

Beginners

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