



Half Marathon Beginner's Plan

RUN
things



Disclaimer

This training plan is designed for people who are in good general health. It assumes you do not have any long-standing injuries, illnesses or medical conditions. If you do or you are pregnant, you should consult a suitable medical professional before starting the plan.

Who is this plan for?

This training plan is designed for people who are quite new to running and have not done a half marathon before, but they can complete 5km without stopping. If this is not the case, they should complete Couch To 5km first.

How the plan works

This training plan has been designed to be flexible. Although the sessions are scheduled on certain days, you can adapt the plan each week to fit in with your schedule. Any of the sessions can be moved to a different day. There's one important rule to remember: you should not do 3 or more runs on 3 or more consecutive days.

Warming up and cooling down

'Easy' sessions, 'steady' sessions and 'variable' sessions do not require a warm up or cool down because they're low intensity. For intervals, time trials and race pace, you should do a fast walk or slow jog for 5 minutes before and after the main session.

Definitions

Here's some more information on the main session types in the plan:

Easy

This is low effort – maximum 6/10 and simply plodding along.

Steady

This is medium effort – about 7/10. You should feel a little challenged but will finish feeling like you could have gone faster.

Variable

This is a session where the efforts or paces are varied throughout the run and are prescribed within the session.

Race pace

Practicing your race-day pace. Warm up and cool down needed.

Intervals

Mixed speed. High intensity (hard effort) for either a duration or a distance, followed by a period of rest. These are repeated a specific number of times. Warm up and cool down needed.

Time trial

A hard effort with consistent pace. The distance will be outlined on the plan and you should finish feeling like you couldn't have given any more. Warm up and cool down needed.

Cross training

This is being active in other areas – not running. Swimming, cycling, yoga or gym/strength and conditioning are recommended.



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	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	Rest	Easy run <ul style="list-style-type: none"> • Target: confidence building • Effort: 6/10 • Duration: 30 minutes 	Rest	Steady run <ul style="list-style-type: none"> • Target: consistency • Effort: 7/10 • Duration: 30 minutes 	Cross training	Rest	Steady run <ul style="list-style-type: none"> • Target: consistency • Effort: 7/10 • Duration: 30 minutes
Week 2	Rest	Easy run <ul style="list-style-type: none"> • Target: confidence building • Effort: 6/10 • Duration: 30 minutes 	Rest	Steady run <ul style="list-style-type: none"> • Target: consistency • Effort: 7/10 • Duration: 30 minutes 	Cross training	Rest	Steady run <ul style="list-style-type: none"> • Target: consistency • Effort: 7/10 • Duration: 40 minutes
Week 3	Rest	Easy run <ul style="list-style-type: none"> • Target: confidence building • Effort: 6/10 • Duration: 35 minutes 	Rest or cross training	Time trial <ul style="list-style-type: none"> • Target: 8km/5 miles (record time) • Effort: 9/10 • Duration: speed dependent 	Cross training	Rest	Steady run <ul style="list-style-type: none"> • Target: 10km/6.25 miles • Effort: 7/10 • Duration: speed dependent
Week 4	Rest	Easy run <ul style="list-style-type: none"> • Target: confidence building • Effort: 6/10 • Duration: 35 minutes 	Rest or cross training	Intervals <ul style="list-style-type: none"> • Reps no: 5 • Reps time: 3 minutes • Rest: 90 seconds • Effort: 8-9/10 	Easy run <ul style="list-style-type: none"> • Target: confidence building • Effort: 6/10 • Duration: 30 minutes 	Rest	Steady run <ul style="list-style-type: none"> • Target: consistency • Effort: 7/10 • Duration: 1 hour
Week 5	Rest	Easy run <ul style="list-style-type: none"> • Target: confidence building • Effort: 6/10 • Duration: 40 minutes 	Rest or cross training	Intervals <ul style="list-style-type: none"> • Reps no: 4 • Reps time: 5 minutes • Rest: 2 minutes • Effort: 8-9/10 	Easy run <ul style="list-style-type: none"> • Target: confidence building • Effort: 6/10 • Duration: 30 minutes 	Rest	Variable run <ul style="list-style-type: none"> • Target: <ul style="list-style-type: none"> 2km (1.5 miles) easy 4km (2.5 miles) steady 3km (2 miles) hard 2km (1.5 miles) easy • Effort: variable • Duration: speed dependent

