

Beginners Half Marathon Training Guide

also: stretching and core strength exercise on Monday and Friday

	mon	tue	wed	thu	fri	sat	sun
week 1	REST	25 min jogging	20 min fast walk	25 min jogging	REST	60 min jog 25, fast walk 20, jog 15	20 min jogging
week 2	REST	30 min jogging	25 min jogging	30 min jogging	REST	65 min jog 25, fast walk 20, run 20	25 min jogging
week 3	REST	35 min jogging	30 min 10 min jog, 10 min fast walk, 10 min job	35 min jogging	REST	70 min jog 25, fast walk 20, run 25	30 min jogging
week 4	REST	35 min jogging	35 min 10 min jog, 10 min fast walk, 15 min jog	45 min jogging	REST	75 min jog 30, fast walk 15, run 30	35 min jogging
week 5	REST	25 min jogging	50 min jogging	25 min jogging	REST	80 min jog 35, fast walk 10, run 35	35 min jogging
week 6	25 min jogging	25 min jogging	50 min run	25 min jogging	REST	90 min jog 35, fast walk 10, run 45	35 min jogging
week 7	REST	25 min jogging	50 min run – do at least 20 min at your prospected race pace	25 min jogging	REST	100 min jogging/run	35 min jogging
week 8	40 min run – include a couple of short sprints	35 min jogging	REST	35 min jogging	30 min run – include a couple of short sprints	35 min steady	50 min run – do at least 20 min at your prospected race pace
week 9	35 min jogging	40 min jogging	REST	REST	35 min jogging	60 min run – do at least 20 min at your prospected race pace	35 min jogging
week 10	REST	35 min jogging	REST	15 min jogging	15 min jogging	REST	RACE

pace
jogging
run
sprints

example
very light and conversation easy
you should be in control of your breathing and be able to just hold a conversation
all outbursts