

# HALF MARATHON TRAINING PLAN

## BEGINNER'S



| WEEK | Day 1                     | Day 2 | Day 3             | Day 4 | Day 5                                | Day 6 | Day 7              |
|------|---------------------------|-------|-------------------|-------|--------------------------------------|-------|--------------------|
| 1    | Steady 2-3 miles          | Rest  | 3 miles Fartlek   | Rest  | 30 mins steady/<br>cross train       | Rest  | 3-4 miles steady   |
| 2    | Rest                      | Rest  | 3 miles Fartlek   | Rest  | 40 mins steady &<br>walk (if needed) | Rest  | 3-4 miles steady   |
| 3    | Rest                      | Rest  | 3 miles Tempo     | Rest  | 3 miles steady                       | Rest  | 4-5 miles steady   |
| 4    | Gentle 3 miles /<br>rest  | Rest  | 3 miles Tempo     | Rest  | 3 miles Fartlek                      | Rest  | 5-6 miles steady   |
| 5    | Rest                      | Rest  | 3-4 miles Tempo   | Rest  | 3-4 miles Fartlek                    | Rest  | 6 miles steady     |
| 6    | 3 miles steady /<br>rest  | Rest  | 4 miles Tempo     | Rest  | 3-4 miles Fartlek                    | Rest  | 6-7 miles steady   |
| 7    | 3 miles steady /<br>Rest  | Rest  | 4 miles Tempo     | Rest  | 4 miles Fartlek                      | Rest  | 7-8 miles steady   |
| 8    | Rest or steady 3<br>miles | Rest  | 4-5 miles Fartlek | Rest  | 4 miles Fartlek                      | Rest  | 8-9 miles steady   |
| 9    | Rest                      | Rest  | 5 miles Tempo     | Rest  | 4-5 miles Fartlek                    | Rest  | 9-11 miles steady  |
| 10   | Rest                      | rest  | 5-6 miles Tempo   | Rest  | 6 miles Fartlek                      | Rest  | 11-12 miles steady |
| 11   | Rest                      | Rest  | 5-6 miles Tempo   | Rest  | 4 miles Tempo                        | Rest  | 7-8 miles steady   |
| 12   | 3 miles steady /<br>Rest  | Rest  | 3 miles Fartlek   | Rest  | 2-3 miles steady                     | Rest  | <b>Race Day</b>    |

\* See "The Training - Getting down to Business" chapter for explanation of terms

\*\* Feel free to interchange "fartlek" sessions with "interval" sessions

## Key points on how to use the beginner's timetable

- Remember that it is just a guide, you do not necessarily have to follow it word for word.
- If you have started training early, it's a good idea to repeat a week of training every now and again.
- Never run if you are carrying an injury, it'll make only it worse. If an injury persists, seek professional advice.
- Don't feel guilty if you miss the odd run. Life has a pleasant or sometimes unpleasant habit of getting in the way of training. If you miss a week or two of training however, go back a week or so in the timetable and build your fitness levels back up again.

## Training diary

Use the following pages to scribble down any notes you wish about your training. This might include information such as:

- The route you took.
- The distance and time of the run.
- How you felt during the run.
- Average Heart Rate (if you have a Heart Rate Monitor)

# TRAINING DIARY

| DATE | DISTANCE RUN | NOTES |
|------|--------------|-------|
|      |              |       |
|      |              |       |
|      |              |       |
|      |              |       |
|      |              |       |
|      |              |       |

# TRAINING DIARY

| DATE | DISTANCE RUN | NOTES |
|------|--------------|-------|
|      |              |       |
|      |              |       |
|      |              |       |
|      |              |       |
|      |              |       |
|      |              |       |