

Beginners' Half Marathon Training Plan

Day/Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	REST	15 mins (2 min run, 1 min walk x 5)	REST	REST	15 mins (2 min run, 1 min walk x 5)	REST	18 mins (2 min run, 1 min walk x 6)
Week 2	REST	18 mins (2 min run, 1 min walk x 6)	Yoga or S&C	REST	20 mins (3 min run, 1 min walk x 5)	REST	20 mins (4 min run, 1 min walk x 4)
Week 3	REST	20 mins (4 min run, 1 min walk x 4)	Yoga or S&C	REST	23 mins (5 min run, 1 min walk x 4)	REST	28 mins (6 min run, 1 min walk x 4)
Week 4	REST	24 mins (7 min run, 1 min walk x 3)	Yoga or S&C	REST	28 mins (8 min run, 1 min walk x 3)	REST	35 mins (8 min run, 1 min walk x 4)
Week 5	REST	28 mins (8 min run, 1 min walk x 3)	Yoga or S&C	REST	35 mins (8 min run, 1 min walk x 4)	REST	43 mins (10 min run, 1 min walk x 4)
Week 6	REST	33 mins (10 min run, 1 min walk x 3)	Yoga or S&C	REST	37 mins (12 min run, 1 min walk x 3)	REST	47 mins (15 min run, 1 min walk x 3)
Week 7	REST	31 mins (15 min run, 1 min walk x 2)	Yoga or S&C	REST	47 mins (15 min run, 1 min walk x 3)	REST	63 mins (20 min run, 1 min walk x 3)
Week 8	REST	41 mins (20 min run, 1 min walk x 2)	Yoga or S&C	REST	36 (25 min run, 1 min, 10 min run)	REST	77 mins (30 min run, 1 min walk x 2, 15 min run)
Week 9	REST	35 mins run	Yoga or S&C	REST	40 mins run	REST	40 mins run, 2 mins walk, 40 mins run
Week 10	REST	40 mins run	Yoga or S&C	REST	45 mins run	REST	60 mins run, 2 mins walk, 30 mins run
Week 11	REST	45 mins run	Yoga or S&C	REST	45 mins run	REST	60 mins run, 2 mins walk, 30-45 mins run
Week 12	REST	30 mins run	REST	REST	20 mins run	REST	RACE (Run 28 mins, walk 2 mins)

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