

Beginners Half Marathon Training Plan

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HostPipe
Website Design & Development

The Heart Rate Monitor Shop

www.heartratemonitor.co.uk

HALF MARATHON TRAINING PLAN

BEGINNER

WEEK	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	Gentle 3 mile Jog	Rest	3 mile with quick bursts	Rest	30 min jog/cross train	Rest	Easy 3-4 mile jog
2	Rest	Rest	3 mile with quick bursts	Rest	40 min jog & walk	Rest	Easy 4 mile
3	Rest	Rest	2-3 mile Tempo	Rest	3 mile easy jog	Rest	Easy 5 mile jog
4	Gentle 3 mile or rest	Rest	30 min hill session	Rest	3 mile jog	Rest	5 mile quick as you can
5	Rest	Rest	40 min cross train	Rest	4 mile Jog	Rest	6 mile gentle jog
6	3 mile easy or rest	Rest	4 mile Tempo run	Rest	45 min cross train	Rest	6-7 mile steady run
7	3 mile easy or Rest	Rest	40 min hill session	Rest	4 mile jog	Rest	7-8 mile jog
8	Rest or easy 3 mile jog	Rest	4-5 mile Fartlek	Rest	4 Mile jog	Rest	8 mile steady run
9	Rest	Rest	5 mile tempo run	Rest	50 min cross train	Rest	8-9 mile jog
10	Rest	rest	40 min hill session	Rest	4 mile Jog	Rest	8-9 mile steady
11	Rest	Rest	5 mile run or cross train	Rest	4 mile Tempo run	Rest	10 mile jog

HALF MARATHON TRAINING PLAN

BEGINNER

WEEK	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
12	Rest or easy 3 mile jog	Rest	4-5 mile Fartlek	Rest	Cross train or 5 mile	Rest	11 mile jog
13	Rest or easy 4 mile jog	Rest	6 mile Jog	Rest	cross train or 4 mile	Rest	11-12 mile jog
14	Rest	Rest	5 mile Fartlek	Rest	cross train or easy 4 mile	Rest	12-13 mile jog
15	Rest or easy 4 mile jog	Rest	4-5 mile at race pace	Rest	crosss train or 4 mile easy	Rest	6-7 mile at race pace
16	Gentle 3 mile or rest	Rest	Gentle 3 mile	Rest	Gentle 2-3 mile	Rest	RACE DAY

Fartlek - A run with alternating speeds

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.
- Never run if you are carrying an injury, it'll make only it worse. If an injury persists, seek professional advice.
- Don't be afraid of looking at the advanced schedule and incorporate some sessions if you feel up to it
- 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