



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.

BEGINNER HALF MARATHON PROGRAMME

	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

	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>	<i>SUNDAY</i>
<i>WEEK 7</i>	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
<i>WEEK 8</i>	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
<i>WEEK 9</i>	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 mile (8k) long run
<i>WEEK 10</i>	REST	40 min 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
<i>WEEK 11</i>	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
<i>WEEK 12</i>	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	<i>Race Day</i>

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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 will allow you to develop in the future.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EXAMPLE	Found I had lots of energy today	Tired today, completed session – pleased with that				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							

	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>	<i>SUNDAY</i>
<i>WEEK 9</i>							
<i>WEEK 10</i>							
<i>WEEK 11</i>							
<i>WEEK 12</i>							
<i>WEEK 13</i>							
<i>WEEK 14</i>							
<i>WEEK 15</i>							
<i>WEEK 16</i>							
<i>WEEK 17</i>							
<i>WEEK 18</i>							

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