

Beginners 8-Week Half Marathon Training Plan

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Jog 30 mins	REST	Jog 20 mins, Run 15, Jog 15, Run 15, Walk 5, Jog 10, Run 5, Jog 15	Jog 30 mins	Jog 60 mins, Walk 10, Jog 10	REST	Jog 10 mins, Run 30, Walk 10, Jog 25, Run 10, Walk 5, Jog 25.
2	Jog 35 mins	REST	Jog 15 mins, Run 10, Jog 15, Walk 5, Jog 20, Run 10, Jog 15	Jog 30 mins	Jog 20 mins, Run 10, Jog 40	REST	Jog 10 mins, Run 20, Walk 5, Run 10, Walk 5, Jog 60
3	Jog 40 mins	REST	Jog 10 mins, Run 10, Jog 20, Run 10, Jog 20, Run 10, Walk 5, Jog 30	Jog 30 mins	Jog 15 mins, Run 15, Jog 40	REST	Jog 25 mins, Run 15, Jog 20, Run 5, Jog 35, Run 5, Walk 5, Jog 15
4	Jog 20 mins, Walk 5, Jog 5	Jog 60 mins	Jog 15 mins, Run 10, Jog 25	REST	Jog 20 mins	REST	10k RACE
5	REST	Jog 40 mins	Jog 45 mins	Jog 30 mins	Jog 60 mins, Walk 5	REST	Jog 80 mins
6	Jog 30 mins, Walk 5, Run 10, Jog 15	REST	Jog 15 mins, Run 15, Jog 20, Run 10, Jog 25	Jog 30 mins	Jog 15 mins, Run 10, Jog 30, Run 20, Jog 30	REST	Jog 90 mins
7	Jog 20 mins, Run 5, Walk 5	REST	Jog 30 mins	Jog 15 mins, Run 10, Jog 30, Walk 10, Jog 10, Run 10, Jog 15	Jog 40 mins	Jog 15 mins, Walk 15, Jog 5	Jog 40 mins, Run 10, Repeat X 2
8	Jog 20 mins	Jog 45 mins	Jog 20 mins, Run 20, Jog 5, Walk 5, Run 20, Jog 10, Run 20, Walk 5, Jog 10	Jog 30 mins, Walk 20	REST	REST	HALF MARATHON RACE

Training Programme Key:

Type	Description
Jog	Slow Run
Run	A pace at which you can maintain conversation
Faster Run	More difficult to maintain conversation
Fartlek	Continuous running at alternating speeds.

It should be noted that this 'Beginners' training plan has not been designed for a person brand new to running; it is not a 'couch to start-line' guide. Rather, it should be seen as the final eight-weeks of a beginner's training towards their first half-marathon – with preferably a minimum of twelve-months prior training leading up to it.

If, say, the Week One regime looks too demanding, then you're probably not at the stage where a half-marathon in two-months time is going to be a realistic goal. And that said, as the weeks pass by you can implement the training plan in two ways: primarily as a means of adding those finishing touches to the development of your fitness for the event, and secondly as a measure of how prepared you are to participate.

Likewise, the Intermediate and Advanced programmes should be seen as the final phase of training and not a 'quick-fix' guide for those who've been putting their running off, or who have been out due to injury.