

## **Half Marathon Training- Beginner Program**

This program assumes you have a goal of just completing the half marathon, whether that is walking or running or a combination of the two. Majority of the training is based on the number of minutes, not miles. Control your effort in a way to be able to complete each workout as prescribed. No days are indicated for each individual workout, that is meant as a way for you to structure the week around your personal schedule. The only advice in this area would be to make sure the longest run and the speed session each week are separated by at least two days.

### **Week 1: 4 training days**

2x 30 min brisk walk/jog

1x 30min (10 min warm up, 5min run, 5 min walk, 5 min run, 5 min walk) \

1x 45 min brisk walk with jogging mixed in

### **Week 2: 4 training days (repeat of week 1)**

2x 30 min brisk walk/jog

1x 30min (10 min warm up, 5min run, 5 min walk, 5 min run, 5 min walk) \

1x 45 min brisk walk with jogging mixed in

### **Week 3: 5 training days**

2x35 min brisk walk/jog

1x45 min walk/jog

1x30 min 10 min warm up walk, 15 min run, 5 min walk

1x60 min walk/jog

### **Week 4: 5 training days**

2x35 min brisk walk/jog

1x45 min walk/jog

1x30 min 10 min warm up walk, 15 min run, 5 min walk

1x75 min walk/jog

**Week 5:** 5 training days

2x45 min brisk walk/jog

1x55 min brisk walk/jog

1x40 min (10 min warm up walk, 20 min run, 10 min cool down walk)

1x75 min brisk walk/jog

**Week 6:** 4 training days

2x45 min brisk walk/jog

1x10k Time Trial (in class)

1x90 min brisk walk/jog

**Week 7:** 5 training days

2x45 min brisk walk/jog

2x40 min, (10 min warm up walk, 20 min run, 10 min cool down walk)

1x90 min brisk walk/jog

**Week 8:** 5 training days

2x45 min brisk walk/jog

1x50 min 10 min warm up, 8 min run, 4 min walk, 8 min run, 4 min walk, 8 min run, 8 min walk cool down)

1x30 min easy walk/jog

9 mile walk jog (record time it takes to complete)

**Week 9:** 5 training days

2x45 min brisk walk/jog

1x60 min brisk walk/jog

1x30 min brisk walk/jog

1x105 min walk/jog (record distance covered)

**Week 10:** 5 Training days

2x45 min brisk walk/jog

1x55 min brisk walk/jog

1x40 min (10 min warm up walk, 20 min run, 10 min cool down walk)

1x75 min brisk walk/jog

**Week 11:** 4 training days

2x45 min brisk walk/jog

1x10k Time Trial (in class)

1x90 min brisk walk/jog

**Week 12:** 3 training days

2x30 min easy walk/jog

1/2 Marathon