12 WEEK HALF MARATHON TRAINING PLAN COMPLETE BEGINNER

First half marathon runner, with ideally 4-6 months running experience & comfortably able to run 5km. Not exclusively so but would suit runners likely to run the half between 2hr 25 - 3hrs. Currently running 2-3 times per week. If you have have run a half before & are likely to run faster than 2hr25 you might want to consider our beginners level 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 20 - 25mins easy	**Wednesday** 25 - 30mins easy	**Wednesday** 30mins easy	**Wednesday** 30mins easy	**Wednesday** 30mins easy	**Wednesday** 35mins easy
Thursday Conditioning	**Thursday** Conditioning	**Thursday** Conditioning	**Thursday** Conditioning	**Thursday** Conditioning	**Thursday** Conditioning
Friday 20-25mins very easy or cross training	**Friday** 25mins very easy or cross training	**Friday** Rest day	**Friday** 25mins very easy or cross training	**Friday** 30mins very easy or cross training	**Friday** Rest day
Saturday Rest day	**Saturday** Rest day	**Saturday** **5K Park Run** or 3miles easy	**Saturday** Rest day	**Saturday** Rest day	**Saturday** **5K Park Run** or 3miles easy
Sunday 4miles (approx. 6.5km)	**Sunday** 5miles (approx. 8km)	**Sunday** Rest day	**Sunday** 6miles (approx. 10km)	**Sunday** 7miles (approx. 11km)	**Sunday** Rest day

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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 or light conditioning
Tuesday Rest day	**Tuesday** Rest day	**Tuesday** Rest day	**Tuesday** Rest day	**Tuesday** Rest day	**Tuesday** Rest day
Wednesday 35mins easy	**Wednesday** 35mins easy	**Wednesday** 40mins easy	**Wednesday** 40mins easy	**Wednesday** 30mins easy	**Wednesday** 25-30mins easy
Thursday Conditioning	**Thursday** Conditioning	**Thursday** Conditioning	**Thursday** Conditioning	**Thursday** Conditioning	**Thursday** Rest day
Friday 35mins very easy or cross training	**Friday** 35mins very easy or cross training	**Friday** Rest day	**Friday** 40mins very easy or cross training	**Friday** 30mins very easy or cross training	**Friday** 20mins very easy or cross training
Saturday Rest day	**Saturday** Rest day	**Saturday** **5K Park Run** or 4miles easy	**Saturday** Rest day	**Saturday** Rest day	**Saturday** Rest day
Sunday 8miles (approx 13km)	**Sunday** 9miles (approx 15km)	**Sunday** Rest day	**Sunday** 10miles (approx 16km)	**Sunday** 4miles very 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.