



TARGET RACE TIME 2 HOURS

HALF MARATHON TRAINING PLAN

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MY PLEDGE _____

TARGET TIME _____

TRAINING NOTES _____



WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1 FEB 24 - MAR 2	Rest Day	5-8km easy	Warm up; 20mins at tempo pace; warm down	Rest Day	6-8km easy or rest day	10-12km medium	Rest Day
2 MAR 3 - 9	Rest Day	5-8km easy	6km long tempo	Rest Day	6km easy	5km park run	Rest Day
3 MAR 10 - 16	Rest Day	5-8km easy	Warm up; 25-30mins at tempo pace; warm down	Rest Day	6-8km easy or rest day	12-14km medium	Rest Day
4 MAR 17 - 23	Rest Day	5-8km easy	6-8km long tempo	Rest Day	6-8km easy	5km park run	Rest Day
5 MAR 24 - 30	Rest Day	5-8km easy	Warm up, 3 x 2km at tempo pace, 1:45 jogging recovery; warm down	Rest Day	6km easy or rest day	14-16km medium	Rest Day
6 MAR 31 - APR 6	Rest Day	5-8km easy	6-8km long tempo	Rest Day	6-8km easy	5km park run	Rest Day



12 WEEK HALF MARATHON TRAINING PLAN

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
7 APR 7 - 13	Rest Day	5-8km easy	Warm up, 5 x 1km at 10k pace, 2:30 jogging recovery; warm down	Rest Day	6km easy or rest day	16-18km medium	Rest Day
8 APR 14 - 20	Rest Day	5-8km easy	Rest Day	Rest Day	6-8km easy	14km easy	Rest Day
9 APR 21 - 27	Rest Day	5-8km easy	Warm up; 6-8 x 400m or 6-8 x 1:30 @ interval pace, 45sec jogging recovery; warm down	Rest Day	6km easy or rest day	18-20km medium	Rest Day
10 APR 28 - MAY 4	Rest Day	5-8km easy	Warm up, 5 x 1km at 10k pace, 2:00 jogging recovery; warm down	Rest Day	6km easy or rest day	14km medium	Rest Day
11 MAY 5 - 11	Rest Day	5-8km easy	Rest Day	Warm up, 3-4 x 2km at tempo pace, 1:45 jogging recovery; warm down	6-8km easy	Rest Day	12km easy
12 MAY 12 - 18	Rest Day	5-8km easy	6-8km at Half Marathon pace	Rest Day	6-8km easy	Rest Day	★ RACE DAY GOOD LUCK!

TRAINING PACES

EASY PACE = 6:40-6:45 per km

MEDIUM PACE = 6:00 per km

MARATHON PACE = 5:50 per km

HALF MARATHON PACE = 5:45 per km

LONG TEMPO PACE = 5:40 per km

10KM PACE = 5:25 per km

10KM PACE = 5:20 per km

INTERVAL PACE = 5:00 per km

THINGS TO REMEMBER

- ★ This training plan is not randomly divided over 12 weeks, each session builds on the previous one, so don't be tempted to swap weeks around to suit your schedule.
- ★ However, you can change the days within a week. Just remember to rearrange the rest days, too, to ensure maximum benefit from each session.
- ★ Complete the easy stuff easy and the hard sessions hard. Take the rest days seriously, too. The training will stress your body and it will need recovery time.
- ★ Stretching and using a foam roller is an essential part of run training, this will help improve your running and most importantly keep you injury free. Regular massages on rest days are also recommended.
- ★ If possible, avoid completing every session on a hard surface. Soft surfaces, like grass, dirt and sand, put less strain on your body, reducing the risk of injury, and provide a well-rounded workout because you will be forced to shift and adjust to uneven terrain, using muscles you might not on tarmac.
- ★ Neglect nutrition at your peril. Get used to consuming gels in training and don't try anything on race day that you haven't already put into practice.

