HALF MARATHON BEGINNER 12 WEEK TRAINING PLAN

A half marathon can feel daunting if you're a beginner. But remember, Great Runs are for everyone. Follow this training plan and you'll soon be hitting your stride, whatever your pace.





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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	Mix up periods of running & walking for 10 minutes.	REST	REST	Mix up periods of running & walking for 15 minutes.	REST	Mix up periods running & walki for 10 minutes
NEEK 2						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	Mix up periods of running & walking for 15 minutes.	REST	REST	10 minutes of easy running.	REST	20 minutes of ea running.
NEEK 3						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	15 minutes of easy running.	REST	REST	20 minutes of easy running.	REST	20 minutes of ea running.
NEEK 4						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	15 minutes of easy running.	REST	REST	20 minutes of easy running.	REST	20 minutes of ea running.
NEEK 5						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	15 minutes of easy running.	REST	20 minutes of easy running.	REST	10 minutes of easy running.	40 minutes of ea running.
NEEK 6						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 minutes of easy	REST	25 minutes of easy	REST	15 minutes of easy	50 minutes of ea



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WEEK 7						
MONDAY Rest	TUESDAY 20 minutes of easy running.	WEDNESDAY REST	THURSDAY 25 minutes of easy running.	FRIDAY Rest	SATURDAY 15 minutes of easy running.	SUNDAY 50 minutes of easy running.
WEEK 8						
MONDAY Rest	TUESDAY 20 minutes of easy running.	WEDNESDAY REST	THURSDAY 30 minutes of easy running.	FRIDAY REST	SATURDAY 10 minutes of easy running.	SUNDAY 60 minutes of easy running.
WEEK 9						
MONDAY Rest	TUESDAY 20 minutes of easy running.	WEDNESDAY REST	THURSDAY 30 minutes of easy running.	FRIDAY REST	SATURDAY 15 minutes of easy running.	SUNDAY 70 minutes of easy running.
WEEK 10	l					
MONDAY Rest	TUESDAY 20 minutes of easy running.	WEDNESDAY REST	THURSDAY 20 minutes of easy running.	FRIDAY Rest	SATURDAY 20 minutes of easy running.	SUNDAY 80 minutes of easy running.
WEEK 11						
MONDAY Rest	TUESDAY 15 minutes of easy running.	WEDNESDAY REST	THURSDAY 20 minutes of easy running.	FRIDAY REST	SATURDAY 10 minutes of easy running.	SUNDAY 40 minutes of easy running.
WEEK 12						
MONDAY Rest	TUESDAY 20 minutes of easy running.	WEDNESDAY REST	THURSDAY 15 minutes of easy running.	FRIDAY REST	SATURDAY 10 minutes of easy running.	SUNDAY Event day GOOD LUCK!