

BEGINNER HALF MARATHON TRAINING PLAN

WEEK 1/16

Mon	Rest
Tue	3 miles easy pace
Wed	Rest or strength training
Thurs	4 x 400m intervals at 5K pace, 400m recovery jog between intervals
Fri	3 miles easy pace
Sat	Rest
Sun	5 miles long run

BEGINNER HALF MARATHON TRAINING PLAN

WEEK 2/16

Mon	Rest
Tue	3 miles easy pace
Wed	Rest or strength training
Thurs	5 x 400m intervals at 5K pace, 400m recovery jog between intervals
Fri	3 miles easy pace
Sat	Rest
Sun	6 miles long run

BEGINNER HALF MARATHON TRAINING PLAN

WEEK 3/16

Mon	Rest
Tue	4 miles easy pace
Wed	Rest or strength training
Thurs	6 x 400m intervals at 5K pace, 400m recovery jog between intervals
Fri	3 miles easy pace
Sat	Rest
Sun	7 miles long run

BEGINNER HALF MARATHON TRAINING PLAN

WEEK 4/16

Mon	Rest
Tue	4 miles easy pace
Wed	Rest or strength training
Thurs	5 x 400m intervals at 5K pace, 400m recovery jog between intervals
Fri	3 miles easy pace
Sat	Rest
Sun	6 miles long run

BEGINNER HALF MARATHON TRAINING PLAN

WEEK 5/16

Mon	Rest
Tue	4 miles easy pace
Wed	Rest or strength training
Thurs	8 x 400m intervals at 5K pace, 400m recovery jog between intervals
Fri	4 miles easy pace
Sat	Rest
Sun	8 miles long run

BEGINNER HALF MARATHON TRAINING PLAN

WEEK 6/16

Mon	Rest
Tue	4 miles easy pace
Wed	Rest or strength training
Thurs	2 x 800m intervals at 5K pace, 400m recovery jog between intervals
Fri	4 miles easy pace
Sat	Rest
Sun	8 miles long run

BEGINNER HALF MARATHON TRAINING PLAN

WEEK 7/16

Mon	Rest
Tue	5 miles easy pace
Wed	Rest or strength training
Thurs	3 x 800m intervals at 5K pace, 400m recovery jog between intervals
Fri	4 miles easy pace
Sat	Rest
Sun	9 miles long run

BEGINNER HALF MARATHON TRAINING PLAN

WEEK 8/16

Mon	Rest
Tue	5 miles easy pace
Wed	Rest or strength training
Thurs	2 x 800m intervals at 5K pace, 400m recovery jog between intervals
Fri	4 miles easy pace
Sat	Rest
Sun	8 miles long run

BEGINNER HALF MARATHON TRAINING PLAN

WEEK 9/16

Mon	Rest
Tue	5 miles easy pace
Wed	Rest or strength training
Thurs	3 x 800m intervals at 5K pace, 400m recovery jog between intervals
Fri	4 miles easy pace
Sat	Rest
Sun	9 miles long run

BEGINNER HALF MARATHON TRAINING PLAN

WEEK 10/16

Mon	Rest
Tue	6 miles easy pace
Wed	Rest or strength training
Thurs	3 x 800m intervals at 5K pace, 400m recovery jog between intervals
Fri	4 miles easy pace
Sat	Rest
Sun	10 miles long run

BEGINNER HALF MARATHON TRAINING PLAN

WEEK 11/16

Mon	Rest
Tue	6 miles easy pace
Wed	Rest or strength training
Thurs	4 x 800m intervals at 5K pace, 400m recovery jog between intervals
Fri	4.5 miles easy pace
Sat	Rest
Sun	11 miles long run

BEGINNER HALF MARATHON TRAINING PLAN

WEEK 12/16

Mon	Rest
Tue	5 miles easy pace
Wed	Rest or strength training
Thurs	2 x 1200m intervals at 5K pace, 400m recovery jog between intervals
Fri	4 miles easy pace
Sat	Rest
Sun	9 miles long run

BEGINNER HALF MARATHON TRAINING PLAN

WEEK 13/16

Mon	Rest
Tue	6 miles easy pace
Wed	Rest or strength training
Thurs	3 x 1200m intervals at 5K pace, 400m recovery jog between intervals
Fri	4.5 miles easy pace
Sat	Rest
Sun	10 miles long run

BEGINNER HALF MARATHON TRAINING PLAN

WEEK 14/16

Mon	Rest
Tue	6 miles easy pace
Wed	Rest or strength training
Thurs	2 x 1200m intervals at 5K pace, 400m recovery jog between intervals
Fri	4 miles easy pace
Sat	Rest
Sun	12 miles long run

BEGINNER HALF MARATHON TRAINING PLAN

WEEK 15/16

Mon	Rest
Tue	4 miles easy pace
Wed	Rest or strength training
Thurs	2 x 1200m intervals at 5K pace, 400m recovery jog between intervals
Fri	4 miles easy pace
Sat	Rest
Sun	8 miles long run

BEGINNER HALF MARATHON TRAINING PLAN

WEEK 16/16

Mon	Rest
Tue	3 miles easy pace
Wed	6 x 400m intervals at 5K pace, 400m recovery jog between intervals
Thurs	Rest
Fri	3 miles easy pace
Sat	Rest
Sun	Race Day