

TRAINING PLAN - Half Marathon

WEEKS 1-12



WEEK 01

MON	TUES	WED	THU	FRI	SAT	SUN
REST	3K EASY General Stretching	REST	4K EASY General Stretching	REST	REST/ CROSS TRAIN	7K EASY Stretching and active recovery

WEEK 07

MON	TUES	WED	THU	FRI	SAT	SUN
REST	7K EASY General Stretching	REST	10K EASY Including some longer hills. General Stretching	REST	REST/ CROSS TRAIN	14K EASY Stretching and active recovery

WEEK 02

MON	TUES	WED	THU	FRI	SAT	SUN
REST	4K EASY General Stretching	REST	5K EASY General Stretching	REST	REST/ CROSS TRAIN	8K EASY Stretching and active recovery

WEEK 08

MON	TUES	WED	THU	FRI	SAT	SUN
REST	5K EASY General Stretching	REST	2kms Easy 7kms at goal half pace 2kms Easy	2-3 kms	REST/ CROSS TRAIN	16K EASY Stretching and active recovery

WEEK 03

MON	TUES	WED	THU	FRI	SAT	SUN
REST	4K EASY General Stretching	REST	6K EASY General Stretching	REST	REST/ CROSS TRAIN	9K EASY Stretching and active recovery

WEEK 09

MON	TUES	WED	THU	FRI	SAT	SUN
REST	6K EASY General Stretching	REST	12K EASY Including some longer hills. General Stretching	3-4 kms	REST/ CROSS TRAIN	18K EASY Stretching and active recovery

WEEK 04

MON	TUES	WED	THU	FRI	SAT	SUN
REST	4K EASY General Stretching	REST	8K EASY General Stretching	REST	REST/ CROSS TRAIN	8K EASY Stretching and active recovery

WEEK 10

MON	TUES	WED	THU	FRI	SAT	SUN
REST	5K EASY General Stretching	REST	2kms Easy 6kms at goal half pace 2kms Easy	3-4 kms	REST/ CROSS TRAIN	18K EASY Stretching and active recovery

WEEK 05

MON	TUES	WED	THU	FRI	SAT	SUN
REST	5K EASY General Stretching	REST	10K EASY Including some longer hills. General Stretching	REST	REST/ CROSS TRAIN	10K EASY Stretching and active recovery

WEEK 11

MON	TUES	WED	THU	FRI	SAT	SUN
REST	4K EASY General Stretching	REST	2kms Easy 5kms at goal half pace 2kms Easy	2-3 kms	REST/ CROSS TRAIN	12K EASY Stretching and active recovery

WEEK 06

MON	TUES	WED	THU	FRI	SAT	SUN
REST	6K EASY General Stretching	REST	4kms Easy 6kms at goal half pace 2kms Easy	REST	REST/ CROSS TRAIN	7K EASY Stretching and active recovery

WEEK 12

MON	TUES	WED	THU	FRI	SAT	SUN
REST	4K EASY General Stretching	REST	5K EASY General Stretching	2-3 kms	REST/ CROSS TRAIN	Race Day!

Easy = Can talk/maintain a conversation while running

Steady = Faster than easy, stable breathing & pace. Can talk, but short sentences only

Fast = Faster than Steady, slower than race pace. Can still talk, but only a few words at a time

Race Pace = Goal pace for race day