



**10 - WEEK**

# HALF MARATHON TRAINING PLAN



## FOR BEGINNERS

This 10-week plan was designed for beginners who have at least a year of experience running on a regular basis and who log an average of 15 to 20 miles per week. Each week includes three days of rest, three or four days of shorter runs, and one long run, which starts at five miles, builds gradually, and peaks at 10 miles. You'll do some gradually longer segments of running slightly faster than your usual pace to give you the stamina you'll need to finish 13.1 miles feeling strong.

GET ALL THE DETAILS YOU NEED TO TRAIN FOR AND RACE 13.1 WITH OUR [\*\*MASTER THE HALF MARATHON PROGRAM!\*\*](#)

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# BEGINNER HALF MARATHON TRAINING PLAN



|        | DAY 1               | DAY 2            | DAY 3                       | DAY 4               | DAY 5            | DAY 6               | DAY 7       |
|--------|---------------------|------------------|-----------------------------|---------------------|------------------|---------------------|-------------|
| WEEK 1 | Rest or Cross-Train | 2 miles Easy Run | 4 miles Easy Run            | Rest or Cross-Train | 2 miles Easy Run | Rest or Cross-Train | 5 miles LSD |
| WEEK 2 | Rest or Cross-Train | 2 miles Easy Run | 5 miles Easy Run            | Rest or Cross-Train | 2 miles Easy Run | Rest or Cross-Train | 6 miles LSD |
| WEEK 3 | DAY 15              | DAY 16           | DAY 17                      | DAY 18              | DAY 19           | DAY 20              | DAY 21      |
|        | Rest or Cross-Train | 2 miles Easy Run | 5 miles with 3 miles at HMP | Rest or Cross-Train | 2 miles Easy Run | Rest or Cross-Train | 7 miles LSD |
| WEEK 4 | DAY 22              | DAY 23           | DAY 24                      | DAY 25              | DAY 26           | DAY 27              | DAY 28      |
|        | Rest or Cross-Train | 2 miles Easy Run | 6 miles with 4 miles at HMP | Rest or Cross-Train | 2 miles Easy Run | Rest or Cross-Train | 7 miles LSD |
| WEEK 5 | DAY 29              | DAY 30           | DAY 31                      | DAY 32              | DAY 33           | DAY 34              | DAY 35      |
|        | Rest or Cross-Train | 4 miles Easy Run | 3 miles Easy Run            | Rest or Cross-Train | 3 miles Easy Run | Rest or Cross-Train | 5 miles LSD |

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|         | DAY 36              | DAY 37           | DAY 38                             | DAY 39              | DAY 40              | DAY 41              | DAY 42       |
|---------|---------------------|------------------|------------------------------------|---------------------|---------------------|---------------------|--------------|
| WEEK 6  | Rest or Cross-Train | 2 miles Easy Run | <u>7 miles with 3 miles at HMP</u> | Rest or Cross-Train | 3 miles Easy Run    | Rest or Cross-Train | 8 miles LSD  |
| WEEK 7  | Rest or Cross-Train | 2 miles Easy Run | <u>7 miles with 4 miles at HMP</u> | Rest or Cross-Train | 3 miles Easy Run    | 2 miles Easy Run    | 9 miles LSD  |
| WEEK 8  | Rest or Cross-Train | 2 miles Easy Run | <u>6 miles with 4 miles at HMP</u> | Rest or Cross-Train | 3 miles Easy Run    | Rest                | 10 miles LSD |
| WEEK 9  | Rest or Cross-Train | 2 miles Easy Run | <u>8 miles with 6 miles at HMP</u> | Rest or Cross-Train | 2 miles Easy Run    | Rest                | 8 miles LSD  |
| WEEK 10 | Rest or Cross-Train | 2 miles Easy Run | <u>4 miles with 2 miles at HMP</u> | Rest or Cross-Train | Rest or Cross-Train | 2 miles Easy Run    | RACE DAY!    |

## WORKOUT KEY

### ► Easy Run

Maintain a comfortable, conversational pace. These workouts should feel just as they sound: easy. You want to run at an effort that allows you to have a conversation. If you're huffing and puffing, you're going too fast. Try to start them extra slow and light so you can finish strong. These allow you to increase your time on feet and weekly mileage, building endurance while lowering risk of injury. They'll also strengthen your lungs and your legs.

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### ► LSD: Long, Slow Distance

This staple of your training plan involves spending as much time on your feet as you will on race day, but doing it at a slower pace. These longer runs will help you build endurance for the race to come. You'll typically want to run a pace that is 1–2 minutes slower than your goal race pace. If you prefer to gauge effort by RPE, aim for less than 5 on a scale of 1 to 10.

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### ► HMP: Half Marathon Pace

For several workouts, you'll practice running at half marathon pace (HMP). These workouts are designed to help you learn to run at an even effort, which you'll want to do on race day. If you're training for your first half marathon, don't worry about determining your HMP right away. But if you have a time goal, your HMP will be close to what you want your average pace to be for the race. If you are hoping to run your half with an average pace of 9:00 miles, your HMP workouts should keep that pacing in mind.

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### ► Cross-Train

You'll have the option of cross-training (XT) each week, which will help you build endurance and stave off burnout. Options include activities like swimming, cycling, or yoga.

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### ► Rest

Take the day off! You can use this time to relax on the couch, do some meditation, or incorporate light mobility work or an easy yoga class. These days give your body a chance to recover from the hard work you put in, which allows you to progress, and they get you ready for the next run.

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## SPEED WORKOUTS

**Day 17:** 5 miles with 3 miles at HMP

- 1 mile easy warmup
  - 3 miles at half marathon pace
  - 1 mile easy cooldown
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**Day 24:** 6 miles with 4 miles at HMP

- 1 mile easy warmup
  - 4 miles at half marathon pace
  - 1 mile easy cooldown
- 

**Day 38:** 7 miles with 3 miles at HMP

- 2 miles easy warmup
  - 3 miles at half marathon pace
  - 2 miles easy cooldown
- 

**Day 45:** 7 miles with 4 miles at HMP

- 2 miles easy warmup
  - 4 miles at half marathon pace
  - 1 mile easy cooldown
- 

**Day 52:** 6 miles with 4 miles at HMP

- 1 mile easy warmup
  - 4 miles at half marathon pace
  - 1 mile easy cooldown
- 

**Day 59:** 8 miles with 6 miles at HMP

- 1 mile easy warmup
  - 6 miles at half marathon pace
  - 1 mile easy cooldown
- 

**Day 66:** 4 miles with 2 miles at HMP

- 1 mile easy warmup
- 2 miles at half marathon pace
- 1 mile easy cooldown