



Beginner half marathon programme






The programme is for you if it's the first time you've run a half marathon, or a long time since you ran any longer distances. To get the most out of it, you should be able to run 3 miles (5km) in under 40 minutes - you may have completed one of the other beginner training programmes.

One mile is equivalent to 1.6km. For this training programme, distances in km have been rounded to the nearest whole number for simplicity.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	30 mins easy/recovery	30 mins easy	Rest	30 mins easy/recovery	Rest	3 miles (5km) long run
Week 2	Rest	30 mins easy/recovery	30 mins tempo (including 5 mins warm up and cool down)	Rest	30 mins easy/recovery	Rest	40 mins long run
Week 3	Rest	30 mins easy/recovery	30 mins tempo (including 5 mins warm up and cool down)	Rest	30 mins easy/recovery	Rest	5 miles (8km) long run
Week 4	Rest	40 mins easy/recovery	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/recovery	30 mins tempo (including 5 mins warm up and cool down)	Rest	40 mins speed run or cross training	Rest	7 miles (11km) long run
Week 6	Rest	40 mins easy/recovery	30 mins tempo (including 5 mins warm up and cool down)	Rest	40 mins speed run or cross training	Rest	8 miles (13km) long run
Week 7	Rest	40 mins easy/recovery	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/recovery	30 mins tempo (including 5 mins warm up and cool down)	Rest	50 mins speed run or cross training	Rest	10 miles (16km) long run



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 9	Rest 	40 mins easy/recovery	30 mins tempo <i>(including 5 mins warm up and cool down)</i>	Rest	50 mins speed run or cross training	Rest	5 miles (8km) long run 
Week 10	Rest	40 mins easy/recovery	30 mins tempo <i>(including 5 mins warm up and cool down)</i>	Rest	40 mins speed run or cross training	Rest	12 miles (19km) long run
Week 11	Rest	40 mins easy/recovery	30 mins tempo <i>(including 5 mins warm up and cool down)</i> 	Rest	40 mins speed run or cross training 	Rest	6 miles (10km) race pace
Week 12	Rest	40 mins easy/recovery	30 mins tempo <i>(including 5 mins warm up and cool down)</i>	Rest	50 mins speed run or cross training	Rest	Half marathon RACE 

Notes

