



Beginner Half Marathon Training Plan

16 Weeks

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1 Base	Easy Run 5 miles easy pace	Cross Train or Rest	Track 8x400m comfortable effort	Cross Train or Rest	Tempo 5 miles incl. 2mi steady	Cross Train or Rest	Long Run 7 miles easy pace
Week 2 Base	Easy Run 5 miles easy pace	Cross Train or Rest	Track 10x400m comfortable effort	Cross Train or Rest	Tempo 5 miles incl. 2.5mi steady	Cross Train or Rest	Long Run 8 miles easy pace
Week 3 Base	Easy Run 6 miles easy pace	Cross Train or Rest	Track 5x800m comfortable effort	Cross Train or Rest	Tempo 6 miles incl. 3mi steady	Cross Train or Rest	Long Run 8 miles easy pace
Week 4 Base	Easy Run 6 miles easy pace	Cross Train or Rest	Track 6x800m comfortable effort	Cross Train or Rest	Tempo 6 miles incl. 3mi steady	Cross Train or Rest	Long Run 9 miles easy pace
Week 5 Build	Easy Run 6 miles easy pace	Cross Train or Rest	Track 5x1000m at target pace	Cross Train or Rest	Tempo 6 miles incl. 3.5mi steady	Cross Train or Rest	Long Run 10 miles easy pace
Week 6 Build	Easy Run 6 miles easy pace	Cross Train or Rest	Track 6x1000m at target pace	Cross Train or Rest	Tempo 7 miles incl. 3.5mi steady	Cross Train or Rest	Long Run 10 miles ■ Fuel every 40 mins
Week 7 Build	Easy Run 7 miles easy pace	Cross Train or Rest	Track 7x1000m at target pace	Cross Train or Rest	Tempo 7 miles incl. 4mi steady	Cross Train or Rest	Long Run 11 miles ■ Fuel every 40 mins
Week 8 Sim 10K	Easy Run 5 miles easy, save energy	Cross Train or Rest	Sim 10K 10K race effort controlled but hard	Cross Train or Rest	Rest Day	Cross Train or Rest	Parkrun! 5K race race effort check!
Week 9 Yasso	Easy Run 7 miles easy pace	Cross Train or Rest	Yasso 800s 6x800m rep = target half time	Cross Train or Rest	Tempo 7 miles incl. 4mi steady	Cross Train or Rest	Long Run 12 miles ■ Fuel every 40 mins

Week 10 Yasso	Easy Run 7 miles easy pace	Cross Train or Rest	Yasso 800s 8x800m rep = target half time	Cross Train or Rest	Threshold 7 miles incl. 4mi threshold	Cross Train or Rest	Long Run 12 miles ■ Fuel every 40 mins
-------------------------	--------------------------------------	-------------------------------	--	-------------------------------	---	-------------------------------	--

Week 11 Peak	Easy Run 7 miles easy pace	Cross Train or Rest	Track 5x1200m at target pace	Cross Train or Rest	Threshold 8 miles incl. 4.5mi threshold	Cross Train or Rest	Long Run 13 miles ■ Fuel every 40 mins
Week 12 Yasso	Easy Run 6 miles easy pace	Cross Train or Rest	Yasso 800s 10x800m final fitness check!	Cross Train or Rest	Easy Run 5 miles easy recovery	Cross Train or Rest	Long Run 14 miles ■ Fuel every 40 mins
Week 13 Race Spec	Easy Run 7 miles easy pace	Cross Train or Rest	Track 4x1600m at target pace	Cross Train or Rest	Threshold 7 miles incl. 4mi threshold	Cross Train or Rest	Long Run 15 miles ■ longest run — you're ready!
Week 14 Parkrun	Easy Run 5 miles easy, race sharpener	Cross Train or Rest	Track 8x400m race pace — sharp	Cross Train or Rest	Rest Day	Cross Train or Rest	Parkrun! 5K race final fitness check!
Week 15 Taper	Easy Run 5 miles easy, stay fresh	Cross Train or Rest	Track 6x400m sharp, keep legs alive	Cross Train or Rest	Easy Run 4 miles easy with strides	Cross Train or Rest	Long Run 8 miles easy — save the legs
Week 16 Race Week	Easy Run 3 miles light activation	Rest Day	Easy Run 2 miles strides at end	Rest Day	Rest Day	Rest Day	Race Day! Run your Half! You've got this!

Race Pace Guide — Find your target time and run to these splits!

Target	Per Mile	Per KM	5K Split	10K Split	15K Split	Halfway	Yasso 800 target
2:00:00	9:09	5:41	28:22	56:44	1:25:06	1:00:00	2:00 per rep
2:05:00	9:32	5:55	29:35	59:10	1:28:45	1:02:30	2:05 per rep
2:10:00	9:55	6:09	30:49	1:01:38	1:32:26	1:05:00	2:10 per rep
2:15:00	10:18	6:24	32:02	1:04:04	1:36:06	1:07:30	2:15 per rep
2:20:00	10:41	6:38	33:15	1:06:30	1:39:45	1:10:00	2:20 per rep
2:25:00	11:04	6:53	34:28	1:08:56	1:43:24	1:12:30	2:25 per rep
2:30:00	11:27	7:07	35:42	1:11:24	1:47:06	1:15:00	2:30 per rep

Track Session Pace Guide — Use these times for your interval sessions

Target	100m	200m	400m	800m	1000m	1200m	1600m	Yasso 800
2:00:00	16s	32s	64s	2:08	2:41	3:13	4:16	2:00
2:05:00	17s	34s	67s	2:14	2:47	3:21	4:28	2:05
2:10:00	17s	35s	70s	2:20	2:55	3:30	4:40	2:10

Easy Run

Track

Threshold

Long Run

Long + Fuel

Yasso 800s

Parkrun!

Fuel every 40 mins on long runs — gel/energy chews. Practice in training, never on race day for first time!

Yasso 800s: rep time in mins =

predicted finish time in hrs