

HALF MARATHON BEGINNERS

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
12	Rest	Fartlek Session 1x 5min, 1 x 4min, 2x 3min, 2x2min w ith 90secs recoveries	Cross train or 20 - 30min easy	20 min relaxed or steady	rest	Cross train or 15 - 20min relaxed	30min long run
11	rest	Hills - min of 4 to max of 8 x 150 -200m - very slow jog down recovery	Cross train or 20 - 30min easy	20 min relaxed or steady	rest	Cross train or 15 - 20min relaxed	40min long run
10	rest	Fartlek 2 sets of (6x30sec) recoveries start at 120sec and reduce by 15 sec each rep. rest 5min between sets	Cross train or 20 - 30min easy	30min relaxed or steady	rest	Cross train or 20 - 30min relaxed	50 min long run
9	rest	2x 750m, 1 x 500m, 1 x 250mw ith 90sec recoveries	Cross train or 30 - 40min easy	30min relaxed or steady	rest	Cross train or 20 - 30min relaxed	1hr long run
8	rest	3 x 800mw ith 2min recoveries	Cross train or 30 - 40min easy	30min relaxed or steady	rest	Cross train or 25 - 30min relaxed	1hr 10min long run
7	rest	Hills - min of 6 to max of 10 x 150 -200m - very slow jog down recovery	Cross train or 30 - 40min easy	30 - 40min relaxed or steady	rest	Cross train or 25 - 30min relaxed	1hr 15min long run
6	rest	Fartlek - 1 x 6min, 1 x 5min, 2 x 4min, 2 x 3min w ith 90sec recoveries	Cross train or 30 - 40min easy	30 - 40min relaxed or steady	rest	Cross train or 30 -35min relaxed	1h 20min long run
5	rest	800m, 600m, 400m, 200mw ith 90sec recoveries	Cross train or 40 - 50min med long	40 min relaxed or steady	rest	Cross train or 30 - 35min relaxed	1h 25min long run
4	rest	4 x 400mw ith 90sec recoveries	Cross train or 40 - 50min med long	40 min relaxed or steady	rest	Cross train 40 min relaxed	1h 20min long run
3	rest	1min, 2min, 3min, 3min, 2min, 1 min - half rep time recovery	Cross train or 40 - 50min med long	30min relaxed or steady	rest	Cross train or 30min relaxed	1hr 15min long run
2	rest	3 x (800m + 200mw ith 1min recovery) rest 3min betw een sets	Cross train or 40min med long	20 min relaxed or steady	rest	Cross train or 30min relaxed	60min medium long run
1	rest	1km time trial follow ed by 4 x 300m strides	Rest or easy 20min	20min + 4x200m strides	Rest or 20min light run	rest	Half Marathon