

Half marathon

Training plans

LET'S
GET
RUNNING 



Before all interval and hill sessions, try a 10-15min easy warm up followed by the drills [in this video](#). For all other runs, use a short mobility routine before you start the run [as shown here](#).

All runs are structured by time and effort as opposed to distance. This is easier for you. Running by distance does not take into account varied terrain, weather and mood! Running by time is more consistent. There are three levels to choose from:

Beginner

For those who are fairly new to the running scene. Get all the basics you need to get to the finish line smoothly.

Intermediate

For those who are looking to take a step up, vary their training and improve their time.

Advanced

For experienced half marathon runners, searching for that elusive PB.

Pace guide for all plans

Run Gear 1 (G1)

Easy conversation pace, if you aren't able to talk, slow down!

Gear 2 (G2)

Breathing starts to get a little more strained but you can still manage a short sentence. Comfortably hard or 7 out of 10/70% effort.

Gear 3 (G3)

Breathing is deep but rhythmical – working hard, 75% to 80%. For more experienced runners this would be roughly 10k race pace.

Gear 4 (G4)

Hard running – could say a word or so. Less control over breathing. Probably only maintain this for 10mins before slowing down significantly. Feel the lactic burn! 85% effort.

Gear 5 (G5)

Flat out sprinting. Wouldn't be able to speak at all! 10–20sec all out effort.

Key

Fartlek

Loosely translates as 'speed play', these are continuous runs where you vary your pace and effort for set periods of time.

Strides

Short 20 sec relaxed sprints, focusing on tall posture and a fast smooth turnover of steps. Run 5–6 sprints with a jog/walk back to your starting position after each one.

Short hills

A steep climb that takes 30–40 sec to run up. Run these at a fast pace/effort. Walk back to the bottom each each one.

Long hills

A climb that takes 60–80 sec to run up. More of a grind – run these at steady pace/effort. Slowly jog back to the bottom after each one.

Strength – core

60 secs of each of these 6 exercises in turn = 1 round. See plan for number of rounds. (Video link: [Let's Get Running Core Workout](#))

Strength – legs

10-15 reps of each of these 6 exercises in turn = 1 round. (If in gym substitute leg press for squats or lunges.) (Video link: [Runners Conditioning Workout](#))

Half marathon

Beginner



Week 1

Mon	Tue	Wed	Thur	Fri	Sat	Sun
Strength session – legs	Rest	20 mins @ G1	Rest	Rest	25 mins @ G1	Rest

Week 2

Mon	Tue	Wed	Thur	Fri	Sat	Sun
Strength session – core	Rest	25 mins @ G1 + Strides	Rest	Rest	35 mins @ G1	Rest

Week 3

Mon	Tue	Wed	Thur	Fri	Sat	Sun
30 mins @ G1 + Strides	Rest	35 mins @ G1	Rest	Rest	45 mins @ G1	Rest

Week 4

Mon	Tue	Wed	Thur	Fri	Sat	Sun
Short hills session (6 reps)	Rest	35 mins @ G1	Rest	Strength session – legs x 2	55 mins @ G1	Rest

Week 5

Mon	Tue	Wed	Thur	Fri	Sat	Sun
40 mins @ G1	Rest	Fartlek run: 10 mins @ G1, 10 mins @ G2, 5 mins @ G1, 10 mins @ G3, 5 mins @ G1	Rest	Strength session – core x 2	70 mins @ G1	Rest

Week 6

Mon	Tue	Wed	Thur	Fri	Sat	Sun
50 mins @ G1	Rest	Long hills session (6 reps)	Rest	Rest	5km ParkRun! Visit ParkRun.com to find your local run	Rest

Week 7

Mon	Tue	Wed	Thur	Fri	Sat	Sun
35 mins @ G1	Rest	Interval session: 8 x 2 mins @ G4, 2 mins rest in between each	Rest	Strength session – legs x 3	90 mins @ G1	Rest

Half marathon

Beginner



Week 8

Mon	Tue	Wed	Thur	Fri	Sat	Sun
45 mins @ G1	Rest	Fartlek: 15 mins @ G1, 10 mins @ G2, 10 mins @ G3, 10 mins @ G2, 5 mins @ G1	Optional 30 mins @ G1	Strength session – core x 3	50 mins @ G1	Rest

Week 9

Mon	Tue	Wed	Thur	Fri	Sat	Sun
45 mins @ G1	Rest	Interval session: 6 x 3 mins @ G4, 2 mins rest in between each	Optional 30 mins @ G1	Rest	Fartlek: 60 mins @ G1	Rest

