

HALF-MARATHON BEGINNER TRAINING PROGRAM

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest	Run [fartlek] – 10km fartlek including 6x (2mins effort / 1min walk or slow jog)	Rest	Run [tempo] – 10km including 4 x (4 mins tempo / 3mins recovery)	Rest	Run [long run] – 60mins	Rest
2	Rest	Run [fartlek] – 10km fartlek including 2 sets of 8x (30sec effort / 30sec slow jog). 5mins slow jog b/w each	Cross training	Run [tempo/strength] – 10km including 5x (3mins hill climb / 3mins recovery)	Rest	Run [long run] – 60mins	Rest
3	Rest	Run [fartlek] – 10km fartlek including 10 x (90 sec effort / 90 sec easy)	Cross training	Run [tempo] – 10km including 4 x (4 mins tempo / 3 mins recovery)	Rest	Run [long run] – 70mins	Rest
4	Rest	Run [fartlek] – 10km fartlek including 2 sets of 6 x (60 sec effort / 60 sec super slow), with 5 mins easy b/w each	Cross training	Run [tempo/strength] – 10km including 10 x (1 mins hill effort, then jog down as recovery)	Rest	Run [long run] – 70mins	Rest
5	Rest	Run [fartlek] – 10km fartlek including 10 x (60 sec effort / 30 sec recovery)	Cross training	Run [strides] – 10km including 10 x 100m strides	Rest	Run [long run] – 60mins	Rest
6	Rest	Run [speed] – 10km speed including 4 x 4 mins effort, with 2 mins easy b/w each	Cross training	Run [tempo] – 10km including 2 x 8 mins tempo, with 3 mins recovery b/w each	Rest	Run [long run] – 80mins	Run [easy run] – 6km
7	Rest	Run [speed] – 10km including 5 x 4 mins effort, with 2 mins easy b/w each	Cross training	Run [tempo/strength] – 10km including 8 mins tempo / 5 mins easy, then 4 x (90 sec hill effort, then jog down as recovery)	Rest	Run [long run] – 80mins	Run [easy run] – 6km
8	Rest	Run [speed] – 10km including 4 x 5 mins effort, with 2 mins easy b/w each	Cross training	Run [tempo] – 12km including 2 x 10 mins tempo, with 3 mins recovery b/w each	Rest	Run [long run] – 90mins	Run [easy run] – 8km
9	Rest or cross training	Run [speed] – 12km including 5 x 5 mins effort, with 2 mins easy b/w each	Cross training	Run [tempo/strength] – 10km including 10 mins tempo / 1 mins easy, then 4 x (90 sec hill effort, then jog down as recovery)	Rest	Run [long run] – 100mins	Run [easy run] – 8km
10	Rest	Run [speed] – 10km including 12 x (60 sec effort / 30 sec recovery)	Cross training	Run [strides] – 10km including 10x 100m strides	Rest	Run [long run] – 75mins	Rest
11	Rest or cross training	Run [speed] – 12km including 5 x 5 mins effort, with 2 mins easy b/w each	Cross training	Run [tempo] – 10km including 20 mins tempo	Rest	Run [long run] – 100mins	Run [easy run] – 8km
12	Rest	Run [tempo] – 10km including 2 x 5 mins tempo, with 5 mins easy b/w each	Rest	Run [speed] – 8km including 4 x (2 mins efforts at 10km pace / 2 mins recovery)	Rest	Run [strides] – 30 mins easy including 4 x 100m strides (or do Friday)	Run Melbourne, presented by The Age