk	REST DAY	20 Mins Low Intensity Run	RACE DAY!