# Beginner Half Marathon programme

*This programme is for you if it's your first half marathon, or a long time since you ran any longer distance. To get the most out of it, you should be able to run 3 miles (5km) in under 40 mins. However, do not panic if you have not - this plan is totally achievable.*

|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| WEEK 1 | REST | 30 mins easy run | 30 mins tempo (including 5 mins warm up and cool down) | REST | 30 mins easy/recovery run | REST | 3 miles (5k) long run pace |
| WEEK 2 | REST | 30 mins easy run | 30 mins tempo (including 5 mins warm up and cool down) | REST | 30 mins easy/recovery run | REST | 40 mins long run |
| WEEK 3 | REST | 30 mins easy run | 30 mins tempo (including 5 mins warm up and cool down) | REST | 30 mins easy/recovery run | REST | 5 mile (8k) long run |
| WEEK 4 | REST | 40 mins easy run | 30 mins tempo (including 5 mins warm up and cool down) | REST | 40 mins Cross Training | REST | 60 mins long run |
| WEEK 5 | REST | 40 mins easy run | 30 mins tempo (including 5 mins warm up and cool down) | REST | 40 mins Speed Run or Cross Training | REST | 7 mile (11km) long run |
| WEEK 6 | REST | 40 mins easy run | 30 mins tempo (including 5 mins warm up and cool down) | REST | 40 mins Speed Run or Cross Training | REST | 8 miles (13k) long run |
| WEEK 7 | REST | 40 mins easy run | 30 mins tempo (including 5 mins warm up and cool down) | REST | 40 mins Speed Run or Cross Training | REST | 60 mins long run |
| WEEK 8 | REST | 40 mins easy run | 30 mins tempo (including 5 mins warm up and cool down) | REST | 50 mins Speed Run or Cross Training | REST | 10 miles (16k) long run |

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| **WEEK9** | *REST* | 40 mins easy run | 30 mins tempo (including 5 mins warm up and cool down) | *REST* | 50 mins Speed Run or Cross Training | *REST* | 5 miles (8k) long run |
| **WEEK10** | *REST* | 40 mins easy run | 30 mins tempo (including 5 mins warm up and cool down) | *REST* | 40 mins Speed Run or Cross Training | *REST* | 12 miles (19k) long run |
| **WEEK11** | *REST* | 40 mins easy run | 30 mins tempo (including 5 mins warm up and cool down) | *REST* | 40 mins Speed Run or Cross Training | *REST* | 6 miles (10k) long run |
| **WEEK 12** | *REST* | 40 mins easy run | 30 mins tempo (including 5 mins warm up and cool down) | *REST* | 50 mins easy run or REST depending on how the body feels | *REST* | **Race Day** |

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# Running Log:

*An opportunity for you to log progress over the duration of the training programme; recording successes will boost your confidence, whilst noting difficult sessions and why will allow you to develop in the future.*

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| EXAMPLE | | Tired today, completed session – pleased with that | Found I had lots of energy today | | | Ran with my social group today – was good to train with others | Hamstrings tight, nice to stretch |
| WEEK 1 | | | | | | | |
| WEEK 2 | | | | | | | |
| WEEK 3 | | | | | | | |
| WEEK 4 | | | | | | | |
| WEEK 5 | | | | | | | |
| WEEK 6 | | | | | | | |
| WEEK 7 | | | | | | | |
| WEEK 8 | | | | | | | |

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| WEEK 9 | | | | | | |
| WEEK 10 | | | | | | |
| WEEK 11 | | | | | | |
| WEEK 12 | | | | | | RACE DAY! |

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