



# 12-WEEK HALF MARATHON

## TARGET 2HRS OR MORE

Ready to hit the road? If you can run or walk-run for 30 minutes, you can run a half marathon – just follow our training plan.

You'll train three times a week – enough to improve your running, and with plenty of time to rest up and let your body recover. Make the schedule work for you. Shuffle the runs around if you like – but don't run on three consecutive days.

- Tempo** Run at a challenging – but sustainable – pace.
- Fast** Push yourself to the highest pace you can.
- Easy** Run at a relaxed pace.
- Jog** Run at a slow pace.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1		30 mins easy running		5 mins easy running 3 mins brisk running; 3 mins easy running or walking 5 mins easy running		40 mins easy running	
2		35 mins easy running		5 mins easy running 4 mins fast running; easy running/walking – 4 reps 5 mins easy running		45 mins easy running	
3		40 mins easy running		30 mins easy running		55 mins easy running	
4		45 mins easy running		30 mins easy running		55 mins easy running	
5		40 mins easy running		5 mins easy running 2 mins fast running; 2 mins easy running – 6 reps 5 mins easy running		65 mins easy running	
6		40 mins easy running		5 mins easy running 20 mins running at 'tempo' 5 mins easy running		75 mins easy running	
7		45 mins easy running		5 mins easy running 6 mins tempo running; 3 mins easy running – 4 reps 5 mins easy running		90 mins easy running – walk every 30 mins if you need to	

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
<b>8</b> <i>A lighter week or race week</i>		30 mins easy running		30 mins easy running		Run in a 10k race or do 30 mins tempo running	
<b>9</b>		45 mins easy running		10 mins easy running  3 mins steady running; 1 min faster running; 2 mins jog – 4 reps  10 mins easy running		110 mins easy running – walk if you need a break	
<b>10</b>		50 mins easy running		10 mins easy running  2 mins fast running; 2 mins very easy running – 8 reps  10 mins easy running		90 mins easy running	
<b>11</b> <i>A lighter training load</i>		20 mins easy running		10 mins easy running  25 mins at your half marathon pace  10 mins easy running		50 mins easy running	
<b>12</b> <i>An easy week to re-energise your body</i>	30 mins easy running		20 mins easy running		10 mins easy running		<b>RACE DAY GOOD LUCK</b>



# 12-WEEK HALF MARATHON

## TARGET IHR 35 – 2HRS

Step it up – take your running to the next level.

Got good base fitness and some running experience?  
This is the training plan for you.

You'll train four times a week – building up your running, with plenty of time to rest up and let your body recover. Make the schedule work for you – shuffle the runs around if you like.

- Tempo** Run at a challenging – but sustainable – pace.
- Fast** Push yourself to the highest pace you can.
- Easy** Run at a relaxed pace.
- Jog** Run at a slow pace.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
<b>1</b>	30 mins easy running	10 mins easy running  2 mins tempo running; 2 mins walking then running – 6 reps  10 mins easy running		5 mins easy running  20 mins steady running  10 mins faster running  5 mins easy running		60 mins easy running	
<b>2</b>	40 mins easy running	10 mins easy running  3 mins fast running; 2 mins easy running – 5 reps  10 mins easy running		5 mins easy running  15 mins steady running  5 mins faster running  10 mins easy running		70 mins easy running	
<b>3</b>	35 mins easy running	10 mins easy running  4 mins tempo running; 2 mins jog – 5 reps  10 mins easy running		5 mins easy running  10 mins steady running  10 mins tempo running  5 mins faster running  10 mins easy running		80 mins easy running	
<b>4</b>	40 mins easy running	10 mins easy running  1 min tempo running up-hill; jog down to recover – 5 reps  10 mins easy jogging		10 mins easy running  5 mins steady running; 5 mins tempo running; 2 mins jogging – 3 reps  10 mins easy running		90 mins easy running	
<b>5</b> <i>A lighter week or race week</i>	40 mins easy running		30 mins easy running		20 mins easy running		Run in a 10k road race
<b>6</b>	40 mins easy running	10 mins easy running  1 min tempo running up-hill; jog down to recover – 7 reps  10 mins easy running		10 mins easy running  5 mins fast running; 2 mins easy running – 5 reps  10 mins easy running		100 mins easy running	
<b>7</b>	40 mins easy running	10 mins easy running  40 mins fartlek – hard running up-hill  10 mins easy running		10 mins easy running  5 mins fast running; 2 mins easy running – 5 reps  10 mins easy running		110 mins easy running	

