

HALF MARATHON TRAINING PLAN



12 weeks - Beginner

PACES:

EP = Easy Pace (~1.5 mins-2.5 mins slower than 5K race pace per mile)

HMP = Half Marathon Pace (~40-60 seconds slower than 5K race pace per mile)

10K = 10K pace (~20-30 seconds slower than 5K race pace per mile)

Example: 5K race pace = 9:30 min/mile

EP=11:00-12:00 min/mile, HMP=10:10-10:30 min/mile, 10K=9:50-10:00 min/mile

Warmup & Cooldown miles should be done at Easy Pace.

Strides = No pace goal, not an all out sprint. Focus on proper form, mechanics + turnover.

Week #

Weekly
Mileage

	<i>monday</i>	<i>tuesday</i>	<i>wednesday</i>	<i>thursday</i>	<i>friday</i>	<i>saturday</i>	<i>sunday</i>	
1	EASY RUN 4 miles @ EP	CROSS TRAIN 20 minutes @ easy effort <i>cycling, elliptical, swimming</i>	EASY RUN 3 miles @ EP <i>run on rolling hills</i>	EASY RUN 3 miles @ EP + 5x20sec Strides w/ 1 min walk rest	CROSS TRAIN 20 minutes @ easy effort <i>cycling, elliptical, swimming</i>	LONG RUN 5 miles @ EP	REST DAY	15.5 miles
2	QUALITY SESSION 1.5 mi warmup 6 sets: Work = 90 sec @ 10K Recovery = 1 min walk 1 mi cooldown	CROSS TRAIN 25 minutes @ easy effort <i>cycling, elliptical, swimming</i>	EASY RUN 4 miles @ EP <i>run on rolling hills</i>	EASY RUN 3 miles @ EP + 5x20sec Strides w/ 1 min walk rest	CROSS TRAIN 25 minutes @ easy effort <i>cycling, elliptical, swimming</i>	LONG RUN 6 miles @ EP	REST DAY	17.2 miles
3	QUALITY SESSION 1 mi warmup 4 sets: Work = 800m @ HMP Recovery = 2 min jog 1 mi cooldown	CROSS TRAIN 30 minutes @ easy effort <i>cycling, elliptical, swimming</i>	EASY RUN 4 miles @ EP <i>run on rolling hills</i>	EASY RUN 3 miles @ EP + 5x20sec Strides w/ 1 min walk rest	CROSS TRAIN 30 minutes @ easy effort <i>cycling, elliptical, swimming</i>	LONG RUN 7 miles @ EP	REST DAY	19.1 miles
4	EASY RUN 4 miles @ EP	CROSS TRAIN 25 minutes @ easy effort <i>cycling, elliptical, swimming</i>	EASY RUN 3 miles @ EP <i>run on rolling hills</i>	EASY RUN 3 miles @ EP + 5x20sec Strides w/ 1 min walk rest	CROSS TRAIN 25 minutes @ easy effort <i>cycling, elliptical, swimming</i>	LONG RUN 5 miles @ EP	REST DAY	15.5 miles *down week