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Week 6	Rest	Easy run <ul style="list-style-type: none"> Target: confidence building Effort: 6/10 Duration: 40 minutes 	Rest or cross training	Race pace <ul style="list-style-type: none"> Target: consistency and planning Effort: 8/10 Duration: 40 minutes 	Easy run <ul style="list-style-type: none"> Target: confidence building Effort: 6/10 Duration: 30 minutes 	Rest	Steady run <ul style="list-style-type: none"> Target: 12km/8 miles Effort: 7/10 Duration: speed dependent
Week 7	Rest	Easy run <ul style="list-style-type: none"> Target: confidence building Effort: 6/10 Duration: 45 minutes 	Rest or cross training	Time trial <ul style="list-style-type: none"> Target: 10km/6.25 miles (record time) Effort: 9/10 Duration: speed dependent 	Easy run <ul style="list-style-type: none"> Target: confidence building Effort: 6/10 Duration: 30 minutes 	Rest	Variable run <ul style="list-style-type: none"> Target: <ul style="list-style-type: none"> 2km (1.5 miles) easy 8km (5 miles) race pace 3km (2 miles) easy Effort: variable Duration: speed dependent
Week 8	Rest	Easy run <ul style="list-style-type: none"> Target: confidence building Effort: 6/10 Duration: 45 minutes 	Rest or cross training	Intervals <ul style="list-style-type: none"> Reps no: 7 Reps time: 3 minutes Rest: 90 seconds Effort: 8-9/10 	Easy run <ul style="list-style-type: none"> Target: confidence building Effort: 6/10 Duration: 30 minutes 	Rest	Steady run <ul style="list-style-type: none"> Target: 15km/9.5 miles Effort: 7/10 Duration: speed dependent
Week 9	Rest	Easy run <ul style="list-style-type: none"> Target: confidence building Effort: 6/10 Duration: 45 minutes 	Rest or cross training	Intervals <ul style="list-style-type: none"> Reps no: 5 Reps time: 5 minutes Rest: 2 minutes Effort: 8-9/10 	Easy run <ul style="list-style-type: none"> Target: confidence building Effort: 6/10 Duration: 30 minutes 	Rest	Variable run <ul style="list-style-type: none"> Target: <ul style="list-style-type: none"> 3km (2 miles) easy 10km (6 miles) race pace 3km (2 miles) easy Effort: variable Duration: speed dependent

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Week 10	Rest	Easy run <ul style="list-style-type: none"> • Target: confidence building • Effort: 6/10 • Duration: 45 minutes 	Rest or cross training	Time trial <ul style="list-style-type: none"> • Target: 10km/6.25 miles (record time) • Effort: 9/10 • Duration: speed dependent 	Easy run <ul style="list-style-type: none"> • Target: confidence building • Effort: 6/10 • Duration: 30 minutes 	Rest	Steady run <ul style="list-style-type: none"> • Target: 18km/11 miles • Effort: 7/10 • Duration: speed dependent
Week 11	Rest	Easy run <ul style="list-style-type: none"> • Target: confidence building • Effort: 6/10 • Duration: 45 minutes 	Rest	Race pace <ul style="list-style-type: none"> • Target: consistency and planning • Effort: 8/10 • Duration: 40 minutes 	Rest	Rest	Race pace <ul style="list-style-type: none"> • Target: 10km at target race pace • Effort: 8/10 • Duration: speed dependent
Week 12	Rest	Easy run <ul style="list-style-type: none"> • Target: confidence building • Effort: 6/10 • Duration: 30 minutes 	Rest	Rest	Easy run <ul style="list-style-type: none"> • Target: confidence building • Effort: 6/10 • Duration: 20 minutes 	Rest	Race day

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