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
<b>8</b> <i>Low intensity week</i>	30 mins easy running	60 mins easy running		40 mins easy running		120 mins easy running	
<b>9</b>	40 mins easy running	15 mins easy jogging 3 mins fast running; 1 min easy running; 2 mins fast running; 1 min easy running; 1 min fast running; 1 min easy running – 2 reps 15 mins easy running		10 mins easy running 40 mins tempo running 10 mins easy running		30 mins easy running 30 mins at your half marathon pace 30 mins easy running	
<b>10</b>	30 mins easy running	10 mins easy running 6 mins fast running; 2 mins easy running – 4 reps 10 mins easy running		40 mins steady running		90 mins easy running	
<b>11</b>	20 mins easy running	10 mins easy running 3 mins fast running; 2 mins easy running – 3 reps 5 mins brisk walking 3 mins hard running; 2 mins easy running – 2 reps 10 mins easy running		5 mins easy running 20 mins at half marathon pace 10 mins easy running		60 mins easy running	
<b>12</b> <i>A light week to re-energise you for the race</i>		10 mins easy jogging 3 mins running at half marathon pace; 3 mins easy running – 2 reps 10 mins easy jogging	15 mins easy running		10 mins easy running		<b>RACE DAY GOOD LUCK</b>



# 12-WEEK HALF MARATHON

## TARGET IHR 35 OR UNDER

Put the hammer down in your next half marathon. Follow our training plan for advanced runners.

You'll train five or six times a week – building up your running, with plenty of time to rest up and let your body recover. Make the schedule work for you – shuffle the runs around if you like.

- Tempo** Run at a challenging – but sustainable – pace.
- Fast** Push yourself to the highest pace you can.
- Easy** Run at a relaxed pace.
- Jog** Run at a slow pace.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
<b>1</b>	35 mins easy running	10 mins easy running 3 mins fast running; 2 mins easy running – 6 reps 10 mins easy running	Active recovery/cross training	5 mins easy running 20 mins tempo running 5 mins easy running		40 mins easy running	80 mins easy running
<b>2</b>	35 mins easy running	10 mins easy running 3 mins fast running; 1 min easy running – 6 reps 10 mins easy jogging	Active recovery/cross training	10 mins easy running 30 mins tempo running 10 mins easy running		45 mins easy running	90 mins easy running
<b>3</b> <i>A recovery week</i>	35 mins easy running	45 mins easy running	Active recovery/cross training	10 mins easy running 20 mins steady running 10 mins easy running		45 mins easy running	20 mins easy running 50 mins running at half marathon pace 20 mins easy running
<b>4</b>	40 mins easy running	10 mins easy running 4 mins tempo running; 2 mins jogging – 5 reps 10 mins easy running	Active recovery/cross training	10 mins easy running 10 mins steady running 10 mins at half marathon pace 10 mins steady running 10 mins easy running		50 mins easy running	100 mins easy running
<b>5</b>	40 mins easy running	10 mins easy running 5 mins tempo running; 2 mins easy running – 5 reps 10 mins easy running	Active recovery/cross training	10 mins easy running 15 mins steady running 15 mins fast running 10 mins steady running 10 mins easy running		50 mins easy running	110 mins easy running
<b>6</b>	40 mins easy running	10 mins easy running 6 mins fast running; 2 mins easy running – 5 reps 10 mins easy running	Active recovery/cross training	5 mins easy running 40 mins tempo running 5 mins easy running		45 mins easy running	90 mins easy running
<b>7</b>	45 mins easy running	10 mins easy running 90 secs tempo running up-hill; jog down to recover – 6 reps 10 mins easy running	Active recovery/cross training	10 mins easy running 10 mins at half marathon pace; 2 mins jogging – 4 reps 10 mins easy running		45 mins easy running	120 mins easy running

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
<b>8</b>	30 mins very easy running	10 mins easy running 3 mins tempo running; 2 mins jogging – 4 reps 10 mins easy running	Active recovery/cross training	10 mins easy running 15 mins at half marathon pace; 2 mins jogging – 3 reps 10 mins easy running		40 mins easy running	30 mins easy running 30 mins steady running 30 mins at half marathon pace 30 mins easy running
<b>9</b> <i>Race week or a lighter week</i>	30 mins easy running	10 mins easy running 90 secs tempo running up-hill; jog down to recover – 6 reps 10 mins easy running	Active recovery/cross training	40 mins easy running	30 mins easy running		Run in a 10k road race
<b>10</b>	45 mins easy running	10 mins jogging 5 mins fast running; 1 min easy running – 5 reps 10 mins easy running	Active recovery/cross training	45 mins easy running		5 mins easy running 20 mins steady running 20 mins fast running 20 mins steady running 5 mins easy running	100 mins easy running
<b>11</b>	30 mins easy running	10 mins jogging 5 mins fast running; 1 min easy – 5 reps 10 mins easy running	Active recovery/cross training	10 mins easy running 25 mins at half marathon race pace 10 mins easy running		30 mins easy running	65 mins very easy running
<b>12</b> <i>Taper week to re-energise you before the race</i>		5 mins jogging 5 mins at half marathon pace; 5 mins easy running – 3 reps 5 mins easy running		20 mins easy running		15 mins easy running	<b>RACE DAY GOOD LUCK</b>