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Week #

5

6

7

8

9

	<i>monday</i>	<i>tuesday</i>	<i>wednesday</i>	<i>thursday</i>	<i>friday</i>	<i>saturday</i>	<i>sunday</i>	Weekly Mileage
5	QUALITY SESSION 1.5 mi warmup 6 sets: Work = 2 min @ 10K Recovery = 90 sec walk 1 mi cooldown	CROSS TRAIN 30 minutes @ easy effort <i>cycling, elliptical, swimming</i>	EASY RUN 4 miles @ EP <i>run on rolling hills</i>	EASY RUN 3 miles @ EP + 5x20sec Strides w/ 1 min walk rest	CROSS TRAIN 30 minutes @ easy effort <i>cycling, elliptical, swimming</i>	LONG RUN 7 miles @ EP	REST DAY	19.0 miles
6	QUALITY SESSION 1 mi warmup 6 sets: Work = 800m @ HMP Recovery = 2 min jog 1 mi cooldown	CROSS TRAIN 30 minutes @ easy effort <i>cycling, elliptical, swimming</i>	EASY RUN 4 miles @ EP <i>run on rolling hills</i>	EASY RUN 3 miles @ EP + 5x20sec Strides w/ 1 min walk rest	CROSS TRAIN 30 minutes @ easy effort <i>cycling, elliptical, swimming</i>	LONG RUN 8 miles @ EP	REST DAY	21.5 miles
7	QUALITY SESSION 1.5 mi warmup 6 sets: Work = 2:30 min @ 10K Recovery = 2 min walk 1 mi cooldown	CROSS TRAIN 30 minutes @ easy effort <i>cycling, elliptical, swimming</i>	EASY RUN 5 miles @ EP <i>run on rolling hills</i>	EASY RUN 4 miles @ EP + 5x20sec Strides w/ 1 min walk rest	CROSS TRAIN 30 minutes @ easy effort <i>cycling, elliptical, swimming</i>	LONG RUN 9 miles @ EP	REST DAY	23.6 miles
8	QUALITY SESSION 1 mi warmup 2 sets: Work = 1 mile @ HMP Recovery = 3 min jog 1 mi cooldown	CROSS TRAIN 25 minutes @ easy effort <i>cycling, elliptical, swimming</i>	EASY RUN 3 miles @ EP <i>run on rolling hills</i>	EASY RUN 3 miles @ EP + 5x20sec Strides w/ 1 min walk rest	CROSS TRAIN 25 minutes @ easy effort <i>cycling, elliptical, swimming</i>	LONG RUN 7 miles @ EP	REST DAY	19.8 miles *down week
9	QUALITY SESSION 1.5 mi warmup 6 sets: Work = 3 min @ 10K Recovery = 2 min walk 1 mi cooldown	CROSS TRAIN 30 minutes @ easy effort <i>cycling, elliptical, swimming</i>	EASY RUN 5 miles @ EP <i>run on rolling hills</i>	EASY RUN 4 miles @ EP + 5x20sec Strides w/ 1 min walk rest	CROSS TRAIN 30 minutes @ easy effort <i>cycling, elliptical, swimming</i>	LONG RUN 9 miles @ EP	REST DAY	24.0 miles

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Week #

	<i>monday</i>	<i>tuesday</i>	<i>wednesday</i>	<i>thursday</i>	<i>friday</i>	<i>saturday</i>	<i>sunday</i>	Weekly Mileage
10	QUALITY SESSION 1 mi warmup 3 sets: Work = 1 mile @ HMP Recovery = 3 min jog 1 mi cooldown	CROSS TRAIN 30 minutes @ easy effort <i>cycling, elliptical, swimming</i>	EASY RUN 5 miles @ EP <i>run on rolling hills</i>	EASY RUN 5 miles @ EP + 5x20sec Strides w/ 1 min walk rest	CROSS TRAIN 30 minutes @ easy effort <i>cycling, elliptical, swimming</i>	LONG RUN 10 miles @ EP	REST DAY	26.1 miles
11	QUALITY SESSION 1.5 mi warmup 6 sets: Work = 90 sec @ 10K Recovery = 90 sec walk 1 mi cooldown	CROSS TRAIN 20 minutes @ easy effort <i>cycling, elliptical, swimming</i>	EASY RUN 4 miles @ EP <i>run on rolling hills</i>	EASY RUN 3 miles @ EP + 5x20sec Strides w/ 1 min walk rest	CROSS TRAIN 20 minutes @ easy effort <i>cycling, elliptical, swimming</i>	LONG RUN 6 miles @ EP	REST DAY	17.6 miles *taper
12	EASY RUN 3 miles @ EP	CROSS TRAIN 15 minutes @ easy effort <i>cycling, elliptical, swimming</i>	EASY RUN 2 miles @ EP	EASY RUN 2 miles @ EP + 5x20sec Strides w/ 1 min walk rest	REST DAY	RACE DAY! Half Marathon (13.1 miles)	REST DAY	20.6 miles