



2024 BEGINNER TRAINING GUIDE



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. The plan is just a guide, so do not hesitate to move things around to fit around your routine or lifestyle. Saturday for example is marked as a rest day to allow some recovery time ahead of a Sunday long run, but, if you always do parkrun or any other activity on a Saturday don't feel the need to remove it from your routine.



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MILEAGE
DATE	15 JULY	16 JULY	17 JULY	18 JULY	19 JULY	20 JULY	21 JULY	
1	REST	30 mins easy run	30 mins tempo	REST	30 mins easy/recovery run	REST	50 mins long run	
DATE	22 JULY	23 JULY	24 JULY	25 JULY	26 JULY	27 JULY	28 JULY	
2	REST	40 mins easy run	30 mins tempo	REST	40 mins cross training	REST	60 mins long run	
DATE	29 JULY	30 JULY	31 JULY	1 AUGUST	2 AUGUST	3 AUGUST	4 AUGUST	
3	REST	30 mins tempo	30 mins easy run	REST	30 mins easy/recovery run	REST	50 mins long run	
DATE	5 AUGUST	6 AUGUST	7 AUGUST	8 AUGUST	9 AUGUST	10 AUGUST	11 AUGUST	
4	REST	30 mins tempo	40 mins easy run	REST	40 mins cross training	REST	60 mins long run	
DATE	12 AUGUST	13 AUGUST	14 AUGUST	15 AUGUST	16 AUGUST	17 AUGUST	18 AUGUST	
5	REST	40 mins easy run	30 mins tempo	REST	40 mins speed run or cross training	REST	7 miles (11k) long run pace	
DATE	19 AUGUST	20 AUGUST	21 AUGUST	22 AUGUST	23 AUGUST	24 AUGUST	25 AUGUST	
6	REST	40 mins easy run	30 mins tempo	REST	40 mins speed run or cross training	REST	8 miles (13k) long run pace	
DATE	26 AUGUST	27 AUGUST	28 AUGUST	29 AUGUST	30 AUGUST	31 AUGUST	1 SEPTEMBER	
7	REST	40 mins easy run	30 mins tempo	REST	50 mins speed run or cross training	REST	CDF 10K or slow long run	
DATE	2 SEPTEMBER	3 SEPTEMBER	4 SEPTEMBER	5 SEPTEMBER	6 SEPTEMBER	7 SEPTEMBER	8 SEPTEMBER	
8	REST	40 mins easy run	30 mins tempo	REST	40 mins speed run or cross training	REST	60 mins long run	
DATE	9 SEPTEMBER	10 SEPTEMBER	11 SEPTEMBER	12 SEPTEMBER	13 SEPTEMBER	14 SEPTEMBER	15 SEPTEMBER	
9	REST	40 mins easy run	30 mins tempo	REST	50 mins speed run or cross training	REST	5 miles (8k) long run pace	
DATE	16 SEPTEMBER	17 SEPTEMBER	18 SEPTEMBER	19 SEPTEMBER	20 SEPTEMBER	21 SEPTEMBER	22 SEPTEMBER	
10	REST	40 mins easy run	30 mins tempo	REST	40 mins speed run or cross training	REST	12 miles (19k) long run pace	
DATE	23 SEPTEMBER	24 SEPTEMBER	25 SEPTEMBER	26 SEPTEMBER	27 SEPTEMBER	28 SEPTEMBER	29 SEPTEMBER	
11	REST	40 mins easy run	30 mins tempo	REST	40 mins speed run or cross training	REST	6 miles (10k) long run pace	
DATE	30 SEPTEMBER	1 OCTOBER	2 OCTOBER	3 OCTOBER	4 OCTOBER	5 OCTOBER	6 OCTOBER	
12	REST	40 mins easy run	30 mins tempo	REST	50 mins easy run or rest	PRINCIPALITY CARDIFF HALF JUNIOR	PRINCIPALITY CARDIFF HALF MARATHON	



2024 INTERMEDIATE TRAINING GUIDE



HALF MARATHON SERIES

This programme is for you if you've previously done a half marathon, or regularly run longer distances for pleasure but would now like to improve on your time (sub 2 hours for men and 2.15 for women).

