

MARATHON HANDBOOK

4 WEEK HALF MARATHON TRAINING PLAN: MILES

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1		Cross Training 30-45 min	Speed Workout Warm up 1-2 miles 10 x 400m at 5k pace with 200m jog Cool down 1-2 miles	Distance Run 7 miles	Rest	Threshold Workout Warm up 1 mile 5 x 4 min at tempo pace with 90 sec rest Cool down 1 mile	Easy Run 4-5 miles	Long Run 10 miles
	2	Cross Training 45-60 min	Speed Workout Warm up 1-2 miles 6 x 1000m at 5k pace with 200m jog Cool down 1-2 miles	Distance Run 8 miles	Rest	Threshold Workout Warm up 1 mile 2 x 10 min at tempo pace with 90 sec rest Cool down 1 mile	Easy Run 4-5 miles with 4 x 75m strides	Long Run 12 miles
		3	Cross Training 45-60 min	Speed Workout Warm up 1-2 miles 6 x 800m at 5k pace with 200m jog Cool down 1-2 miles	Distance Run 7 miles	Rest	Threshold Workout Warm up 1 mile 20 min at tempo pace Cool down 1 mile	Easy Run 4-5 miles with 4 x 75m strides
4	Cross Training 30-40 min		Speed Workout Warm up 1 mile 4 x 800m at goal half marathon pace with 200m jog Cool down 1 mile	Easy Run 4-5 miles	Rest	Shake Out 20 min with 4 x 75m strides	Race Half Marathon!	Rest

MARATHON HANDBOOK

THE 4 WEEK HALF MARATHON TRAINING PLAN: GUIDANCE NOTES

INTRO

Hey there - Thomas from Marathon Handbook here. Thanks for taking the time to grab a copy of this plan!

CUSTOMIZING THE PLAN

No two runners are the same, and there's no such thing as a one-size-fits-all plan. That's why I make all my plans easy to customize: use the Google Sheets or Excel version of this plan to move things around to suit your weekly schedule, shorten or extend the plan, and mix up the workouts to suit your ability level.

In order to edit the file, please download it or make a copy (File>Make a Copy)

MEDICAL DISCLAIMER

This plan is for informational purposes only: it is not a certified exercise / health / wellness regime. Partake in run training at your own risk, always consult a doctor before starting a new exercise regime, and don't do anything stupid. Now let's get on with the details...

BREAKDOWN OF TRAINING WORKOUTS

Here's a brief rundown of the types of workout in the plan, and how to do them:

Easy Runs

Run at a conversational pace to aid recovery from harder workouts.

Distance Run

Base-building run to improve your endurance. Run at an easy pace.

Long Run

Long endurance workouts to improve physical and mental stamina. Run at an easy pace.

Tempo Run

Run at a pace you can sustain all out for one hour.

Speed Workout

Pace training to improve speed.

Shake Out

Very relaxed run to loosen up the day before a race or key workout.

Strides

With strides, accelerate over the duration of the stride, reaching max speed at the end of each one.

Cross Training

Training: Non-running aerobic workout. Examples include cycling, swimming, rowing, elliptical, aqua jogging, and hiking.

Strength Training

In addition to the training plan as written, it's also a good idea to strength train twice a week.

[Your strength training workouts should be total-body workouts, focusing on compound exercises like squats, lunges, step-ups, deadlifts, push-ups, pull-ups, rows, and core exercises. For our strength training guide for runners, click here.](#)

Questions?

[Check out our Marathon Handbook Facebook Group, it's an awesome community of runners sharing their knowledge, frustrations, and wins!](#)

Unfortunately I can't respond to individual queries these days, but the FB group is probably an even better source of running wisdom!

[Share your training and wins with us over on Instagram!](#)

MarathonHandbook.com

[All Our Marathon Training Resources](#)

[Instagram](#)

[The Marathon Training Masterclass](#)