HALF MARATHON TRAINING PLAN 12 WEEKS

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WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	Rest	30min Easy run	Intervals 400m x 10 2min rest	Easy Run 30min	Strength or cross-train	Rest	60min Easy run
WEEK 2	Rest	40min Easy run	50min Fartlek Session	Easy Run 30min	Strength or cross-train	Rest	80min Easy run
WEEK 3	Rest	50min Easy run	60min Marathon pace	Easy Run 30min	Strength or cross-train	Rest	80min Easy
WEEK 4	Rest	50min Easy run	Intervals 800m x10 (3min rest)	Easy Run 40min	Strength or cross-train	Rest	100 min Long run + Strides
WEEK 5	Rest	40min Easy run + Strides	60min Fartlek Session	Easy Run 40min	Strength or cross-train	Rest	80min Long run + Strides
WEEK 6	Rest	40 min Easy run + Strides	100min Marathon pace	Easy Run 40min	Strength or cross-train	Rest	100 min Long run + Strides
WEEK 7	Rest	40min Easy run + Strides	Intervals 1km x 8 (4min rest)	Easy Run 40min	Strength or cross-train	Rest	120min Long run
WEEK 8	Rest	30min Easy run + Strides	60min Fartlek Session	Easy Run 40min	Strength or cross-train	Rest	140min Long run
WEEK 9	Rest	30min Easy run + Strides	140min Marathon pace	Easy Run 30min	Strength or cross-train	Rest	160min Long run
WEEK 10	Rest	30min Easy run	Intervals 1km x 8 (4min rest)	Easy Run 30min	Strength or cross-train	Rest	120min Long run
WEEK 11	Rest	30min Easy run	Rest	Easy Run 30min	Strength or cross-train	Rest	100min Long run
WEEK 12	Rest	40min Easy run	Rest	30min easy run	Rest	Rest	Good Luck for Race

- Always warm up and cool down for each session.
- If you feel any discomfort or pain, stop and consult a physical therapist.
- This plan is based on scientific data.
- Do not increase distance or training time by more than 10% per week.
- A time-based plan is best suited for better results.
- Always follow the 80-20 rule.

visit runpakistan.com for more training plan, events and health related data.