



HALF MARATHON



Beginner Training Program

Key: LA = Lower Aerobic (should feel easy), MA = Mid Aerobic Run (should be able to hold a conversation and feel comfortable), RP = Proposed race day paced running, UA = Upper Aerobic (comfortably hard running) HMP = Half Marathon Pace (The pace you will aim to run at during the race)

	Rest Day or XT	Run	Rest Day	Run	Rest Day	Long Run	Rest Day
Week 1	Mon, 6 Aug	Tue, 7 Aug	Wed, 8 Aug	Thu, 9 Aug	Fri, 10 Aug	Sat, 11 Aug	Sun, 12 Aug
	Rest Day	30 mins MA	Rest Day	30 mins MA	Rest Day	60 mins LA	Rest Day
<i>Results</i>							
Week 2	Mon, 13 Aug	Tue, 14 Aug	Wed, 15 Aug	Thu, 16 Aug	Fri, 17 Aug	Sat, 18 Aug	Sun, 19 Aug
	Rest Day	40 mins MA	Rest Day	40 mins MA	Rest Day	70 mins LA	Rest Day
<i>Results</i>							
Week 3	Mon, 20 Aug	Tue, 21 Aug	Wed, 22 Aug	Thu, 23 Aug	Fri, 24 Aug	Sat, 25 Aug	Sun, 26 Aug
	40min Run @ L.A	45 mins MA	Rest Day	20mins M.A, 20mins U.A	Rest Day	80 mins LA	Rest Day
<i>Results</i>							
Week 4	Mon, 27 Aug	Tue, 28 Aug	Wed, 29 Aug	Thu, 30 Aug	Fri, 31 Aug	Sat, 1 Sep	Sun, 2 Sep
	Rest Day	45 mins undulating MA	Rest Day	20mins M.A, 20mins U.A	Rest Day	60 mins LA	Rest Day
<i>Results</i>							
Week 5	Mon, 3 Sep	Tue, 4 Sep	Wed, 5 Sep	Thu, 6 Sep	Fri, 7 Sep	Sat, 8 Sep	Sun, 9 Sep
	40min Run @ L.A	40 mins undulating MA	Rest Day	40 mins MA	Rest Day	90 mins LA/MA	Rest Day
<i>Results</i>							
Week 6	Mon, 10 Sep	Tue, 11 Sep	Wed, 12 Sep	Thu, 13 Sep	Fri, 14 Sep	Sat, 15 Sep	Sun, 16 Sep
	40min Run @ L.A	50 mins undulating MA	Rest Day	40 mins MA	Rest Day	1hr 40 mins LA/MA	Rest Day
<i>Results</i>							
Week 7	Mon, 17 Sep	Tue, 18 Sep	Wed, 19 Sep	Thu, 20 Sep	Fri, 21 Sep	Sat, 22 Sep	Sun, 23 Sep

	40min Run @ L.A	50 mins undulating MA	Rest Day	10 mins LA, 30 mins HMP	Rest Day	60 mins LA/MA - off road if poss	Rest Day
<i>Results</i>							
Week 8	Mon, 24 Sep	Tue, 25 Sep	Wed, 26 Sep	Thu, 27 Sep	Fri, 28 Sep	Sat, 29 Sep	Sun, 30 Sep
	40min Run @ L.A	60 mins undulating LA	Rest Day	10 mins LA, 30 mins HMP	Rest Day	10km Race if Possible	Rest Day
<i>Results</i>							
Week 9	Mon, 1 Oct	Tue, 2 Oct	Wed, 3 Oct	Thu, 4 Oct	Fri, 5 Oct	Sat, 6 Oct	Sun, 7 Oct
	40min Run @ L.A	40 mins HMP	Rest Day	10 mins LA, 20 mins UA, 10 mins LA	Rest Day	1hr 50 mins LA/MA	Rest Day
<i>Results</i>							
Week 10	Mon, 8 Oct	Tue, 9 Oct	Wed, 10 Oct	Thu, 11 Oct	Fri, 12 Oct	Sat, 13 Oct	Sun, 14 Oct
	Walk - 45 mins OR Rest	60 mins undulating LA	Rest Day	10 mins LA, 30 mins HMP	Rest Day	60 mins LA - off road if poss	1-2 hour walk - off road if poss
<i>Results</i>							
Week 11	Mon, 15 Oct	Tue, 16 Oct	Wed, 17 Oct	Thu, 18 Oct	Fri, 19 Oct	Sat, 20 Oct	Sun, 21 Oct
	40min Run @ L.A	40 mins HMP	Rest Day	10 mins LA, 2 x 10 mins UA (with 5 mins LA inbetween), 10 mins LA	Rest Day	2 hours LA/MA	Rest Day
<i>Results</i>							
Week 12	Mon, 22 Oct	Tue, 23 Oct	Wed, 24 Oct	Thu, 25 Oct	Fri, 26 Oct	Sat, 27 Oct	Sun, 28 Oct
	40min Run @ L.A	60 mins undulating LA	Rest Day	40 mins HMP	Rest Day	60 mins LA - off road if poss	Rest Day
<i>Results</i>							
Week 13	Mon, 29 Oct	Tue, 30 Oct	Wed, 31 Oct	Thu, 1 Nov	Fri, 2 Nov	Sat, 3 Nov	Sun, 4 Nov
	30 mins HMP	60 mins undulating LA	Rest Day	40 mins HMP	Rest Day	2 hours M.A	Rest Day
<i>Results</i>							
Week 14	Mon, 5 Nov	Tue, 6 Nov	Wed, 7 Nov	Thu, 8 Nov	Fri, 9 Nov	Sat, 10 Nov	Sun, 11 Nov

	Rest Day	40 mins MA	Rest Day	10 mins LA, 2 x 10 mins UA (with 5 mins LA inbetween), 10 mins LA	Rest Day	60 mins (20 mins LA, 20 mins UA, 20 mins LA)	Rest Day
<i>Results</i>							
Week 15	Mon, 12 Nov	Tue, 13 Nov	Wed, 14 Nov	Thu, 15 Nov	Fri, 16 Nov	Sat, 17 Nov	Sun, 18 Nov
	40 mins HMP	Rest Day	30 mins LA	Rest Day	20 mins LA or Rest	RACE DAY!	Rest Day
<i>Results</i>							