It includes a combination of long runs and speed sessions to improve pace and hopefully, allowing you to reach your full potential. The plan is just a guide, so do not hesitate to move things around to fit around your routine.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MILEAGE
DATE	15 JULY	16 JULY	17 JULY	18 JULY	19 JULY	20 JULY	21 JULY	
1	REST	30 mins easy run	30 mins tempo	REST	40 mins cross training	30 mins speed work	6 miles (10k) long run pace	
DATE	22 JULY	23 JULY	24 JULY	25 JULY	26 JULY	27 JULY	28 JULY	
2	REST	40 mins easy run	30 mins tempo	REST	40 mins cross training	30 mins speed work	60 mins long run	
DATE	29 JULY	30 JULY	31 JULY	1 AUGUST	2 AUGUST	3 AUGUST	4 AUGUST	
3	REST	30 mins tempo	30 mins easy run	REST	40 mins cross training	30 mins speed work	6 miles (10k) long run pace	
DATE	5 AUGUST	6 AUGUST	7 AUGUST	8 AUGUST	9 AUGUST	10 AUGUST	11 AUGUST	
4	REST	30 mins tempo	40 mins easy run	REST	40 mins cross training	30 mins speed work	60 mins long run	
DATE	12 AUGUST	13 AUGUST	14 AUGUST	15 AUGUST	16 AUGUST	17 AUGUST	18 AUGUST	
5	REST	40 mins easy run	30 mins tempo	REST	40 mins cross training	30 mins speed work	8 miles (13k) long run pace	
DATE	19 AUGUST	20 AUGUST	21 AUGUST	22 AUGUST	23 AUGUST	24 AUGUST	25 AUGUST	
6	REST	45 mins easy run	30 mins tempo	REST	50 mins cross training	40 mins speed work	8 miles (13k) long run pace	
DATE	26 AUGUST	27 AUGUST	28 AUGUST	29 AUGUST	30 AUGUST	31 AUGUST	1 SEPTEMBER	
7	REST	50 mins easy run	30 mins tempo	REST	60 mins cross training	40 mins speed work	CDF 10K or slow long run	
DATE	2 SEPTEMBER	3 SEPTEMBER	4 SEPTEMBER	5 SEPTEMBER	6 SEPTEMBER	7 SEPTEMBER	8 SEPTEMBER	
8	REST	45 mins easy run	30 mins tempo	REST	50 mins cross training	40 mins speed work	6 miles (10k) long run pace	
DATE	9 SEPTEMBER	10 SEPTEMBER	11 SEPTEMBER	12 SEPTEMBER	13 SEPTEMBER	14 SEPTEMBER	15 SEPTEMBER	
9	REST	40 mins easy run	30 mins tempo	REST	50 mins cross training	40 mins speed work	12 miles (19k) long run pace	
DATE	16 SEPTEMBER	17 SEPTEMBER	18 SEPTEMBER	19 SEPTEMBER	20 SEPTEMBER	21 SEPTEMBER	22 SEPTEMBER	
10	REST	60 mins easy run	30 mins tempo	REST	40 mins cross training	40 mins speed work	12 miles (19k) long run pace	
DATE	23 SEPTEMBER	24 SEPTEMBER	25 SEPTEMBER	26 SEPTEMBER	27 SEPTEMBER	28 SEPTEMBER	29 SEPTEMBER	
11	REST	50 mins easy run	30 mins tempo	REST	40 mins cross training	40 mins speed work	6 miles (10k) long run pace	
DATE	30 SEPTEMBER	1 OCTOBER	2 OCTOBER	3 OCTOBER	4 OCTOBER	5 OCTOBER	6 OCTOBER	
12	REST	40 mins easy run	30 mins tempo	REST	40 mins easy run or rest	PRINCIPALITY CARDIFF HALF JUNIOR	PRINCIPALITY CARDIFF HALF MARATHON	



2024 ADVANCED TRAINING GUIDE



This programme is for you if you consider yourself to be an advanced runner. You have completed half marathon races before (sub 1.45 hours for men and 2.00 hours for women).

The plan is just a guide, so do not hesitate to move things around to fit around your routine.



