

12 Week Beginners Half Marathon Training Programme



WATERSIDE
**HALF
MARATHON**
2019

01.09.19

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