



TRAINING PLANS | DIARY | ROUTES | STATS | ADVICE | TIPS

STARTER HALF MARATHON TRAINING PLAN

MONDAY	TUEODAY		EDNEODAN	THURSDAM		FRIDAY	Completed	CATURDAY		Comple
	TUESDAY		EDNESDAY	THURSDAY		FRIDAY	<u> </u>	SATURDAY	SUNDAY	
REST	10 min run/walk		REST REST		10 ı	nin run/wa	ılk	REST	10 min run/w	alk
	Mix up periods of running with walk for a total of 10 minutes.	ing			Mix up periods of running with walking for a total of 15 minutes.			Mix up periods of running walking for a total of 10 mini		
WEEK 2	Cor	mpleted					Completed			Compl
MONDAY	TUESDAY		EDNESDAY	THURSDAY		FRIDAY	Ompleted	SATURDAY	SUNDAY	остър
REST	15 min run/walk		REST	REST	10 r	0 min easy run		REST	20 min easy	run
	Mix up periods of running with walk for a total of 15 minutes.	ing			10 minute	es of easy ru	ınning.		20 minutes of easy r	unning.
WEEK 3	Con	mpleted					Completed			Comp
MONDAY	TUESDAY		EDNESDAY	THURSDAY		FRIDAY	Completed	SATURDAY	SUNDAY	Comp
REST	15 min easy run 15 minutes of easy running.		REST	REST	15 r	5 min easy run utes of easy running.		REST	20 min easy run	
					15minute				20 minutes of easy r	20 minutes of easy running.
WEEK 4	Con	mpleted					Completed			Comp
MONDAY	TUESDAY		EDNESDAY	THURSDAY		FRIDAY	Completed	SATURDAY	SUNDAY	Comp
REST	15 min easy run	Ī	REST	REST	20 min easy run		REST	20 min easy run		
	15 minutes of easy running.				20minute	es of easy ru	inning.		20 minutes of easy re	unning.
WEEK 5	Completed				Completed			Co	ompleted	Comp
MONDAY	TUESDAY	WEDNESDAY		THURS	URSDAY FRIDA		SAT	URDAY	SUNDAY	
REST	15 min easy run	DEGE	20 min easy run							
	10 min easy run	REST		20 min e	easy run	REST	10 min	easy run	25 min eas	sy run
	15 minutes of easy running.	KESI	20		easy run easy running.	REST	10 min 10 minutes o			
WEEK 6	15 minutes of easy running.	REST	20		easy running.	REST		f easy runnir	ng. 25 minutes of ea	sy running.
	15 minutes of easy running.		201		easy running. Completed	REST	10 minutes o	f easy runnir		sy running
MONDAY	15 minutes of easy running.	WEDNESDAY REST	201	minutes of	easy running. Completed		10 minutes o	f easy runnir	ng. 25 minutes of ea	sy running.
	15 minutes of easy running. Completed TUESDAY	WEDNESDAY		THURS 20 min e	easy running. Completed	FRIDAY	10 minutes o	f easy runnin Co URDAY easy run	25 minutes of ea SUNDAY 40 min eas	sy running Comp
WEEK 6 MONDAY REST	15 minutes of easy running. Completed TUESDAY 15 min easy run	WEDNESDAY		THURS 20 min e	Completed DAY	FRIDAY	10 minutes o	f easy runnin Co URDAY easy run f easy runnin	25 minutes of ea sunday 40 min eas	Sy running. Comp Sy run Sy running.
REST WEEK 7	15 minutes of easy running. Completed TUESDAY 15 min easy run 15 minutes of easy running.	WEDNESDAY	20)	THURS 20 min e	completed comple	FRIDAY	10 minutes o	f easy runnin Co URDAY easy run f easy runnin	25 minutes of ea SUNDAY 40 min eas 40 minutes of ea	Sy running. Complete Sy run Sy running.
MONDAY REST WEEK 7 MONDAY	Completed TUESDAY 15 min easy run 15 minutes of easy running. Completed	WEDNESDAY REST	20)	THURS 20 min e	easy running. Completed DAY easy run easy running. Completed	FRIDAY REST	10 minutes of SAT 10 minutes of SAT SAT	f easy runnin Co URDAY easy run f easy runnin	25 minutes of ea SUNDAY 40 min eas ang. 40 minutes of ea	Sy running. Comp Sy run Sy running.
