

BEGINNER HALF MARATHON TRAINING PLAN



TERMINOLOGY

STRENGTH & CONDITIONING

Mix of short bursts of effort (intervals) with circuit-style training using bodyweight, weights, or machines. Supports endurance, recovery, and strength.

MOBILITY

Controlled, flowing movements to improve flexibility, range of motion, and reduce injury risk.

STRENGTH

Full-body lifts (squats, deadlifts, presses) and single-leg exercises to build balance, stability, posture, and running efficiency.

EASY RUNS

Controlled pace where you can maintain a conversation. Focus on comfort, not speed.

STEADY RUNS

Comfortable but harder than easy pace.

TEMPO RUNS

Harder than steady pace but sustainable for ~30 mins. Not all-out.

TARGET PACE

Specific pace for goal race time (e.g., 2-hour half marathon = 9.09 min/mile or 5.41 min/km).

FARTLEK RUN

Continuous run alternating 2:30 at 5K pace with 2:30 steady pace, repeated.

LONG RUNS

Easy, comfortable pace. Focus on time on feet rather than distance or pace.

PROGRESSION RUNS

Start easy, gradually increase to target race pace.

INTERVALS

High effort, aim for 5K pace.

STRIDES

3 x 20s at 85–90% effort. Improves form and running economy.

WARM UP + COOL DOWN

Very easy pace before and after harder sessions.

WANT TO READ MORE
ABOUT THIS PLAN?

SCAN THE QR CODE BELOW



HALF MARATHON: BEGINNER

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|---------------------|---------|--|-------------------------|--------|-----------------|--------|
| WEEK 01 | Build Up Run: 20min | Rest | Build Up Run: 20min | Strength & Conditioning | Rest | Long Run: 30min | Rest |
| WEEK 02 | Easy Run: 25min | Rest | The Berlin: 6 x 1min effort with 1 minute off between each | Strength & Conditioning | Rest | Long Run: 40min | Rest |
| WEEK 03 | Easy Run: 30min | Rest | Tempo Run: 30min (10min @ Tempo) | Strength & Conditioning | Rest | Long Run: 50min | Rest |
| WEEK 04 | Easy Run: 25min | Rest | Easy Run: 30min | Strength & Conditioning | Rest | Long Run: 60min | Rest |
| WEEK 05 | Easy Run: 30min | Rest | The Tokyo: 5 x 3min. This session is 5 x 3 minute efforts with 90 seconds recovery | Strength & Conditioning | Rest | Long Run: 65min | Rest |
| WEEK 06 | Easy Run: 35min | Rest | The Albufeira: 1 x 4min, 2 x 3min, 4 x 2min | Strength & Conditioning | Rest | Long Run: 50min | Rest |
| WEEK 07 | Easy Run: 40min | Rest | The Antwerp: 8 x 1min with 1 minute off between each | Strength & Conditioning | Rest | Long Run: 75min | Rest |
| WEEK 08 | Easy Run: 30min | Rest | Tempo Run: 2 x 10min | Strength & Conditioning | Rest | Long Run: 10km | Rest |

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| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|--------------------------------|---------|---|-------------------------|----------------|---------------------------------|----------|
| WEEK 09 | Easy Run: 40min | Rest | The Gothenburg: 20min Fartlek | Strength & Conditioning | Rest | Long Run: 1h35m | Rest |
| WEEK 10 | Easy Run: 45min | Rest | Tempo Run: 35min (15min @ Tempo) | Strength & Conditioning | Rest | Long Run: 1h45m | Rest |
| WEEK 11 | Easy Run: 45min | Rest | The Berlin: 6 x 1min. This session is 6 x 1 minute on, 1 minute off | Strength & Conditioning | Rest | Long Run: 2h | Rest |
| WEEK 12 | Easy Run: 30min | Rest | Tempo Run: 3 x 8min | Strength & Conditioning | Rest | Long Run: 75min | Rest |
| WEEK 13 | Easy Run: 45min | Rest | The Auckland: 25min Fartlek | Strength & Conditioning | Rest | Long Run: 2h15m | Rest |
| WEEK 14 | Easy Run: 40min | Rest | The Rome: 6 x 2min efforts with 2 minute recovery | Strength & Conditioning | Rest | Long Run: 2h30m | Rest |
| WEEK 15 | Easy Run: 30min (+ Strides) | Rest | The Gothenburg: 20min Fartlek | Strength & Conditioning | Rest | Long Run: 60min | Rest |
| WEEK 16 | Easy Run: 30min (+ Strides) | Rest | Easy Run: 30min (+ Strides) | Strength & Conditioning | Strides 20 min | Easy Run: 20mins (+ Strides) | Race Day |