

Running Training Plan

Beginner Half Marathon Training Plan

Goal

To be able to run the half marathon distance of 13.1 miles

Additional, optional goal

Half Marathon race

Plan duration

8 weeks

This plan assumes that you have followed our beginners [5k](#), [and 10k plans](#) or are able to run 6 miles continuously. The aim of the first 2 weeks is to consolidate the 10k / 4 sessions per week training. We are continuing to build on your aerobic base and still do not need to worry about speed. All runs should be at a pace you can sustain whilst holding a conversation ([conversational pace](#)).

For ease, we have used 1 mile = 10 mins, but do not be concerned if you run slower than this – it does not matter at the moment!

We have continued to include a 5 minute warm up and a post session stretch in the programme – it

is important that you warm up before a session and help your body return to its resting state afterwards.

The idea of running over an undulating route is introduced in week 2. Including some hills in your running will build strength and add variety. If you choose to enter a half marathon, you may also encounter some hills – it's worth being prepared!

You will notice that your Sunday 'Long Run' will get gradually longer. This is arguably the most important run when training for longer distances, although the shorter midweek runs are an important component too.

Weeks one and two

Day	Warm up	Session	Duration	Notes
Monday		Rest		
Tuesday	5 min brisk walk	Jog 40 mins (or 4 miles)	0.45	post-session stretch
Wednesday		Rest		
Thursday	5 min brisk walk	Jog 30 mins (or 3 miles)	0.35	post-session stretch
Friday	5 min brisk walk	Jog 40 mins (or 4 miles)	0.45	post-session stretch
Saturday		Rest		
Sunday	5 min brisk walk	Jog 60 mins (or 6 miles)	1.05	post-session stretch
Monday		Rest		
Tuesday	5 min brisk walk	Jog 40 mins (or 4 miles)	0.45	post-session stretch
Wednesday		rest		
Thursday	5 min brisk walk	Jog 30 mins (or 3 miles)	0.35	post-session stretch
Friday	5 min brisk walk	Jog 40 mins (4 miles) undulating route	0.45	post-session stretch
Saturday		Rest		
Sunday	5 min brisk walk	Jog 70 Mins (or 7 miles)	1.15	post-session stretch

Total exercise time for 14 days 6.30

1 mile jog is given as 10 mins duration, this will vary according to your own speed

Weeks three and four

We continue with 4 training sessions per week, but you will notice the introduction of a 'cross training'

session. This could be a hill walk, a cycle ride, a gym class — anything that exercises you **aerobically** and yet gives your body a break from running.

Weeks three and four

Day	Warm up	Session	Duration	Notes
Monday		Rest		
Tuesday	5 min brisk walk	Jog 45 mins (or 4.5 miles)	0.50	post-session stretch
Wednesday		Rest		
Thursday	5 min brisk walk	Jog 30 Mins (or 3 miles)	0.35	post-session stretch
Friday		Cross Train 45 mins - e.g. Cycle	0.50	
Saturday		Rest		
Sunday	5 min brisk walk	Jog 80 Mins (or 8 miles)	1.25	post-session stretch
Monday		Rest		
Tuesday	5 min brisk walk	Jog 45 mins (or 4.5 miles)	0.50	post-session stretch
Wednesday		Rest		
Thursday	5 min brisk walk	Jog 30 Mins (or 3 miles)	0.35	post-session stretch
Friday	5 min brisk walk	Jog 45 mins (4.5 miles) undulating route	0.50	post-session stretch
Saturday		Rest		
Sunday	5 min brisk walk	Jog 90 mins (or 9 miles)	1.35	post-session stretch
Total exercise time for 14 days			7.30	

Weeks five and six

You will be really pleased with yourself after week 6 — running for 10 miles or more is a fantastic achievement, regardless of speed — well Done!

Remember to run at 'conversational pace' — especially on a Sunday!

If you feel like putting in a bit more effort, add a bit of **Fartlek** to your Friday run.

Weeks five and six

Day	Warm up	Session	Duration	Notes
Monday		Rest		
Tuesday	5 min brisk walk	Jog 45 Mins (or 4.5 Miles)	0.50	post-session stretch
Wednesday		Rest		
Thursday	5 min brisk walk	Jog 45 Mins (4.5 Miles) undulating route	0.50	post-session stretch
Friday	5 min brisk walk	Jog 30 Mins (or 3 miles)	0.35	post-session stretch
Saturday		Rest		
Sunday	5 min brisk walk	Jog 90 mins (or 9 miles)	1.35	post-session stretch
Monday		Rest		
Tuesday	5 min brisk walk	Jog 45 Mins (or 4.5 Miles)	0.50	post-session stretch
Wednesday		Rest		
Thursday	5 min brisk walk	Jog 30 Mins (or 3 miles)	0.35	post-session stretch
Friday		Cross Train 45 Mins - e.g. Spin Class	0.50	post-session stretch
Saturday				
Sunday	5 min brisk walk	Jog 105 Mins (10.5 miles)	1.50	post-session stretch
Total exercise time for 14 days			7.55	

Weeks seven and eight

Again, we will take you a little 'over-distance' — pushing your longest run to 13.5 miles.. This will ensure that you will start a half marathon, if this is your goal, confident that you can finish comfortably. If you don't plan to race, then an extra half mile will be a great confidence boost anyway. Reaching this point is a fantastic achievement — you have made huge advances over the last 8 weeks and you should be feeling great. CONGRATULATIONS!

Weeks seven and eight

Day	Warm up	Session	Duration	Notes
Monday		Rest		
Tuesday	5 min brisk walk	Jog 45 Mins (or 4.5 Miles)	0.50	post-session stretch
Wednesday		Rest		
Thursday	5 min brisk walk	Jog 30 Mins (or 3 miles)	0.35	post-session stretch
Friday	5 min brisk walk	Jog 45 Mins (4.5 Miles) undulating route	0.50	post-session stretch
Saturday		Rest		
Sunday	5 min brisk walk	Jog 120 mins (or 12 miles)	2.05	post-session stretch
Monday		Rest		
Tuesday	5 min brisk walk	Jog 45 Mins (or 4.5 Miles)	0.50	post-session stretch
Wednesday		Rest		
Thursday	5 min brisk walk	Jog 30 Mins (or 3 miles)	0.35	post-session stretch
Friday	5 min brisk walk	Jog 45 Mins (4.5 Miles) undulating route	0.50	post-session stretch
Saturday		Rest		
Sunday	5 min brisk walk	Jog 135 mins (or 13.5 miles)	2.20	post-session stretch
Total exercise time for 14 days			8.55	

Special Notes

This training plan is for marathon beginners, but it is not for everyone new to running. Some people should speak to their doctor before undertaking any form of physical exercise, in particular, those who are (or have):

- More than 20% over their ideal weight
- More than 40 years old
- A smoker or ex-smoker
- Pregnant
- Personal or family history of heart trouble
- High blood pressure, diabetes or other medical condition