

# 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, 13 Jul	Tue, 14 Jul	Wed, 15 Jul	Thu, 16 Jul	Fri, 17 Jul	Sat, 18 Jul	Sun, 19 Jul	
July	5km @ L.A	6km @ M.A		6km @ M.A		8km @ M.A	Rest Day	<b>Base Build</b> <i>3wks load, 1 week easy</i>
Week 2	Mon, 20 Jul	Tue, 21 Jul	Wed, 22 Jul	Thu, 23 Jul	Fri, 24 Jul	Sat, 25 Jul	Sun, 26 Jul	
July	6km @ L.A	8km @ M.A		8km @ M.A		10km @ M.A	5km Flush Run L.A	<b>Base Build</b>
Week 3	Mon, 27 Jul	Tue, 28 Jul	Wed, 29 Jul	Thu, 30 Jul	Fri, 31 Jul	Sat, 1 Aug	Sun, 2 Aug	
July	6km @ L.A	10km @ M.A		8km @ M.A		12km @ M.A	5km Flush Run L.A	<b>Base Build</b>
Week 4	Mon, 3 Aug	Tue, 4 Aug	Wed, 5 Aug	Thu, 6 Aug	Fri, 7 Aug	Sat, 8 Aug	Sun, 9 Aug	

<b>July</b>	Rest Day	8km @ M.A		6km @ M.A		8km @ M.A	Rest Day	<i>Easy</i>
<b>Week 5</b>	Mon, 10 Aug	Tue, 11 Aug	Wed, 12 Aug	Thu, 13 Aug	Fri, 14 Aug	Sat, 15 Aug	Sun, 16 Aug	
<b>July</b>	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	<i>Build</i>
<b>Week 6</b>	Mon, 17 Aug	Tue, 18 Aug	Wed, 19 Aug	Thu, 20 Aug	Fri, 21 Aug	Sat, 22 Aug	Sun, 23 Aug	
<b>August</b>	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	<i>Build</i>
<b>Week 7</b>	Mon, 24 Aug	Tue, 25 Aug	Wed, 26 Aug	Thu, 27 Aug	Fri, 28 Aug	Sat, 29 Aug	Sun, 30 Aug	
<b>August</b>	5km @ L.A	6km @ M.A	X-Training Day	5km Flat @ U.A	Complete day off from exercise	8km @ L.A	Active Rest day	<i>Off load</i>
<b>Week 8</b>	Mon, 31 Aug	Tue, 1 Sep	Wed, 2 Sep	Thu, 3 Sep	Fri, 4 Sep	Sat, 5 Sep	Sun, 6 Sep	

<b>August</b>	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	<b>Build</b>
<b>Week 9</b>	<b>Mon, 7 Sep</b>	<b>Tue, 8 Sep</b>	<b>Wed, 9 Sep</b>	<b>Thu, 10 Sep</b>	<b>Fri, 11 Sep</b>	<b>Sat, 12 Sep</b>	<b>Sun, 13 Sep</b>	
<b>August</b>	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	<b>Build</b>
<b>Week 10</b>	<b>Mon, 14 Sep</b>	<b>Tue, 15 Sep</b>	<b>Wed, 16 Sep</b>	<b>Thu, 17 Sep</b>	<b>Fri, 18 Sep</b>	<b>Sat, 19 Sep</b>	<b>Sun, 20 Sep</b>	
<b>September</b>	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	<b>Off load/Race Focus</b>
<b>Week 11</b>	<b>Mon, 21 Sep</b>	<b>Tue, 22 Sep</b>	<b>Wed, 23 Sep</b>	<b>Thu, 24 Sep</b>	<b>Fri, 25 Sep</b>	<b>Sat, 26 Sep</b>	<b>Sun, 27 Sep</b>	
<b>September</b>	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	<b>Build</b>
<b>Week 12</b>	<b>Mon, 28 Sep</b>	<b>Tue, 29 Sep</b>	<b>Wed, 30 Sep</b>	<b>Thu, 1 Oct</b>	<b>Fri, 2 Oct</b>	<b>Sat, 3 Oct</b>	<b>Sun, 4 Oct</b>	

<b>September</b>	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	<b>Build</b>
<b>Week 13</b>	<b>Mon, 5 Oct</b>	<b>Tue, 6 Oct</b>	<b>Wed, 7 Oct</b>	<b>Thu, 8 Oct</b>	<b>Fri, 9 Oct</b>	<b>Sat, 10 Oct</b>	<b>Sun, 11 Oct</b>	
<b>September</b>	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	<b>Off load/Race Focus</b>
<b>Week 14</b>	<b>Mon, 12 Oct</b>	<b>Tue, 13 Oct</b>	<b>Wed, 14 Oct</b>	<b>Thu, 15 Oct</b>	<b>Fri, 16 Oct</b>	<b>Sat, 17 Oct</b>	<b>Sun, 18 Oct</b>	
<b>September</b>	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	<b>Build</b>
<b>Week 15</b>	<b>Mon, 19 Oct</b>	<b>Tue, 20 Oct</b>	<b>Wed, 21 Oct</b>	<b>Thu, 22 Oct</b>	<b>Fri, 23 Oct</b>	<b>Sat, 24 Oct</b>	<b>Sun, 25 Oct</b>	
<b>October</b>	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	<b>Taper</b>
<b>Week 16</b>	<b>Mon, 26 Oct</b>	<b>Tue, 27 Oct</b>	<b>Wed, 28 Oct</b>	<b>Thu, 29 Oct</b>	<b>Fri, 30 Oct</b>	<b>Sat, 31 Oct</b>	<b>Sun, 1 Nov</b>	

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*