


# STARTER HALF MARATHON TRAINING PLAN

WEEK 1		Completed			Completed			Completed
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
REST	10 min run/walk	REST	REST	10 min run/walk	REST	10 min run/walk		
	Mix up periods of running with walking for a total of 10 minutes.			Mix up periods of running with walking for a total of 15 minutes.		Mix up periods of running with walking for a total of 10 minutes.		
WEEK 2		Completed			Completed			Completed
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
REST	15 min run/walk	REST	REST	10 min easy run	REST	20 min easy run		
	Mix up periods of running with walking for a total of 15 minutes.			10 minutes of easy running.		20 minutes of easy running.		
WEEK 3		Completed			Completed			Completed
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
REST	15 min easy run	REST	REST	15 min easy run	REST	20 min easy run		
	15 minutes of easy running.			15 minutes of easy running.		20 minutes of easy running.		
WEEK 4		Completed			Completed			Completed
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
REST	15 min easy run	REST	REST	20 min easy run	REST	20 min easy run		
	15 minutes of easy running.			20 minutes of easy running.		20 minutes of easy running.		
WEEK 5		Completed			Completed			Completed
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
REST	15 min easy run	REST	20 min easy run	REST	10 min easy run	25 min easy run		
	15 minutes of easy running.		20 minutes of easy running.		10 minutes of easy running.	25 minutes of easy running.		
WEEK 6		Completed			Completed			Completed
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
REST	15 min easy run	REST	20 min easy run	REST	10 min easy run	40 min easy run		
	15 minutes of easy running.		20 minutes of easy running.		10 minutes of easy running.	40 minutes of easy running.		
WEEK 7		Completed			Completed			Completed
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
REST	20 min easy run	REST	25 min easy run	REST	15 min easy run	50 min easy run		
	20 minutes of easy running.		25 minutes of easy running.		15 minutes of easy running.	50 minutes of easy running.		
WEEK 8		Completed			Completed			Completed
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
REST	20 min easy run	REST	30 min easy run	REST	10 min easy run	60 min easy run		
	20 minutes of easy running.		30 minutes of easy running.		10 minutes of easy running.	60 minutes of easy running.		

WEEK 9						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	<b>20 min easy run</b>	REST	<b>30 min easy run</b>	REST	<b>15 min easy run</b>	<b>70 min easy run</b>
	20 minutes of easy running.		30 minutes of easy running.		15 minutes of easy running.	70 minutes of easy running.

WEEK 10						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	<b>20 min easy run</b>	REST	<b>20 min easy run</b>	REST	<b>20 min easy run</b>	<b>80 min easy run</b>
	20 minutes of easy running.		20 minutes of easy running.		20 minutes of easy running.	80 minutes of easy running.

WEEK 11						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	<b>15 min easy run</b>	REST	<b>20 min easy run</b>	REST	<b>10 min easy run</b>	<b>40 min easy run</b>
	15 minutes of easy running.		20 minutes of easy running.		10 minutes of easy running.	40 minutes of easy running.

WEEK 12						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY 13 SEPTEMBER 2015
REST	<b>20 min easy run</b>	REST	<b>15 min easy run</b>	REST	<b>10 min easy run or rest</b>	
	20 minutes of easy running.		15 minutes of easy running.		10 minutes of easy running, or rest if you prefer.	<b>GOOD LUCK!</b>