

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