

# Beginners

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# Half Marathon Training Plan



WEEK	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	Steady 2-3 miles	Rest	3 mile fartlek	Rest	30 min steady/cross train	Rest	Steady 3-4 mile steady
2	Rest	Rest	3 mile fartlek	Rest	40 min steady & walk	Rest	Steady 4 miles
3	Rest	Rest	3 mile Tempo	Rest	3 mile steady steady	Rest	Steady 5 miles
4	Gentle 3 mile or rest	Rest	3 mile Tempo	Rest	3 mile fartlek	Rest	Steady 5-6 miles
5	Rest	Rest	3-4 mile Tempo	Rest	3-4 mile fartlek	Rest	6 miles steady
6	3 miles steady or rest	Rest	4 mile Tempo	Rest	3-4 mile fartlek	Rest	6-7 miles steady run
7	3 mile steady or Rest	Rest	4 mile Tempo	Rest	4 mile fartlek	Rest	7-8 miles steady
8	Rest or steady 3 miles	Rest	4-5 mile Fartlek	Rest	4 mile fartlek	Rest	8-9 miles steady run
9	Rest	Rest	5 mile tempo run	Rest	4-5 mile fartlek	Rest	9-10 miles steady
10	Rest	rest	5 mile tempo	Rest	6 mile fartlek	Rest	11-12 miles steady
11	Rest	Rest	5-6 mile tempo	Rest	4 mile Tempo run	Rest	8-10 miles steady
12	Rest or steady 3 mile steady	Rest	3 mile Fartlek	Rest	2-3miles Steady	Rest	Race Day

## Key points on how to use the beginner's timetable

- Remember that it is just a guide, you do not necessarily have to follow it word for word.
- Never run if you are carrying an injury, it'll make only it worse. If an injury persists, seek professional advice.
- Don't be afraid of looking at the Intermediate or advanced schedules and incorporate some more challenging sessions if you feel up to it.
- Don't feel guilty if you miss the odd run. Life has a pleasant or sometimes unpleasant habit of getting in the way of training. If you miss a week or two of training however, go back a week or so in the timetable and build your fitness levels back up again.

## Training diary

Use the following pages to scribble down any notes you wish about your training. This might include information such as:

- The route you took.
- The distance and time of the run.
- How you felt during the run.
- Average Heart Rate (if you have a Heart Rate Monitor)

DATE	DISTANCE RUN	NOTES