



Strabane Lifford **2020**
Half Marathon

12 WEEK
Beginners' Half Marathon
Training Programme

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	Rest	Run 20 mins	Rest	Run 30 mins	Rest	Run 25 mins	Rest
WEEK 2	Rest	Run 20 mins	Rest	Run 35 mins	Rest	Run 35 mins	Rest
WEEK 3	Rest	Run 25 mins	Rest	Run 35 mins	Run 20 mins	Rest	Run 30 mins
WEEK 4	Rest	Run 25 mins	Rest	Run 30 mins	Run 30 mins	Rest	Run 40 mins
WEEK 5	Rest	Run 40 mins	Rest	Run 35 mins	Run 30 mins	Rest	Run 45 mins
WEEK 6	Rest	Run 40 mins	Rest	Run 40 mins	Run 30 mins	Rest	Run 50 mins Easy
WEEK 7	Rest	Run 45 mins	Rest	Run 40 mins	Rest	Run 35 mins	Run 60 mins
WEEK 8	Rest	Run 55 mins	Rest	Run 60 mins (40 mins Steady)	Rest	Run 40 mins	Run 70 mins
WEEK 9	Rest	Run 65 mins	Rest	Run 70 mins	Rest	Run 25 mins	Run 90 mins
WEEK 10	Rest	Run 70 mins	Rest	Run 80 mins Easy	Rest	Run 35 mins	Run 110 mins Easy
WEEK 11	Rest	Rest	Run 60 mins	Run 45 mins	Rest	Run 40 mins	Run 60 mins
WEEK 12	Rest	Run 25 mins	Rest	Run 35 mins Easy	Rest	Run 15 mins Easy	Half Marathon

