

16 Week Beginner - Barfoot & Thompson Half Marathon Training Program



- First 4 weeks base build focus
- To begin this Training Program you should be able to comfortably run for **60mins or 10km non-stop**
- Finish your session with **5-10 mins of foam rolling and stretching**

KEY:

Lower Aerobic (L.A) - breathing should be nice and even and you should be able to hold a conversation.

Mid Aerobic (M.A) - breathing should still be even but your heart rate and breathing rate will have increased, you should still be able to talk.

Upper Aerobic (U.A) - your breathing will be a bit more laboured, and you should still be able to get a few words out, but not a whole sentence.

HALF MARATHON PACED RUNNING (H.M.P) - the pace you will be aiming for on Race Day.

10km Race pace RUNNING (T.R.P) - The pace you use for your 10km race for training purposes



	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Weekly Focus
Week 1	Mon, 1 Jul	Tue, 2 Jul	Wed, 3 Jul	Thu, 4 Jul	Fri, 5 Jul	Sat, 6 Jul	Sun, 7 Jul	
July	5km @ L.A	6km @ M.A		6km @ M.A		8km @ M.A	Rest Day	Base Build 3wks load, 1 week easy
Week 2	Mon, 8 Jul	Tue, 9 Jul	Wed, 10 Jul	Thu, 11 Jul	Fri, 12 Jul	Sat, 13 Jul	Sun, 14 Jul	
July	6km @ L.A	8km @ M.A		8km @ M.A		10km @ M.A	5km Flush Run L.A	Base Build
Week 3	Mon, 15 Jul	Tue, 16 Jul	Wed, 17 Jul	Thu, 18 Jul	Fri, 19 Jul	Sat, 20 Jul	Sun, 21 Jul	
July	6km @ L.A	10km @ M.A		8km @ M.A		12km @ M.A	5km Flush Run L.A	Base Build
Week 4	Mon, 22 Jul	Tue, 23 Jul	Wed, 24 Jul	Thu, 25 Jul	Fri, 26 Jul	Sat, 27 Jul	Sun, 28 Jul	
July	Rest Day	8km @ M.A		6km @ M.A		8km @ M.A	Rest Day	Easy

Week 5	Mon, 29 Jul	Tue, 30 Jul	Wed, 31 Jul	Thu, 1 Aug	Fri, 2 Aug	Sat, 3 Aug	Sun, 4 Aug	
July	Cross train or walk for 45 mins - L.A	6km @ M.A	X-Training Day (try a class - Pilates, Yoga or strength)	5km Flat - 2.5km @ M.A/2.5km @ U.A	Complete day off from exercise	60mins @ M.A	Active Rest day - go for an easy walk or a swim	Build
Week 6	Mon, 5 Aug	Tue, 6 Aug	Wed, 7 Aug	Thu, 8 Aug	Fri, 9 Aug	Sat, 10 Aug	Sun, 11 Aug	
August	Rest	6km @ M.A	X-Training Day	5km Flat - 2.5km @ M.A/2.5km @ U.A	Complete day off from exercise	70mins @ M.A	Active Rest day	Build
Week 7	Mon, 12 Aug	Tue, 13 Aug	Wed, 14 Aug	Thu, 15 Aug	Fri, 16 Aug	Sat, 17 Aug	Sun, 18 Aug	
August	5km @ L.A	6km @ M.A	X-Training Day	5km Flat @ U.A	Complete day off from exercise	8km @ L.A	Active Rest day	Off load
Week 8	Mon, 19 Aug	Tue, 20 Aug	Wed, 21 Aug	Thu, 22 Aug	Fri, 23 Aug	Sat, 24 Aug	Sun, 25 Aug	
August	Rest	8km of gently undulating ground, M.A	X-Training Day	6km Flat - 2km @ U.A/2km @ L.A/2km @ U.A	Complete day off from exercise	80mins Run L.A. Slow down the pace if need be so that you can complete the distance comfortably. Practice your pre-run breakfast and on the run fuelling and hydration.	Active Rest day	Build

