

BEGINNER'S HALF MARATHON PLAN

| | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|---------|---|--|---|---|---|--|--|
| WEEK 1 | Run / walk 15-mins | Rest | Run / walk 20-mins | Strength training & Stretching | Rest | Run / walk 30-mins | Rest |
| WEEK 2 | Run / walk 20 mins Strength training & Stretching | Rest | Run 10-mins Walk 5-mins Run 5-mins | Cross training / circuit class / swim / or bike 45-mins | Rest | Run 10-mins Walk 5 mins Repeat x 3 | Rest |
| WEEK 3 | Run 5-mins; walk 5-mins Repeat x 4 | Rest | Run 10-mins Walk 5-mins Repeat x 3 | Rest | Run 15-mins Strength training & Stretching | Rest | Run / walk 40 mins |
| WEEK 4 | Cross training / circuit class / swim / or bike 45-mins | Run 20-mins Walk 5-mins Run 10-mins | Rest | Run 20-mins Strength training & Stretching | Rest | Run 20-mins; Walk 5-mins Run 15-mins | Run / walk 50-mins |
| WEEK 5 | Rest | Run 20-mins walk 5-mins Run 10-mins Walk 5 mins Run 10-mins | Rest | Run 20-mins Strength training & Stretching | Rest | Rest | Run / walk 60 mins with as few walk breaks as possible |
| WEEK 6 | Rest | Run 20-mins Walk 5-mins Run 15-mins | Rest | Run 20-mins Strength training & Stretching | Cross training / circuit class / swim / or bike 45-mins | Rest | Run 25-mins Walk 5-mins Run 15-mins |
| WEEK 7 | Rest | Run 30-mins Strength training & Stretching | Rest | Run 15-mins Strength training & Stretching | Run 30-mins | Rest | Run / walk 60 mins with as few walk breaks as possible |
| WEEK 8 | Cross training / circuit class / swim / or bike 45-mins | Rest | Run 45-mins | Rest | Run 20-mins Strength training & stretching | Rest | Run / walk 75 mins with as few walk breaks as possible |
| WEEK 9 | Run 20-mins | Rest | Run 50-mins | Rest | Run 20-mins Strength training & stretching | Rest | Run 75-mins |
| WEEK 10 | Cross training / circuit class / swim / or bike 45-mins | Rest | Run 30-mins Walk 5-mins Run 30-mins | Rest | Run 20-mins Strength training & stretching | Rest | Run 90-mins |
| WEEK 11 | Rest | Run 30-mins | Rest | Run 20-mins Strength training & stretching | Run 30-mins | Rest | Run 105-mins |
| WEEK 12 | Rest | Run 20-mins Strength training & stretching | Rest | Swim | Run 30-mins easy | Rest | Run half marathon |