

Half Marathon Training Plan



Beginner Half Marathon Training Plan

| | Day 1 (Tuesday) | Day 2 (Thursday) | Day 3 (Saturday) | Day 4 (Sunday) | Total Weekly Run Volume |
|---------|--------------------|---------------------|---------------------|-------------------|----------------------------|
| Week 1 | 2.0 | 1.5 | 3.0 | 1.5 | 8.0 |
| Week 2 | 2.25 | 1.75 | 3.5 | 1.5 | 9.0 |
| Week 3 | 2.5 | 2.0 | 4.0 | 1.5 | 10.0 |
| Week 4 | 2.0 | 1.5 | 3.0 | 1.5 | 7.0 |
| Week 5 | 2.5 | 2.0 | 4.5 | 2.0 | 11.0 |
| Week 6 | 3.0 | 2.25 | 5.0 | 2.0 | 12.25 |
| Week 7 | 3.5 | 2.5 | 5.5 | 2.0 | 13.5 |
| Week 8 | 2.5 | 2.0 | 4.0 | 1.5 | 8.5 |
| Week 9 | 3.5 | 2.5 | 5.5 | 2.0 | 13.5 |
| Week 10 | 4.0 | 2.75 | 6.25 | 2.0 | 15.0 |
| Week 11 | 4.5 | 3.0 | 7.0 | 2.0 | 16.5 |
| Week 12 | 3.0 | 2.0 | 5.0 | 2.0 | 12.0 |
| Week 13 | 4.5 | 3.0 | 7.0 | 2.0 | 16.5 |
| Week 14 | 5.0 | 3.5 | 7.75 | 2.0 | 18.25 |
| Week 15 | 5.5 | 4.0 | 8.5 | 2.0 | 20.0 |
| Week 16 | 3.5 | 2.5 | 5.5 | 2.0 | 13.5 |
| Week 17 | 5.5 | 4.5 | 9.5 | 2.5 | 22.0 |
| Week 18 | 6.0 | 5.0 | 10.5 | 3.0 | 24.5 |
| Week 19 | 4.0 | 3.0 | 7.0 | 30 Minute Walk | 14.0 |
| Week 20 | 2.0 | 2.0 | 1.0 | RACE - 13.1 | 18.1 |

Cycle

Half Marathon Training Plan



Notes:

**Begin each Run (Run/Walk) Session with at least a 5 minute walk where you gradually increase your pace.*

**Finish each Run (Run/Walk) Session with a 5 minute easy walk.*

**All runs should be done at Aerobic Z1 (rate of perceived exertion of 4-6 on a scale of 10) or comfortable conversation pace, and may be done as a continuous run or as run/walk intervals.*

**Include at least one complete rest day per week (Wednesday).*

**Include two strength training days per week (Monday and Friday).*

**Saturday and Sunday sessions may be swapped.*

Optional Run/Walk Progression Program (Week 1-8)

Week 1 - 1 minute run/1 minute walk

Week 2 - 2 minute run/1 minute walk

Weeks 3 & 4 - 3 minute run/1 minute walk

Week 5 - 4 minute run/1 minute walk

Week 6 - 4:15 minute run/45 second walk

Week 7 - 4:30 minute run/30 second walk

Week 8 - continuous run

For a more detailed & immersive training plan, contact amy@qt2systems.com