

SAMPLE 12 WEEK HALF MARATHON PLAN for a beginner runner, training 3 times per week

■ Easy Run
 ■ Intervals
 ■ Tempo
 ■ Long Run

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Rest	3.6km 400m Repeats	Rest	5km 5km Easy Run	Rest	6km 6km Long Run	Rest
WEEK 2	Rest	5km Over and Unders 1km	Rest	4km 4km Easy Run	Rest	8km 8km Long Run	Rest
WEEK 3	Rest	5.2km Shorter Intervals	Rest	4km 4km Easy Run	Rest	10km 10km Long Run	Rest
WEEK 4	Rest	3.1km 200m Repeats	Rest	4km 4km Easy Run	Rest	7km 7km Long Run	Rest
WEEK 5	Rest	5km Varied Tempo 2kms	Rest	5km 5km Easy Run	Rest	12km 12km Long Run	Rest
WEEK 6	Rest	7km Repeating Drop Set	Rest	7km 7km Easy Run	Rest	14km 14km Long Run	Rest
WEEK 7	Rest	7km 2km Repeats	Rest	7km 7km Easy Run	Rest	16km 16km Long Run	Rest
WEEK 8	Rest	5.2km Tempo 1200s	Rest	5km 5km Easy Run	Rest	10km 10km Long Run	Rest

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 9	Rest	7km Pyramid Intervals	Rest	6km 6km Easy Run	Rest	18km 18km Long Run	Rest
WEEK 10	Rest	7.1km Mile Up & Overs	Rest	7km 7km Easy Run	Rest	12km 12km Long Run	Rest
WEEK 11	Rest	7km Half Easy Half Tempo	Rest	5km 5km Easy Run	Rest	10km 10km Long Run	Rest
WEEK 12	Rest	Rest	6km Taper Intervals	Rest	Rest	Rest	21.1km Half Marathon Race