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

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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CARDIFF UNIVERSITY
PRIFYSGOL CAERDYDD

CARDIFF HALF MARATHON
HANNER MARATHON CAERDYDD

IRUN.CYMRU

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							
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WEEK 9							
WEEK 10							
WEEK 11							
WEEK 12							RACE DAY!

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Intermediate Half Marathon programme

This programme is for you if you've perviously done a half marathon, or regularly run longer distances for pleasure but would now like to improve on your time (Sub 2hrs for men & 2.15 for women). It's encompases a combination of long runs and speed session to improve pace and hopefully, allowing you to reach your full potential.

	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	40 mins Cross Training (biking, swimming, circuit class, or Boxercise etc.)	30 mins speed work (fartlek, hills, intervals etc.)	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	40 mins Cross	30 mins speed work	5 mile (8k) long run
WEEK 3	REST	30 mins easy run	30 mins tempo (including 5 mins warm up and cool down)	REST	40 mins Cross Training	30 mins speed work	6 mile (10k) 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	30 mins speed work	6 mile (10k) long run
WEEK 5	REST	40 mins easy run	30 mins tempo (including 5 mins warm up and cool down)	REST	40 mins Cross Training	30 mins speed work	8 mile (13km) long run
WEEK 6	REST	45 mins easy run	30 mins tempo (including 5 mins warm up and cool down)	REST	50 mins Cross Training	40 mins speed work	8 miles (13k) long run
WEEK 7	REST	45 mins easy run	30 mins tempo (including 5 mins warm up and cool down)	REST	50 mins Cross Training	40 mins speed work	6 mile (10k) long run
WEEK 8	REST	50 mins easy run	30 mins tempo (including 5 mins warm up and cool down)	REST	60 mins Cross Training	40 mins speed work	10 miles (16k) long run

WEEK9	REST	50 mins easy run	30 mins tempo (including 5 mins warm up and cool down)	REST	50 mins Cross Training	40 mins speed work	12 miles (19k) long run
WEEK10	REST	60 mins easy run	30 mins tempo (including 5 mins warm up and cool down)	REST	40 mins Cross Training (biking, swimming, circuit class, or Boxercise etc.)	40 mins speed work	12 miles (19k) long run
WEEK11	REST	50 mins easy run	30 mins tempo (including 5 mins warm up and cool down)	REST	40 mins Cross Training	40 mins speed work	6 miles (10k) long run
WEEK 12	REST	40 mins easy run	30 mins tempo (including 5 mins warm up and cool down)	REST	40 mins easy run or REST depending on how the body feels	REST	Race Day

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	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							
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WEEK 10							
WEEK 11							
WEEK 12							RACE DAY!

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Advanced Half Marathon programme

This programme is for you if you consider yourself to be an advanced runner. You have completed half marathon races before (Sub 1.45 hrs for men and 2.00hrs for women).

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	4 miles (6km) easy	REST	6 miles (10km) steady	5 miles (8km) fartlek	REST	5 miles (8km) easy	10 miles (16k) long run pace
WEEK 2	4 miles (6km) easy	3 x 7 mins tempo running 4 mins recovery run between sets	5 miles (8km) easy	Intervals 4 x 1 mile (400m recovery run between sets)	REST	5 miles (8km) easy	10 mile (16k) long run
WEEK 3	4 miles (6km) easy	Hills 6 sets of 2 mins Run up the hill for 2mins with slow jog/walk down & repeat	5 miles (8km) steady	Intervals 6 x 1000m (400m recovery run between sets)	REST	5 miles (8km) easy	12 mile (19k) long run
WEEK 4	5 miles (8km) easy	2 x 10 mins tempo running 5 mins recovery run between sets	6 miles (10km) steady	6 miles (10km) easy	REST	20 mins easy	6 mile (10k) race pace or 7 mile (11km) time trial
WEEK 5	5 miles (8km) easy	2 x 15 mins tempo running 5 mins recovery run between sets	7 miles (11km) steady	Hills 6 x 2 mins Run up the hill for 2mins with slow jog/walk down & repeat	REST	5 miles (8km) easy	13 miles (21km) long run
WEEK 6	5 miles (8km) easy	2 x 20 mins tempo running 5mins recovery run between sets	7 miles (11km) steady	Intervals 5 x 1 mile (400m recovery run between sets)	REST	5 miles (8km) easy	14 miles (23k) long run
WEEK 7	5 miles (8km) easy	Tempo Run 20 mins 5 mins recovery run 15 mins 4 mins recovery run 10 mins	7 miles (11km) steady	Hills 8 x 2 mins Run up the hill for 2mins with slow jog/walk down & repeat	REST	5 miles (8km) easy	15 miles (24k) steady run
WEEK 8	6 miles (10km) easy	REST	7 miles (11km) steady	Intervals 5 x 1000m (400m recovery run between sets)	REST	20 mins jog	6 mile (10k) race pace or 7 mile (11km) time trial

WEEK9	7-8 miles (11-12k) steady	Tempo Run 2 x 10 mins 4 mins recovery run between sets	8 miles (13 km) steady	Hills 8 x 2 mins Run up the hill for 2mins with slow jog/walk down & repeat	**REST**	5 miles (8km) easy	16 miles (26k) long run
WEEK10	5 miles (8km) easy	Tempo Run 20 mins 5 mins recovery run 15 mins 4 mins recovery run 10 mins	8 miles (13km) steady	Hills 6 x 2 mins Run up the hill for 2mins with slow jog/walk down & repeat	**REST**	6 miles (10km) steady	12 miles (19k) long run
WEEK11	5 miles (8km) easy	7 miles (11km): 1 mile (2km) easy 5 miles (8km) race pace 1 mile (2km easy	5 miles (8km) easy	Tempo Run 2 x 10 mins 4 mins recovery run between sets 5 mins	**REST**	6 miles (10km) steady	10 miles (16k) long run
WEEK 12	4 miles (6km) easy	5 miles (8km): 1 mile (2km) easy 3 miles (8km) race pace 1 mile (2km) easy	**REST**	6 mile (10k) steady	**REST**	15-20 mins very easy jog or rest	*Race Day*

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	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							
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WEEK 11							
WEEK 12							RACE DAY!

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