

# BEGINNER HALF MARATHON PROGRAMME



This programme is for you if it's your first half marathon, or a long time since you ran any longer distance. To get the most out of it, you should be able to run 3 miles (5km) in under 40 minutes. However, do not panic if you can't - this plan is totally achievable.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	REST	30 mins easy run	30 mins tempo (including 5 mins warm up and cool down)	REST	30 mins easy/ recovery run	REST	3 miles (5k) long run pace
WEEK 2	REST	30 mins easy run	30 mins tempo (including 5 mins warm up and cool down)	REST	30 mins easy/ recovery run	REST	40 mins long run
WEEK 3	REST	30 mins easy run	30 mins tempo (including 5 mins warm up and cool down)	REST	30 mins easy/ recovery run	REST	5 mile (8k) long run
WEEK 4	REST	40 mins easy run	30 mins tempo (including 5 mins warm up and cool down)	REST	40 mins Cross Training	REST	60 mins long run
WEEK 5	REST	40 mins easy run	30 mins tempo (including 5 mins warm up and cool down)	REST	40 mins Speed Run or Cross Training	REST	7 mile (11km) long run
WEEK 6	REST	40 mins easy run	30 mins tempo (including 5 mins warm up and cool down)	REST	40 mins Speed Run or Cross Training	REST	8 miles (13k) long run
WEEK 7	REST	40 mins easy run	30 mins tempo (including 5 mins warm up and cool down)	REST	40 mins Speed Run or Cross Training	REST	60 mins long run
WEEK 8	REST	40 mins easy run	30 mins tempo (including 5 mins warm up and cool down)	REST	50 mins Speed Run or Cross Training	REST	10 miles (16k) long run