



**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!**

**JUMP TO:**

**TRAINING PLAN** • **WORKOUT KEY** • **SPEED WORKOUTS**



# BEGINNER HALF MARATHON TRAINING PLAN

WEEK 1	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
	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	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
	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	<u>5 miles with 3 miles at HMP</u>	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	<u>6 miles with 4 miles at HMP</u>	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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WEEK 6	DAY 36	DAY 37	DAY 38	DAY 39	DAY 40	DAY 41	DAY 42
	Rest or Cross-Train	2 miles Easy Run	7 miles with 3 miles at HMP	Rest or Cross-Train	3 miles Easy Run	Rest or Cross-Train	8 miles LSD
	DAY 43	DAY 44	DAY 45	DAY 46	DAY 47	DAY 48	DAY 49
	Rest or Cross-Train	2 miles Easy Run	7 miles with 4 miles at HMP	Rest or Cross-Train	3 miles Easy Run	2 miles Easy Run	9 miles LSD
	DAY 50	DAY 51	DAY 52	DAY 53	DAY 54	DAY 55	DAY 56
WEEK 7	Rest or Cross-Train	2 miles Easy Run	6 miles with 4 miles at HMP	Rest or Cross-Train	3 miles Easy Run	Rest	10 miles LSD
	DAY 57	DAY 58	DAY 59	DAY 60	DAY 61	DAY 62	DAY 63
	Rest or Cross-Train	2 miles Easy Run	8 miles with 6 miles at HMP	Rest or Cross-Train	2 miles Easy Run	Rest	8 miles LSD
	DAY 64	DAY 65	DAY 66	DAY 67	DAY 68	DAY 69	DAY 70
	Rest or Cross-Train	2 miles Easy Run	4 miles with 2 miles at HMP	Rest or Cross-Train	Rest or Cross-Train	2 miles Easy Run	RACE DAY!
WEEK 8							
WEEK 9							
WEEK 10							

## 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.

### ▶ 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.

### ▶ 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.

### ▶ 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.

### ▶ 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
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- Day 38:** 7 miles with 3 miles at HMP
- 2 miles easy warmup
  - 3 miles at half marathon pace
  - 2 miles easy cooldown
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- Day 45:** 7 miles with 4 miles at HMP
- 2 miles easy warmup
  - 4 miles at half marathon pace
  - 1 mile easy cooldown
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- Day 52:** 6 miles with 4 miles at HMP
- 1 mile easy warmup
  - 4 miles at half marathon pace
  - 1 mile easy cooldown
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- Day 59:** 8 miles with 6 miles at HMP
- 1 mile easy warmup
  - 6 miles at half marathon pace
  - 1 mile easy cooldown
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- Day 66:** 4 miles with 2 miles at HMP
- 1 mile easy warmup
  - 2 miles at half marathon pace
  - 1 mile easy cooldown