Week 9	Mon, 26 Aug	Tue, 27 Aug	Wed, 28 Aug	Thu, 29 Aug	Fri, 30 Aug	Sat, 31 Aug	Sun, 1 Sep	
August	5km @ L.A	8km of gently undulating ground, M.A	X-Training Day	6km Flat - 2km @ U.A/2km @ L.A/2km @ U.A	Complete day off from exercise	80mins Run L.A. Slow down the pace if need be so that you can complete the distance comfortably. Practice your pre-run breakfast and on the run fuelling and hydration.	Active Rest day	Build
Week 10	Mon, 2 Sep	Tue, 3 Sep	Wed, 4 Sep	Thu, 5 Sep	Fri, 6 Sep	Sat, 7 Sep	Sun, 8 Sep	
September	Rest	8km M.A with 1km in the middle @ H.M.P	X-Training Day	5km Flat @ U.A	Complete day off from exercise	10km @ M.A with 2km in middle @ T.R.P	Active Rest day	Off load/Race Focus
Week 11	Mon, 9 Sep	Tue, 10 Sep	Wed, 11 Sep	Thu, 12 Sep	Fri, 13 Sep	Sat, 14 Sep	Sun, 15 Sep	
September	6km @ L.A	8km Undulating @ M.A	X-Training Day	8km Flat @ M.A @ 2km in the middle @ U.A	Complete day off from exercise	90mins Run L.A-M.A	Active Rest day	Build
Week 12	Mon, 16 Sep	Tue, 17 Sep	Wed, 18 Sep	Thu, 19 Sep	Fri, 20 Sep	Sat, 21 Sep	Sun, 22 Sep	
September	6km @ L.A	8km Undulating @ M.A	X-Training Day	8km Flat @ M.A @ 2km in the middle @ U.A	Complete day off from exercise	1hr40mins Run L.A-M.A	Active Rest day	Build
Week 13	Mon, 23 Sep	Tue, 24 Sep	Wed, 25 Sep	Thu, 26 Sep	Fri, 27 Sep	Sat, 28 Sep	Sun, 29 Sep	
September	6km @ L.A	8km M.A with 1km in the middle @ H.M.P	X-Training Day	6km Flat @ 3km @ M.A/3km @ U.A	Complete day off from exercise	10km @ M.A with 4km to finish @ H.M.P	Active Rest day	Off load/Race Focus

Week 14	Mon, 30 Sep	Tue, 1 Oct	Wed, 2 Oct	Thu, 3 Oct	Fri, 4 Oct	Sat, 5 Oct	Sun, 6 Oct
September	8km @ L.A	10km Undulating @ M.A	X-Training Day	10km Flat @ M.A @ 2x1km in the middle @T.R.P	Complete day off from exercise	2hrs Run L.A-M.A	Active Rest day Build
Week 15	Mon, 7 Oct	Tue, 8 Oct	Wed, 9 Oct	Thu, 10 Oct	Fri, 11 Oct	Sat, 12 Oct	Sun, 13 Oct
October	8km @ L.A	10km Flat @ M.A @ 2x1km in the middle @T.R.P	X-Training Day	6km run U.A - focus on body position - running tall with nice light easy steps	Complete day off from exercise	12km @ M.A with last 2km @ H.M.P	Active Rest day Taper
Week 16	Mon, 14 Oct	Tue, 15 Oct	Wed, 16 Oct	Thu, 17 Oct	Fri, 18 Oct	Sat, 19 Oct	Sun, 20 Oct
October	6km @ L.A	8km M.A with 1km finish @ H.M.P	Complete Rest Day	40min Run L.A	Complete day off from exercise	Rest day. Have an easy 20 mins jog. Check that you have all your race gear ready for the morning, and then relax for the rest of the day	Barfoot & Thompson Half Marathon Race Week