MONDAY REST WEEK 7 MONDAY	Completed TUESDAY 15 min easy run 15 minutes of easy running. Completed TUESDAY	WEDNESDAY REST WEDNESDAY	20	THURS 20 min e minutes of	easy running. Completed DAY easy run easy running. Completed	FRIDAY	10 minutes of SAT 10 minutes of SAT SAT	f easy runnin Co URDAY easy run f easy runnin Co URDAY easy run	25 minutes of ea SUNDAY 40 min eas 40 minutes of ea SUNDAY 50 min eas	sy running Comp Sy run Comp
REST	Completed TUESDAY 15 min easy run 15 minutes of easy running. Completed TUESDAY 20 min easy run	WEDNESDAY REST WEDNESDAY	20	THURS 20 min e minutes of	easy running. Completed DAY easy run easy running. Completed DAY asy run	FRIDAY	SAT 10 minutes of 10 minutes of SAT 15 min	f easy running Country easy run Country easy run Gournay easy run f easy running Country easy running f easy ru	25 minutes of ea SUNDAY 40 min eas 40 minutes of ea SUNDAY 50 min eas	sy running. Complete running. Complete running.
WEEK 7 MONDAY REST	Completed TUESDAY 15 min easy run 15 minutes of easy running. Completed TUESDAY 20 min easy run 20 minutes of easy running.	WEDNESDAY REST WEDNESDAY	20)	THURS 20 min e minutes of	easy running. Completed	FRIDAY	10 minutes of SAT 10 min 10 minutes of SAT 15 minutes of SAT	f easy running Country easy run Country easy run Gournay easy run f easy running Country easy running f easy ru	25 minutes of ea SUNDAY 40 min eas 40 minutes of ea SUNDAY 50 min eas 50 minutes of ea	sy running. Complete running. Complete running.
WEEK 7 MONDAY REST WEEK 8	Completed TUESDAY 15 min easy run 15 minutes of easy running. Completed TUESDAY 20 min easy run 20 minutes of easy running.	WEDNESDAY REST WEDNESDAY REST	20)	THURS 20 min e minutes of	completed	FRIDAY REST FRIDAY REST	SAT 10 minutes of 10 minutes of 15 minutes of SAT 15 minutes of	f easy running Control of easy	sunday 40 min eas 40 minutes of ea sunday 40 minutes of ea sunday 50 min eas 50 minutes of ea	sy running. Complete Sy run Sy running. Complete Sy run Sy running.





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WEEK 9	NEEK 9 Completed		Completed		Completed Completed		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
REST	20 min easy run REST		30 min easy run REST		15 min easy run	70 min easy run	
	20 minutes of easy running.		30 minutes of easy running.		15 minutes of easy running.	70 minutes of easy running.	
WEEK 10	Completed		Completed		Completed	Completed	
MONDAY	TUESDAY WEDNESDAY		THURSDAY FRIDAY		SATURDAY	SUNDAY	
REST	20 min easy run	REST	20 min easy tun	REST	20 min easy run	80 min easy run	
	20 minutes of easy running.		20 minutes of easy running.		20 minutes of easy running.	80 minutes of easy running.	
WEEK 11	WEEK 11 Completed		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 12	Completed	Completed		Completed C			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY 13 SEPTEMBER 2015	
REST	20 min easy run	REST	15 min easy run	REST	10 min easy run or rest	great north	
	20 minutes of easy running.		15 minutes of easy running.		10 minutes of easy running, or rest if you prefer.	GOOD LUCK!	