

14 week beginner’s schedule:

Training for a half marathon needs to see you build up some regular running miles. Start this plan if you can already run for 20 to 30minutes continuously. Your training should be progressive and balanced so you don’t feel too tired. Monday is a day for rest or active recovery. For example, going to the gym or for a swim or cycle. Tuesday is a day for fast intervals, Thursday is a mixed day for developing your race endurance and the weekend is for building your strength and stamina. Wednesday and Friday are rest days and Sat (or Sun) is an active recovery or rest day. Change the days to fit your lifestyle if preferred but always ensure a balanced running week.

Walk:run.

This is a strategy for many new runners and involves breaking up the race into periods of running then walking. For example, 8min run – 2min walk repeated.

Easy or recovery runs.

During an easy run you should feel relaxed. You should be breathing comfortably and be capable of holding a conversation throughout the run. If you’re a new/novice runner then you’ll probably be questioning whether any runs feel easy and holding a conversation may feel impossible. Slow down, walk if necessary and control your effort.

Steady runs.

These are the bread and butter of your training, the ‘miles in the bank’. Steady runs build the aerobic base that acts as the foundation for the rest of your training. Conversations are still possible at this pace but in sentences rather than long gossip.

Threshold or tempo runs

Running at ‘threshold’ pace is about running under ‘controlled discomfort’ and is great for improving your running economy. You will find them slightly uncomfortable and they’ll require concentration but they are well worth the effort. You’ll only be capable of uttering a four or five words as you run. As you get fitter and more experienced you’ll learn how to find your own ‘threshold’ pace and this will change the fitter, stronger and faster you get.

14 weeks to go:

M	
T	30mins brisk walk
W	
Th	30mins brisk walk
F	
S	10mins walk, 20mins easy, 10mins walk. = 40mins
S	

13 weeks to go:

M	
T	(10mins easy run, 10mins walk) x 2 = 40mins
W	
Th	10min walk, 15min easy run, 10min walk = 35mins
F	
S	5 min brisk walk, 25min easy run, 5min brisk walk, 5min easy walk. =40mins
S	

12 weeks to go:

M	
T	30mins easy running
W	
Th	5min easy run, (3min brisk run, 3min easy run or walk.) Repeat 3x. 5min easy run
F	
S	40mins easy run
S	

11 weeks to go:

M	
T	35mins easy run
W	
Th	5min easy run, (4min fast run, 3min easy run/walk) Repeat 4x. 5min easy run.
F	
S	45mins easy running
S	

10 weeks to go:

M	
T	40mins easy run
W	
Th	30mins easy run
F	
S	50mins easy run
S	

9 weeks to go:

M	
T	45mins easy run
W	
Th	30mins easy run
F	
S	55mins easy run
S	

8 weeks to go:

M	
T	40mins easy running
W	
Th	5min easy run (2min fast run, 2min easy run) Repeat 6x. 5min easy run
F	
S	65mins easy running
S	

7 weeks to go:

M	
T	40mins easy running
W	
Th	5min easy run. 20min 'tempo' run (quicker than normal – but not really hard), 5 min easy run.
F	
S	75mins easy running
S	

6 weeks to go:

M	
T	45mins easy running
W	
Th	5min easy run (6min tempo run, 3min easy run) Repeat 4x. 5min easy run.
F	
S	1 hour 30 mins easy running. (walk every 30mins if you need to)
S	

5 weeks to go: A lighter week or race week.

M	
T	30mins easy running
W	
Th	30mins easy running
F	
S	Race a 10k this weekend or do a 30mins tempo run.
S	

4 weeks to go:

M	
T	45mins easy
W	
Th	10mins easy (3 min steady, 1min faster, 2min jog) x 4. 10mins easy
F	
S	1 hour 50mins easy running, (take walk break if you need too.)
S	

3 weeks to go:

M	
T	50mins easy running
W	
Th	10min easy run, (2min fast run, 2min very easy run) Repeat 8x. 10min easy run.
F	
S	90mins easy running
S	

2 weeks to go: A lighter training load

M	
T	20mins easy
W	
Th	10mins easy running, 25mins at your half marathon pace. 10mins easy running
F	
S	50mins easy running
S	

1 week to go: An easy run week to put the energy back into your body.

M	30mins easy run
T	Rest
W	20mins easy run
Th	Rest
F	10mins easy run
S	Rest
S	Race day- Good luck.