Your 12-week half-marathon training plan for beginners

This plan is designed for runners who have progressed from non runner to 5k to 10k and who are now looking to take on a Half Marathon.
This schedule is not targeting a time more that you are able to complete the Half Marathon.

Don't forget your warm up and warm down: Start and end each running training session with a 5 minute walk to help you warm up and cool down your muscles, minimising the risk of injury.

Active Rest · Jog/Walk/Easy Run · Race Day

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 01	**Easy run 30 mins** **100m stride, 100m walk** **Repeat 4x** (total time: 45 minutes*)	**Rest**	**Jog 30 mins, starting slow and increasing pace as you progress** (total time: 40 minutes*)	**Rest**	**Easy run 30 mins** (total time: 40 minutes*)	**Rest**	**Easy run 35 mins** (total time: 45 minutes*)
Week 02	**Easy run 30 mins** **100m stride, 100m walk** **Repeat 4x** (total time: 45 minutes*)	**Rest**	**Steady jog 35 mins** (total time: 45 minutes*)	**Rest**	**Easy run 30 mins** (total time: 40 minutes*)	**Rest**	**Easy run 40 mins** (total time: 50 minutes*)
Week 03	**Easy run 30 mins** **100m stride, 100m walk** **Repeat 4x** (total time: 45 minutes*)	**Rest**	**Easy run 10 mins** **100m stride, 100m walk** **Repeat 2-3x** **1 min run at 60% pace, 1 min walk** **Repeat 10x** **Easy run 10 mins** (total time: 45 minutes approx.)	**Rest**	**Easy run 35 mins** (total time: 45 minutes*)	**Rest**	**Easy run 50 mins** (total time: 1 hour*)
Week 04	**Easy run 30 mins** **100m stride, 100m walk** **Repeat 4x** (total time: 45 minutes*)	**Rest**	**Easy run 10 mins** **100m stride, 100m walk** **Repeat 2-3x** **5 x 1 min run at 60% pace, 30s walk** **Rest 2 mins** **Repeat 3x** **Easy run 10 mins** (total time: 55 minutes approx.)	**Rest**	**Easy run 30 mins** (total time: 40 minutes*)	**5km run at 60-70% pace**	**Easy run 60 mins** (total time: 1 hour 10 mins*)
Week 05	**Easy run 30 mins** **100m stride, 100m walk** **Repeat 4x** (total time: 45 minutes*)	**Rest**	**Easy run 10 mins** **100m stride, 100m walk** **Repeat 2-3x** **2 mins run at 60% pace, 1 min walk** **Repeat 10x** **Easy run 10 mins** (total time: 55 minutes approx.)	**Rest**	**Easy run 35 mins** (total time: 45 minutes*)	**Rest**	**Jog 1 hour:** **20 mins easy pace, increase pace steadily to 60% by end** (total time: 1 hour 10 mins*)
Week 06	**Easy run 30 mins** **100m stride, 100m walk** **Repeat 4x** (total time: 45 minutes*)	**Rest**	**Easy run 10 mins** **100m stride, 100m walk** **Repeat 2-3x** **3 min run at 60% pace, 1 min walk** **Repeat 8x** **Easy run 10 mins** (total time: 1 hour approx.)	**Rest**	**Easy run 35 mins** (total time: 45 minutes*)	**Rest**	**10km easy run** (total time: 1 hour*)

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 07	**Easy run 30 mins** **100m stride, 100m walk** **Repeat 4x** (total time: 45 mins approx.*)	**Rest**	**Easy run 10 mins** **100m stride, 100m walk** **Repeat 2-3x** **Jog 3 mins, walk 1 min** **Jog 2 mins, walk 1 min** **Jog 1 min, walk 1 min** **Rest 2 mins** **Repeat 3x** **Easy run 10 mins** (total time: 1 hour approx.)	**Rest**	**Easy run 35 mins** (total time: 45 minutes*)	**Rest**	**Easy run 1 hour** (total time: 1 hour 10 mins*)
Week 08	**Easy run 30 mins** **100m stride, 100m walk** **Repeat 4x** (total time: 45 minutes*)	**Rest**	**Easy run 10 mins** **100m stride, 100m walk** **Repeat 2-3x** **Jog 3 mins (60% pace), walk 1 min** **Jog 2 mins (60% pace), walk 1 min** **Jog 1 min (60% pace), walk 1 min** **Easy jog 3 mins** **Repeat 2x** **Easy run 10 mins** (total time: 50 mins approx.)	**Rest**	**Easy run 35 mins** (total time: 45 minutes*)	**Rest**	**Easy run 13km**
Week 09	**Easy run 30 mins** **100m stride, 100m walk** **Repeat 4x** (total time: 45 minutes*)	**Rest**	**Easy run 10 mins** **100m stride, 100m walk** **Repeat 2-3x** **1km run at 60-70% pace, walk 2 mins** **Repeat 6x** **1 min stride, walk 1 min** **Repeat 6x** **Easy run 10 mins** (total time: 1 hour approx.)	**Rest**	**Easy run 35 mins** (total time: 45 minutes*)	**Rest**	**Easy run 60 mins** (total time: 1 hour 10 mins*)
Week 10	**Easy run 30 mins** **100m stride, 100m walk** **Repeat 4x** (total time: 45 minutes*)	**Rest**	**Easy run 10 mins** **100m stride, 100m walk** **Repeat 2-3x** **1km run at 50-60% pace, walk 2 mins** **Repeat 8x** **Easy run 10 mins** (total time: 1 hour 10 mins approx.)	**Rest**	**Easy run 35 mins** (total time: 45 minutes*)	**Rest**	**Easy run 16km**
Week 11	**Easy run 30 mins** **100m stride, 100m walk** **Repeat 4x** (total time: 45 minutes*)	**Rest**	**Easy run 10 mins** **100m stride, 100m walk** **Repeat 2-3x** **1 min run at 60% pace, 1 min walk** **Repeat 10x** **Easy run 10 mins** (total time: 45 minutes approx.)	**Rest**	**Easy run 35 mins** (total time: 45 minutes*)	**5km run at 60-70% pace**	**Easy run 60 mins** (total time: 1 hour 10 mins*)
Week 12	**Easy run 30 mins** **100m stride, 100m walk** **Repeat 4x** (total time: 45 minutes*)	**Rest**	**Easy run 10 mins** **100m stride, 100m walk** **Repeat 2-3x** **Jog 5 mins at 50-60% pace, walk 1 min** **Jog 4 mins at 50-60% pace, walk 1 min** **Jog 3 mins at 50-60% pace, walk 1 min** **Jog 2 mins at 50-60% pace, walk 1 min** **Jog 1 mins at 50-60% pace, walk 1 min** **Easy run 10 mins** (total time: 45 minutes approx.)	**Rest**	**Easy run 25 mins** (total time: 35 minutes*)	**Rest**	**Half Marathon Day!**