12 WEEK HALF MARATHON TRAINING PLAN BEGINNER

No previous half marathon experience necessary but you should be capable of running 10km in under 65mins or a 5km in 32mins. You should feel comfortable running for 4 to 5miles on your long run and regularly running 2-3 times per week. Some experience of interval and tempo running is helpful. Whilst not exclusively so, this schedule would suit a runner looking to run in the range of 2hr20 - 2hrs for the half. If you have run under 2hrs before, you might want to consider our experienced schedule.

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Monday Conditioning	**Monday** Conditioning	**Monday** Conditioning	**Monday** Conditioning	**Monday** Conditioning	**Monday** Conditioning
Tuesday Rest day	**Tuesday** Rest day	**Tuesday** Rest day	**Tuesday** Rest day	**Tuesday** Rest day	**Tuesday** Rest day
Wednesday 30-35mins easy	**Wednesday** 35-40mins easy	**Wednesday** *w/up routine 10 x 1min slightly faster than your parkrun pace off 1min walk Cool down 5-6mins jog	**Wednesday** *warm up routine 4 x 2mins @ slightly faster than parkrun pace off 2min walk then 4 x 1min off 1min walk Cool down 5-6mins jog	**Wednesday** *warm up routine 7 x 2mins @ slightly faster than parkrun pace with 2min walk break (or easy jog for more experienced runners) Cool down 5-6mins jog	**Wednesday** *warm up routine 5 x 3mins @ approx parkrun pace or slightly faster with 2min walk break (or easy jog for more exp'd runners) Cool down 5-6mins jog
Thursday Conditioning	**Thursday** Conditioning	**Thursday** Conditioning	**Thursday** Conditioning	**Thursday** Conditioning	**Thursday** Conditioning
Friday 25mins very easy pace	**Friday** 30mins very easy pace	**Friday** 35mins very easy pace	**Friday** Rest day	**Friday** 35mins very easy pace	**Friday** 35mins very easy pace
Saturday Rest day	**Saturday** Rest day	**Saturday** Rest day	**Saturday** **5K Park Run** as tempo run don't forget to warm up	**Saturday** Rest day	**Saturday** Rest day
Sunday 4miles (approx 6.5km)	**Sunday** 5miles (approx 8km)	**Sunday** 6miles (approx 9.5km)	**Sunday** Rest day or very easy 30mins	**Sunday** 7miles (approx 11km)	**Sunday** 8miles (approx 13km)

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Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Monday Conditioning	**Monday** Conditioning	**Monday** Conditioning	**Monday** Conditioning	**Monday** Conditioning	**Monday** Rest day or light conditioning
Tuesday Rest day	**Tuesday** Rest day	**Tuesday** Rest day	**Tuesday** Rest day	**Tuesday** Rest day	**Tuesday** Rest day
Wednesday *warm up routine by 2 x 5 mins @ approx parkrun pace or slightly faster with 2min walk break, then 5x1min slightly quicker off 30secs walk (or jog for more exp'd runners) Cool down 5-6min jog	**Wednesday** *warm up routine 4 x 4 mins @ approx parkrun pace or slightly faster with 2min walk break (or easy jog for exp'd runners) Cool down 5-6min jog	**Wednesday** *w/up routine 8-10 x 2' @ or slightly faster than 5km pace off off 1min rest Cool down 8-10min jog	**Wednesday** *w/up routine followed by a fartlek of 3min effort @ 10k pace, 2min easy jog , 2min effort @ 5km pace, 2min jog, 1min effort slightly faster than 5km pace, 2min jog Repeat 3 times. Usual cool down	**Wednesday** *w/up routine followed by 3 x 4min effort (slighty slower than 5k pace) off 90secs rest followed by 4 x 1min slightly faster off 60secs rest.	**Wednesday** *w/up routine followed by 9min (or 1mile) @ half marathon pace, 3min rest then 4 x 90secs slightly faster than HM pace. All off 1min rest/recovery.
Thursday Conditioning	**Thursday** Conditioning	**Thursday** Conditioning	**Thursday** Conditioning	**Thursday** Conditioning	**Thursday** Rest day
Friday 40mins very easy pace	**Friday** Rest day	**Friday** 40mins very easy pace	**Friday** 40mins very easy pace	**Friday** 30mins very easy pace	**Friday** 20mins very easy pace
Saturday Rest day	**Saturday** **5K Park Run** tempo run don't forget to warm up	**Saturday** Rest day	**Saturday** Rest day	**Saturday** Rest day	**Saturday** Rest day
Sunday 9miles (approx 14.5km)	**Sunday** Rest day or very easy 35-40mins	**Sunday** 10miles (approx 16km)	**Sunday** 11miles (approx 18km)	**Sunday** 50mins easy	**Sunday** **Butterfield Half Marathon!**

Warm up routine	Before intervals, tempo runs or races do a thorough warm routine. This should consist of 6-8min very easy running, following by dynamic exercises, and finished with strides (3-4 x short gradually progressing effort runs of approx 50-60metres with walk back recovery.
Conditioning	Conditioning refers to exercise which builds the strength of the muscles and tendons. As a runner, conditioning your body to improve your strength, how you move and your general stability will all help reduce the risk of injury and prepared your body for running.

Training Zones	% Max Heart Rate	What is it for and how it should feel?
Very easy running (cardio)	65% or below	This intensity can aid recovery from harder training but will also still build time on feet to develop endurance. Less experience runners might find it difficult to keep your heart rate down, so don't be afraid to slow these runs down. There are benefits to using cross training to off-load from running to reduce the risk of overuse injuries at this intensity via other exercise such as swimming, cycling or even a brisk walk.
Easy Aerobic Running	65% to 80%	Sometimes referred to as 'chatting pace' as you should still be able to talk when running at this speed. Beginners will find this more challenging whilst they are developing the muscular endurance aerobic fitness associated with longer endurance running.
Tempo Running	80% to 87%	This intensity will be new to many less experienced runners and you may encounter this training via some of the longer intervals on the Wednesday listed sessions. We have also suggested some parkruns at this intensity to break up your training. It will feel moderately challenging in terms of effort, and chatting a will feel more difficult compared with the easy running but it shouldn't feel as difficult as your 5km race effort.
Interval Running	88% - 92%	Training at this intensity will be challenging and conversation difficult once you are a few efforts into these training sessions. This may not be immediate however, but more cumulative so pacing is important. Most of the sessions at this intensity are listed on Wednesdays with efforts ranging from 10k to 5km pace. Most importantly runners of all levels should look to finish these types of training sessions with something left and not push themselves to their limit to avoid over-reaching.