Week 10

Mon	Tue	Wed	Thur	Fri	Sat	Sun
50 mins @ G1	Rest	Fartlek: 15 mins @ G1, 20 mins @ G2, 10 mins @ G3, 5 mins @ G1	Rest	Strength session – legs x 2	1 hour 45 mins @ G1	Rest

Week 11

Mon	Tue	Wed	Thur	Fri	Sat	Sun
30 mins @ G1	Rest	Fartlek: 10 mins @ G1, 20 mins @ G2, 20 mins @ G3	Rest	Strength session – core x 2	50 mins @ G1	Rest

Week 12

Race weekend

Mon	Tue	Wed	Thur	Fri	Sat	Sun
30 mins @ G1 + Strides	Rest	Rest	20 mins @ G1	Rest	Rest	Race day!

Half marathon

Intermediate



Week 1

Mon	Tue	Wed	Thur	Fri	Sat	Sun
35 mins @ G1	Rest	30 mins @ G1 + Strides	Rest	Rest	Strength session – legs x 2	40 mins @ G1

Week 2

Mon	Tue	Wed	Thur	Fri	Sat	Sun
40 mins @ G1	Rest	Short hills session (6 reps)	Rest	Rest	Strength session – core x 2	50 mins @ G1

Week 3

Mon	Tue	Wed	Thur	Fri	Sat	Sun
45 mins @ G1	Rest	Speed interval session: 5 x (run 75 secs, rest 45 secs, run 45 secs) Rest for 4 mins between each set. Run intervals in G4/G5	Rest	Rest	Strength session – legs x 3	60 mins @ G1

Week 4

Mon	Tue	Wed	Thur	Fri	Sat	Sun
45 mins @ G1	Rest	Long hills session (8 reps)	Rest	Rest	Strength session – legs x 3	Progression: 30 mins @ G1, 20 mins @ G2, 10 mins @ G3

Week 5

Mon	Tue	Wed	Thur	Fri	Sat	Sun
50 mins @ G1	Rest	Interval session: 7 x 3 mins @ G4, 2 mins rest in between each	Rest	Strength session – core x 3	Fartlek: 20 mins @ G1, 7 mins @ G3, 3 mins @ G1, 7 mins @ G3, 3 mins @ G1, 7 mins @ G3, 10 mins @ G1	80 mins @ G1

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Intermediate



Week 6

Mon	Tue	Wed	Thur	Fri	Sat	Sun
50 mins @ G1	Rest	Fartlek: 20 mins @ G1, 10 mins @ G2, 5 mins @ G1, 10 mins @ G3, 10 mins @ G1	Rest	Strength session – legs x 3	5km ParkRun! Visit ParkRun.com to find your local run	70 mins @ G1

Week 7

Mon	Tue	Wed	Thur	Fri	Sat	Sun
50 mins @ G1	Rest	Interval session: 3 x (3 mins 30 run @ G4, 2 mins rest, 2 mins 30 run @ G4, 1 min 30 rest, 1 min run @ G5) Between each round take only 45 secs rest!	Rest	Strength session – core x 3	Fartlek: 20 mins @ G1, 10 mins @ G2, 5 mins @ G1, 10 mins @ G3, 10 mins @ G1	90 mins @ G1

Week 8

Mon	Tue	Wed	Thur	Fri	Sat	Sun
55 mins @ G1	Rest	Interval session: 7 x 4 mins @ G4, 2 mins rest in between each	Rest	Strength session – legs x 3	50 mins @ G1	Fartlek: 30 mins @ G1, 20 mins @ G2, 10 mins @ G1, 10 mins @ G3, 10 mins @ G1

Week 9

Mon	Tue	Wed	Thur	Fri	Sat	Sun
60 mins @ G1	Rest	Interval session: 3 x 9 mins @ G3, 3 mins jog between each	Rest	Strength session – core x 3	50 mins @ G1	Fartlek: 60 mins @ G1, 30 mins @ G2

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Intermediate



Week 10

Mon	Tue	Wed	Thur	Fri	Sat	Sun
50 mins @ G1	Rest	Progression: 20 mins @ G1, 20 mins @ G2, 20 mins @ G3	Rest	45 mins @ G1 + Strides	Rest	1 hour 45 mins @ G1

Week 11

Mon	Tue	Wed	Thur	Fri	Sat	Sun
50 mins @ G1	Rest	10 mins @ G1, 30 mins @ G2 + Strides	Rest	Rest	ParkRun or fast 5k Timetrial (can you beat week 6 time?)	40 mins @ G1

Week 12

Race weekend

Mon	Tue	Wed	Thur	Fri	Sat	Sun
35 mins @ G1	Rest	30 mins @ G1 + Strides	Rest	Optional – 20 mins @ G1	Rest	Race day!



