



Half marathon running plan beginner

Training plans are provided by



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Registered charity in England and Wales (326730),
Scotland (038415) and the Isle of Man (1177)



A few **tips** for using this plan

- Do a warm up and cool down before and after every session.
- Rest is crucial. If you find yourself getting tired increase the number of rest days.
- If you're injured, very sore or if it is not safe to run consider cross training or a conditioning session instead of running.
- Try to stretch every day for 10 minutes.
- For ideas on conditioning and stretching exercise please see the 'Guide to Better Running'.
- Always eat within 20-30 minutes of finishing a run.

Running glossary

- **Cross training** involves working your heart and lungs but not through running. This could be time spent cycling, swimming or on a rower. Check the 'Guide to Better Running' for more ideas.
- **Fartlek sessions** are running at different speeds for different lengths of time.
- **Recovery runs** are your easiest runs of the week. They should be at a comfortable pace. Relax and aim to feel better at the end than you did at the start.
- **Threshold running** involves blocks of running at a controlled discomfort. You'll be short of breath but if pushed you could still slightly speed up. Include short recovery jogs between each threshold block.
- **Continuous hills** is an exercise running on a steady gradient at threshold pace.

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	Rest/easy cross training + conditioning	30min easy run	Rest	30min easy run	Rest	Rest or 30mins aerobic cross train/ pilates	40min easy run
Week 2	Rest/easy cross training + conditioning	30 min easy run	Rest	30 mins run to include 5 x (3 mins at threshold/3 min jog/ walk recovery)	Rest	Rest or 30mins aerobic cross train/ pilates	50 mins easy run
Week 3	Rest/easy cross training + conditioning	30 min easy run	Rest	40 mins run to include 4 x (4 min at threshold / 3 min jog/walk recovery)	Rest	Rest or 30mins aerobic cross train/ pilates	60 mins easy run
Week 4	Rest + Conditioning and stretching	45 min easy run	Rest	40 mins runs to include 3 x (5 mins at threshold / 2 min jog recovery)	Rest	Rest or 30mins aerobic cross train/ pilates	75 mins easy run as (3 x 23 mins with a 2 min walk recovery)

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 5	Rest + conditioning and stretching	30 – 40 mins easy run	Rest	45 mins easy	Rest	Rest or 30mins aerobic cross train/pilates	60 mins easy
Week 6	Rest + conditioning and stretching	30 mins run with last 10 at threshold	30 min aerobic cross train easy/pilates	45 mins run to include 4 x (5 mins at threshold/2 mins jog recovery)	Rest	30 mins aerobic cross train easy or 30 min easy run/pilates	75 mins easy pace run
Week 7	Rest + conditioning and stretching	45-50 mins easy to steady pace	Rest	A continuous progression run: 15 mins easy/15 mins steady/15 mins nearing threshold	Rest	30 mins aerobic cross train easy OR 30 min easy run/pilates	90 mins easy run
Week 8	Rest + conditioning and stretching	40 mins easy run	Rest	A continuous progression run: 15 mins easy/15 mins steady/15 mins nearing threshold	Rest	30 mins aerobic cross train/pilates	1hr 40 to 1hr 45 easy pace run (walk for 5 mins every 20-30 minutes if needed)

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 9	Rest + conditioning and stretching	45 mins easy run	Rest	45 mins run to include 5 x (5 mins at threshold/2 min jog recovery)	Rest	Rest or 30 mins aerobic cross train/pilates	1hr 50 to 2hrs easy pace (walk for 5mins every 20-30 minutes)
Week 10	Rest + conditioning and stretching	30 mins easy run	Rest	A continuous progression run: 20 mins easy/20 mins steady/20 mins easy	Rest	30 mins aerobic cross train/pilates	2hrs easy pace (walk for 5mins every 20-30 minutes).
Week 11	Rest + conditioning and stretching	40 mins easy run	Rest	40 mins run to include 6 x (3 mins at threshold/3 mins easy)	Rest	Rest or 30 mins aerobic cross train/pilates	60 mins relaxed
Week 12	Rest	30 mins run with last 10 mins at half marathon pace	Rest	25 mins easy run	Rest	15 mins easy run and stretch	Race day – good luck!

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Good luck and don't forget to keep us posted with your progress: events@blf.org.uk