



## Half Marathon Training Plan: Beginner

If you've never run a half marathon before and are comfortable running for about 15 minutes then this is your plan. We'll slowly build the volume of the long runs up each week to have you half marathon ready. We use regular walk breaks in the plan to make this happen. We'll also start to run at different intensities during the training, building some gears for you to run at.

It's important that you run at the right effort level and intensity to ensure you're training to reach your full potential. Most people think that training "harder is better" so we end up running too quickly, which can result in feeling tired, getting ill or picking up an injury. Understanding what each session is trying to achieve and how it should feel is the way to train smart. Here's our guide to the running sessions that you'll find mentioned in your training plan and a note of how they should feel as a 'talk test'.

Type of Session	PERCEIVED EFFORT LEVEL (1-10)*	HOW IT SHOULD FEEL - "THE TALK TEST"
Recovery / Easy Run	6-6.5	You can speak in complete sentences, totally conversational, you're running relaxed, enjoying it and not worrying about the watch
Easy Cross Training (Gym Class)	6-7	We have plenty of cross training in the plan, it enables us to get the cardiovascular gains without the impact of running. Please use gym classes if you want to, just aim for Easy / Steady Effort level so it compliments the running you are doing.
Long Run	6.5-7	You're in control, running fluidly and very much at a conversational level but you'll feel slightly flushed with a gradual build up of muscular fatigue. We recommend trying some run / walk intervals for this run. Feel free to adjust the suggested run / walk intervals.
Steady Effort Run	7-8	You can speak in short sentences but have a slight pause on your breath. It sits between Easy and Threshold running.
Threshold runs	8-8.5	You could speak 4-5 words if somebody asked you a question. Your breathing is more laboured and you know you're working, we call this 'controlled discomfort'

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	30 minutes Conditioning Work	15 minutes Easy Run	30 minutes Easy Cross Training / Gym Class	Rest Day	30 minutes Easy Cross Training / Gym Class	Rest Day	40 minutes Easy Long Run: Split - 4 minutes running, 1 minute walking
Week 2	30 minutes Conditioning Work	20 minutes Easy Run	Rest Day	30 minutes Easy Cross Training / Gym Class	Rest Day	30 minutes Easy Cross Training / Gym Class	45 minutes Easy Long Run: Split - 4 minutes running, 1 minute walking
Week 3	30 minutes Conditioning Work	10 minutes Warm Up, 4 x 2 minutes at Steady effort with a 60 second recovery, 10 minutes Cool Down	Rest Day	30 minutes Easy Cross Training / Gym Class	15 minutes Easy Run	Rest Day	50 minutes Easy Long Run: Split - 4 minutes running, 1 minute walking
Week 4	30 minutes Conditioning Work	Rest Day	10 minutes Warm Up, 5 x 2 minutes at Steady effort with a 60 second recovery, 10 minutes Cool Down	30 minutes Easy Cross Training / Gym Class	Rest Day	20 minutes Easy Run	55 minutes Easy Long Run: Split - 4 minutes running, 1 minute walking
Week 5	30 minutes Conditioning Work	Rest Day	10 minutes Warm Up, 4 x 3 minutes at Steady effort with a 60 second recovery, 10 minutes Cool Down	Rest Day	30 minutes Easy Cross Training / Gym Class	Rest Day	30 minutes Easy Run
Week 6	30 minutes Conditioning Work	Rest Day	10 minutes Warm Up, 4 x 3 minutes at Steady effort with a 60 second recovery, 10 minutes Cool Down	30 minutes Easy Cross Training / Gym Class	20 minutes Easy Run	Rest Day	60 minutes Easy Long Run: Split - 4 minutes running, 1 minute walking
Week 7	Rest Day	10 minutes Warm Up, 5 x 3 minutes at Steady effort with a 60 second recovery, 10 minutes Cool Down	45 minutes Easy Cross Training / Gym Class	30 minutes Conditioning Work	15 minutes Easy Run	Rest Day	75 minutes Easy Long Run: Split - 4 minutes running, 1 minute walking

