

# TRAINING PLAN - HALF MARATHON

## WEEKS 1–12

**WEEK 01**

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

**WEEK 07**

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

**WEEK 02**

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

**WEEK 08**

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

**WEEK 03**

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

**WEEK 09**

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

**WEEK 04**

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

**WEEK 10**

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

**WEEK 05**

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

**WEEK 11**

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

**WEEK 06**

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

**WEEK 12**

MON	TUES	WED	THU	FRI	SAT	SUN
REST	<b>4K</b> EASY General Stretching	REST	<b>5K</b> EASY General Stretching	<b>2-3 kms</b>	REST/ CROSS TRAIN	<b>RACE DAY!</b> 

**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

For a detailed version of this training planning click this [link](#).

