



MADE TO MOVE™

Beginner Half Marathon Programme

This programme is for you if it's your first half marathon, or a long time since you ran any longer distance. To get the most out of it, you should be able to run 3 miles (5km) in under 40 minutes. However, do not panic if you can't - this plan is totally achievable.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	REST	30 mins easy run	30 mins tempo (including 5 mins warm up and cool down)	REST	30 mins easy/recovery run	REST	3 miles (5k) long run pace
WEEK 2	REST	30 mins easy run	30 mins tempo (including 5 mins warm up and cool down)	REST	30 mins easy/recovery run	REST	40 mins long run
WEEK 3	REST	30 mins easy run	30 mins tempo (including 5 mins warm up and cool down)	REST	30 mins easy/recovery run	REST	5 mile (8k) long run
WEEK 4	REST	40 mins easy run	30 mins tempo (including 5 mins warm up and cool down)	REST	40 mins Cross Training	REST	60 mins long run
WEEK 5	REST	40 mins easy run	30 mins tempo (including 5 mins warm up and cool down)	REST	40 mins Speed Run or Cross Training	REST	7 mile (11km) long run
WEEK 6	REST	40 mins easy run	30 mins tempo (including 5 mins warm up and cool down)	REST	40 mins Speed Run or Cross Training	REST	8 miles (13k) long run
WEEK 7	REST	40 mins easy run	30 mins tempo (including 5 mins warm up and cool down)	REST	40 mins Speed Run or Cross Training	REST	60 mins long run
WEEK 8	REST	40 mins easy run	30 mins tempo (including 5 mins warm up and cool down)	REST	50 mins Speed Run or Cross Training	REST	10 miles (16k) long run
WEEK 9	REST	40 mins easy run	30 mins tempo (including 5 mins warm up and cool down)	REST	50 mins Speed Run or Cross Training	REST	5 miles (8k) long run

WEEK 10	REST	40 mins easy run	30 mins tempo (including 5 mins warm up and cool down)	REST	40 mins Speed Run or Cross Training	REST	12 miles (19k) long run
WEEK 11	REST	40 mins easy run	30 mins tempo (including 5 mins warm up and cool down)	REST	40 mins Speed Run or Cross Training	REST	6 miles (10k) long run
WEEK 12	REST	40 mins easy run	30 mins tempo (including 5 mins warm up and cool down)	REST	50 mins easy run or REST depending on how the body feels	REST	RACE DAY

NOTES:



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Running Log:



An opportunity for you to log progress over the duration of the training programme; recording success will boost your confidence, whilst noting difficult sessions and why will allow you to develop in the future.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EXAMPLE		Tired today, completed session - pleased with that	Found I had lots of energy today			Ran with my social group today - was good to train with others	Hamstrings tight, nice to stretch.
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							
WEEK 6							
WEEK 7							
WEEK 8							

WEEK 9							
WEEK 10							
WEEK 11							
WEEK 12							RACE DAY



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