Week 8	30 minutes Conditioning Work	45 minutes Easy Cross Training / Gym Class	10 minutes Warm Up, 5 x 2 minutes at Steady effort with a 60 second recovery, 10 minutes Cool Down	Rest Day	25 minutes Easy Run	Rest Day	60 minutes Easy Long Run: Split - 4 minutes running, 1 minute walking
Week 9	30 minutes Conditioning Work	10 minutes Warm Up, 4 x 2 minutes at Steady effort with a 60 second recovery, 10 minutes Cool Down	Rest Day	30 minutes Easy Cross Training / Gym Class	Rest Day	5km ParkRun	Rest Day
Week 10	30 minutes Conditioning Work	10 minutes Warm Up, 6 x 3 minutes at Steady effort with a 90 second recovery, 10 minutes Cool Down	Rest Day	30 minutes Easy Cross Training / Gym Class	20 minutes Easy Run	Rest Day	75 minutes Easy Long Run: Split - 4 minutes running, 1 minute walking
Week 11	30 minutes Conditioning Work	10 minutes Warm Up, 4 x 2 minutes at Threshold effort with a 90 second recovery, 10 minutes Cool Down	Rest Day	25 minutes Easy Run	30 minutes Easy Cross Training / Gym Class	Rest Day	90 minutes Easy Long Run: Split - 4 minutes running, 1 minute walking
Week 12	30 minutes Conditioning Work	45 minutes Easy Cross Training / Gym Class	Rest Day	10 minutes Warm Up, 5 x 2 minutes at Threshold effort with a 90 second recovery, 10 minutes Cool Down	45 minutes Easy Cross Training / Gym Class	Rest Day	105 minutes Easy Long Run: Split - 4 minutes running, 1 minute walking
Week 13	30 minutes Conditioning Work	Rest Day	10 minutes Warm Up, 4 x 3 minutes at Threshold effort with a 90 second recovery, 10 minutes Cool Down	40 minutes Easy Cross Training / Gym Class	30 minutes Easy Run	Rest Day	90 minutes Easy Long Run: Split - 4 minutes running, 1 minute walking

<b>Week 14</b>	30 minutes Conditioning Work	30 minutes Easy Cross Training / Gym Class	10 minutes Warm Up, 5 x 3 minutes at Threshold effort with a 90 second recovery, 10 minutes Cool Down	Rest Day	45 minutes Easy Cross Training / Gym Class	Rest Day	120 minutes Easy Long Run: Split - 4 minutes running, 1 minute walking
<b>Week 15</b>	30 minutes Conditioning Work	10 minutes Warm Up, 6 x 3 minutes at Threshold effort with a 60 second recovery, 10 minutes Cool Down	30 minutes Easy Cross Training / Gym Class	Rest Day	30 minutes Easy Run	Rest Day	60 minutes Easy Long Run: Split - 4 minutes running, 1 minute walking
<b>Week 16</b>	Rest Day	10 minutes Warm Up, 3 x 2 at Threshold effort with a 90 second recovery, 10 minutes Cool Down	Rest Day	30 minutes Easy Cross Training / Gym Class	Rest Day	Rest Day	<b>Half Marathon Race Day</b>

## Making the Training Plan work for you

You'll probably not be able to follow the plan as it is set out. We've written our plans with this in mind:

Key sessions for each week are highlighted in Red. These are the non-negotiable sessions that you need to fit into your diary one way or view in order to run your best race.

Avoid key sessions on back to back days. You need to recover after the harder sessions, they can't be crammed into a few days within your week. The only exception to this is a key session followed by an Easy Long Run, but this is for more advanced runners.

Sessions in Black are the supplementary training within the plan. These sessions are the ones to drop in your week if you can't fit it all in, although we hope you can find the time.