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Advanced



Week 1

Mon	Tue	Wed	Thur	Fri	Sat	Sun
40 mins @ G1	Rest	35 mins @ G1 + Strides	Rest	50 mins @ G1	Strength session – legs x 2	60 mins @ G1

Week 2

Mon	Tue	Wed	Thur	Fri	Sat	Sun
50 mins @ G1	Rest	Short hills session (8 reps)	Rest	Progression run: 20 mins @ G1, 10 mins @ G2, 5 mins @ G3	Strength session – core x 2	70 mins @ G1

Week 3

Mon	Tue	Wed	Thur	Fri	Sat	Sun
Fartlek: 25 mins @ G1, 5 mins @ G2, 3 mins @ G1, 5 mins @ G3, 3 mins @ G1, 5 mins @ G3, 10 mins @ G1	Rest	50 mins @ G1	Rest	Strength session – legs x 3	Speed interval session: 6 x (run 75 secs, rest 45 secs, run 45 secs) Rest for 4 mins between each set. Run intervals in G5	Progression: 30 mins @ G1, 20 mins @ G2, 15 mins @ G3

Week 4

Mon	Tue	Wed	Thur	Fri	Sat	Sun
50 mins @ G1	Rest	Long hills session (8 reps)	Rest	Strength session – core x 3	Rest	90 mins @ G1

Week 5

Mon	Tue	Wed	Thur	Fri	Sat	Sun
60 mins @ G1	Rest	Interval session: 7 x 3 mins @ G4, 90 secs rest in between each	Rest	Strength session – legs x 4	50 mins @ G1	Fartlek: 30 mins @ G1, 20 mins @ G2, 10 mins @ G1, 10 mins @ G3, 10 mins @ G1

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Advanced



Week 6

Mon	Tue	Wed	Thur	Fri	Sat	Sun
50 mins @ G1	Rest	Interval session: 3 x (4 mins run @ G3, 2 mins rest, 3 mins run @ G3, 1 min 30 rest, 1 min run @ G4) Then take only 45 secs rest between each round!	Rest	30 mins @ G1 + Strides	5km ParkRun! Visit ParkRun.com to find your local run	1 hour 40 mins @ G1

Week 7

Mon	Tue	Wed	Thur	Fri	Sat	Sun
60 mins @ G1	Rest	Interval session: 10 mins @ G3, 3 mins rest, 5 x 1 min @ G4 with 1 min rest between, 3 mins rest, 10 mins @ G3	Rest	Optional 35 mins @ G1 + Strength session – core x 3	50 mins @ G1	Fartlek: 30 mins @ G1, 20 mins @ G2, 10 mins @ G1, 20 mins @ G3, 10 mins @ G1

Week 8

Mon	Tue	Wed	Thur	Fri	Sat	Sun
65 mins @ G1	Rest	Interval session: 5 x 5 mins @ G4, 2 mins rest in between each	Optional 35 mins @ G1 + Strength session – legs x 3	Rest	Rest	1 hour 50 mins @ G1

Week 9

Mon	Tue	Wed	Thur	Fri	Sat	Sun
60 mins @ G1	Rest	Interval session: 3 x 9 mins @ G3, 3 mins jog between each	40 mins @ G1 + Strength session – core x 3	Rest	50 mins @ G1	Fartlek: 30 mins @ G1, 10 mins @ G2, 10 mins @ G3, 10 mins @ G2, 20 mins @ G1

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Advanced



Week 10

Mon	Tue	Wed	Thur	Fri	Sat	Sun
50 mins @ G1	Rest	Progression: 20 mins @ G1, 10 mins @ G2, 5 mins @ G3	40 mins @ G1 + Strength session – legs x 3	Rest	Speed interval session: 6 x (run 75 secs, rest 45 secs, run 45 secs) Rest for 4 mins between each set. Run intervals in G5	1 hour 45 mins @ G1

Week 11

Mon	Tue	Wed	Thur	Fri	Sat	Sun
50 mins @ G1	Rest	Fartlek: 10 mins @ G1, 30 mins @ G2, Strides, 10 mins @ G2	Optional 40 mins @ G1 + Strength session – core x 3	Rest	5km ParkRun! Visit ParkRun.com to find your local run	50 mins @ G1

Week 12

Race weekend

Mon	Tue	Wed	Thur	Fri	Sat	Sun
35 mins @ G1	Rest	30 mins @ G1 + Strides	Rest	Optional – 20 mins @ G1	Rest	Race day!

