

# STARTER HALF MARATHON TRAINING PLAN

WEEK 1		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		
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		
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		
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		
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		
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		
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		
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	
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.		

**SUNDAY 18 OCTOBER 2015**




**GOOD LUCK!**