

Half Marathon Beginner Training Program

Legend: w/u = warm up, c/d = cool down, jog = slow easy pace, run = steady pace, effort = push hard

This is a 16 week program with week 1 being the event week.

Week 4	Week 3	Week 2	Week 1
Monday 40min jog	Monday 50min jog	Monday 50min jog	Monday 30min jog
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Tuesday 75min jog (hilly course)	Tuesday 75min jog (hilly course)	Tuesday 75min jog (hilly course)	Tuesday 50min jog easy
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Wednesday	Wednesday	Wednesday	Wednesday
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Thursday 10min jog w/u 40min run 10min Jog c/d	Thursday 10min jog w/u 40min run 10min Jog c/d	Thursday 10min jog w/u 50min run 10min Jog c/d	Thursday 10min jog w/u 20min run 10min Jog c/d
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Friday	Friday	Friday	Friday 30min jog easy
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Saturday 30min jog easy	Saturday 40min jog easy	Saturday 40min jog easy	Saturday Light 10min jog and stretches
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Sunday 90min jog	Sunday 100min jog	Sunday 100min jog	Sunday Melbourne Marathon Light 10min jog and stretches Half Mara Race GOOD LUCK
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Week 8

Monday 40min jog

Tuesday 50min jog

Wednesday

Thursday 10min jog w/u
25min run
10min Jog c/d

Friday

Saturday 30min jog easy

Sunday 60min jog

Week 7

Monday 40min jog

Tuesday 50min jog (hilly course)

Wednesday

Thursday 10min jog w/u
30min run
10min Jog c/d

Friday

Saturday 30min jog easy

Sunday 75min jog

Week 6

Monday 40min jog

Tuesday 60min jog (hilly course)

Wednesday

Thursday 10min jog w/u
30min run
10min Jog c/d

Friday

Saturday 30min jog

Sunday 75min jog

Week 5

Monday 40min jog

Tuesday 60min jog (hilly course)

Wednesday

Thursday 5min jog w/u
40min run
5min Jog c/d

Friday

Saturday 30min jog easy

Sunday 90min jog

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Week 16		Week 15		Week 14		Week 13	
Monday		Monday		Monday	10min walk w/u 20min jog 10min walk c/d	Monday	25min jog
Tuesday	10min walk w/u (3min jog 2min Walk) x 5 10min walk c/d	Tuesday	10min walk w/u (5min jog 1min walk) x 5 10min walk c/d	Tuesday	5min walk w/u 15min jog 5min walk 15min jog 5min walk c/d	Tuesday	15min jog 2min walk, 15min jog
Wednesday		Wednesday		Wednesday		Wednesday	
Thursday	10min walk w/u (5min jog 2min walk) x 5 10min walk c/d	Thursday	10min walk w/u 15min jog 5min Walk 10min jog 10min walk c/d	Thursday	5min walk w/u 25min jog 5min walk c/d	Thursday	30min jog
Friday		Friday		Friday		Friday	
Saturday	10min walk w/u 10min jog 2min walk 10min jog 10min walk c/d	Saturday	10min walk w/u 20min jog 10min walk c/d	Saturday	5min walk w/u 15min jog 2min walk 15min jog 5min walk c/d	Saturday	5min jog w/u 15min run 5min Jog c/d
Sunday		Sunday		Sunday		Sunday	35min jog