

12 Week Half Marathon Training Plan - Beginner

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	30 mins easy	4 x 6 mins challenging, 2-min recovery jog in between	Rest	30 mins ER	Rest	3 miles
Rest	30 mins easy	6 x 20-30 sec hills with walk/jog recovery	Rest	30 mins ER	Rest	40 mins LR
Rest	30 mins easy	4 x 7 mins challenging with 2-min recovery jog between each	Rest	30 mins ER	Rest	5 miles
Rest	40 mins easy	8 x 20-30 sec hills with walk/jog recovery	Rest	40 mins cross training	Rest	60 mins
Rest	40 mins easy	3 x 10 mins challenging with 2-min recovery jog between each	Rest	40 mins SR or cross training	Rest	7 miles
Rest	40 mins easy	2 x 2 miles at GHMP*	Rest	40 mins SR or cross training	Rest	8 miles
Rest	40 mins easy	6 x 800m at 10K pace, with 90 secs rest between each	Rest	40 mins SR or cross training	Rest	60 mins
Rest	40 mins easy	3 x 1 mile 10 secs slower than 10K pace, with 2-min rest between each	Rest	50 mins SR or cross training	Rest	10 miles
Rest	40 mins easy	3 x 2 miles at GHMP with 4 mins easy	Rest	50 mins SR or cross training	Rest	5 miles
Rest	40 mins easy	4 x 1 mile 10 secs slower than 10K pace, with 2-min rest in-between each	Rest	40 mins SR or cross training	Rest	12 miles
Rest	40 mins easy	1 min easy, 5 miles GHMP, 1 min easy	Rest	40 mins SR or cross training	Rest	6 miles RP
Rest	40 mins easy	40 mins easy, with 4 x 30 second surges of speed	Rest	50 mins SR or cross training	Rest	Race Day

Always make sure you warm up and stretch before and after all of your training runs.

GHMP = Goal Half Marathon Pace . Cross Training = low impact exercise aimed to rest joints & maintain cardiovascular fitness. Easy Running = 1-2 mins per mile slower than your goal race pace.