



HALF MARATHON BEGINNER TRAINING PROGRAM

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.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Weekly Focus
Week 1	Mon, 7 Aug	Tue, 8 Aug	Wed, 9 Aug	Thu, 10 Aug	Fri, 11 Aug	Sat, 12 Aug	Sun, 13 Aug	
August	Cross train or walk for 45 mins - L.A	40 mins of gently undulating ground, M.A	X-Training Day (try a class - Pilates, Yoga or strength)	Run 16 mins M.A, try and come back in 15 mins at a UA Pace	Complete day off from exercise	60mins 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 fueling and hydration.	Active Rest day - go for an easy walk or a swim	Build
Week 2	Mon, 14 Aug	Tue, 15 Aug	Wed, 16 Aug	Thu, 17 Aug	Fri, 18 Aug	Sat, 19 Aug	Sun, 20 Aug	
August	Rest	40 mins of gently undulating ground, M.A	X-Training Day	10 mins L.A, 20 mins M.A, 10 mins L.A - Flat	Complete day off from exercise	40mins 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 fueling and hydration.	Active Rest day	Download
Week 3	Mon, 21 Aug	Tue, 22 Aug	Wed, 23 Aug	Thu, 24 Aug	Fri, 25 Aug	Sat, 26 Aug	Sun, 27 Aug	
August	Cross train or walk for 45 mins - L.A	40 mins of gently undulating ground, M.A	X-Training Day	Run 16 mins M.A, try and come back in 15 mins at a UA Pace	Complete day off from exercise	70mins 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 fueling and hydration.	Active Rest day	Build
Week 4	Mon, 28 Aug	Tue, 29 Aug	Wed, 30 Aug	Thu, 31 Aug	Fri, 1 Sep	Sat, 2 Sep	Sun, 3 Sep	
September	Rest	8km M.A with 1km in the middle @ H.M.P	X-Training Day	10 mins L.A, 20 mins M.A, 10 mins L.A - Flat	Complete day off from exercise	50mins 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 fueling and hydration.	Active Rest day	Download
Week 5	Mon, 4 Sep	Tue, 5 Sep	Wed, 6 Sep	Thu, 7 Sep	Fri, 8 Sep	Sat, 9 Sep	Sun, 10 Sep	

September	Cross train or walk for 45 mins - L.A	8km of gently undulating ground, M.A	X-Training Day	Run 16 mins M.A, try and come back in 15 mins at a UA Pace	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 fueling and hydration.	Active Rest day	Build
Week 6	Mon, 11 Sep	Tue, 12 Sep	Wed, 13 Sep	Thu, 14 Sep	Fri, 15 Sep	Sat, 16 Sep	Sun, 17 Sep	
September	Rest	8km M.A with 1km in the middle @ H.M.P	X-Training Day	10 mins L.A, 20 mins M.A, 10 mins L.A - Flat	Complete day off from exercise	50mins 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 fueling and hydration.	Active Rest day	Download
Week 7	Mon, 18 Sep	Tue, 19 Sep	Wed, 20 Sep	Thu, 21 Sep	Fri, 22 Sep	Sat, 23 Sep	Sun, 24 Sep	
September	40min Run - L.A	8km of gently undulating ground, M.A	X-Training Day	Run 16 mins M.A, try and come back in 14 mins at a UA Pace	Complete day off from exercise	90mins Run L.A-M.A	Active Rest day	Build
Week 8	Mon, 25 Sep	Tue, 26 Sep	Wed, 27 Sep	Thu, 28 Sep	Fri, 29 Sep	Sat, 30 Sep	Sun, 1 Oct	
September	Rest	8km M.A with 2km in the middle @ H.M.P	X-Training Day	5km @ H.M.P	Complete day off from exercise	1hr40mins Run L.A-M.A	Active Rest day	Build
Week 9	Mon, 2 Oct	Tue, 3 Oct	Wed, 4 Oct	Thu, 5 Oct	Fri, 6 Oct	Sat, 7 Oct	Sun, 8 Oct	
October	40 min run L.A	8km of gently undulating ground, M.A	X-Training Day	Run 16 mins M.A, try and come back in 14 mins at a UA Pace	Complete day off from exercise	50mins 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 fueling and hydration.	Active Rest day	Download
Week 10	Mon, 9 Oct	Tue, 10 Oct	Wed, 11 Oct	Thu, 12 Oct	Fri, 13 Oct	Sat, 14 Oct	Sun, 15 Oct	
October	40 min run L.A	8km M.A with 2km in the middle @ H.M.P	X-Training Day	5km @ H.M.P	Complete day off from exercise	2hrs Run L.A-M.A	Active Rest day	Build
Week 11	Mon, 16 Oct	Tue, 17 Oct	Wed, 18 Oct	Thu, 19 Oct	Fri, 20 Oct	Sat, 21 Oct	Sun, 22 Oct	
October	40 min run L.A	6km run U.A - focus on body position - running tall with nice light easy steps	X-Training Day	Run 16 mins M.A, try and come back in 14 mins at a UA Pace	Complete day off from exercise	60 mins - do 20 mins L.A, 20 mins UA and 20 mins L.A	Active Rest day	Taper
Week 12	Mon, 23 Oct	Tue, 24 Oct	Wed, 25 Oct	Thu, 26 Oct	Fri, 27 Oct	Sat, 28 Oct	Sun, 29 Oct	
October	40 mins L.A. Spend 10-15 mins stretching at the end	40min Run M.A with 1km at the end @ U.A	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	ASB Auckland Marathon	Race Week