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MILEAGE
DATE	15 JULY	16 JULY	17 JULY	18 JULY	19 JULY	20 JULY	21 JULY	
1	4 miles (6k) easy run	6 x hill reps (2 min run up, slow jog down)	5 miles (8k) easy run	Intervals 6 x 1000m (400m recovery)	REST	5 miles (8k) easy run	6 miles (10k) race pace	
DATE	22 JULY	23 JULY	24 JULY	25 JULY	26 JULY	27 JULY	28 JULY	
2	5 miles (8k) easy run	3 x 10 mins tempo run (4 min recovery)	6 miles (10k) steady pace	6 miles (10k) easy run	REST	20 mins easy run	60 mins long run	
DATE	29 JULY	30 JULY	31 JULY	1 AUGUST	2 AUGUST	3 AUGUST	4 AUGUST	
3	4 miles (6k) easy run	5 miles (8k) easy run	6 x hill reps (2 min run up, slow jog down)	Intervals 6 x 1000m (400m recovery)	REST	5 miles (8k) easy run	6 miles (10k) race pace	
DATE	5 AUGUST	6 AUGUST	7 AUGUST	8 AUGUST	9 AUGUST	10 AUGUST	11 AUGUST	
4	5 miles (8k) easy run	6 miles (10k) steady pace	3 x 10 mins tempo run (4 min recovery)	6 miles (10k) easy run	REST	20 mins easy run	60 mins long run	
DATE	12 AUGUST	13 AUGUST	14 AUGUST	15 AUGUST	16 AUGUST	17 AUGUST	18 AUGUST	
5	5 miles (8k) easy run	2 x 15 mins tempo run (4 min recovery)	7 miles (11k) steady pace	6 x hill reps (2 min run up, slow jog down)	REST	5 miles (8k) easy run	13 miles (21k) long run pace	
DATE	19 AUGUST	20 AUGUST	21 AUGUST	22 AUGUST	23 AUGUST	24 AUGUST	25 AUGUST	
6	5 miles (8k) easy run	2 x 20 mins tempo run (5 min recovery)	7 miles (11k) steady pace	Intervals 5 x 1 mile (400m recovery)	REST	5 miles (8k) easy run	14 miles (23k) long run pace	
DATE	26 AUGUST	27 AUGUST	28 AUGUST	29 AUGUST	30 AUGUST	31 AUGUST	1 SEPTEMBER	
7	6 miles (10k) easy run	REST	7 miles (11k) steady pace	Intervals 5 x 1 mile (400m recovery)	REST	20 mins easy run	CDF 10K or slow long run	
DATE	2 SEPTEMBER	3 SEPTEMBER	4 SEPTEMBER	5 SEPTEMBER	6 SEPTEMBER	7 SEPTEMBER	8 SEPTEMBER	
8	5 miles (8k) easy run	Tempo run (20 mins on, 5 mins off, 25 mins on, 4 mins off, 10 mins on)	7 miles (11k) steady pace	8 x hill reps (2 min run up, slow jog down)	REST	5 miles (8k) easy run	15 miles (24k) long run pace	
DATE	9 SEPTEMBER	10 SEPTEMBER	11 SEPTEMBER	12 SEPTEMBER	13 SEPTEMBER	14 SEPTEMBER	15 SEPTEMBER	
9	7-8 miles (11-12k) steady	2 x 10 mins tempo run (4 min recovery)	8 miles (13k) steady pace	8 x hill reps 5 x 1 mile (2 min run up, slow jog down)	REST	5 miles (8k) easy run	16 miles (26k) long run pace	
DATE	16 SEPTEMBER	17 SEPTEMBER	18 SEPTEMBER	19 SEPTEMBER	20 SEPTEMBER	21 SEPTEMBER	22 SEPTEMBER	
10	5 miles (8k) easy run	Tempo run (20 mins on, 5 mins off, 15 mins on, 4 mins off, 10 mins on)	8 miles (13k) steady pace	6 x hill reps (2 min run up, slow jog down)	REST	6 miles (10k) easy run	12 miles (19k) long run pace	
DATE	23 SEPTEMBER	24 SEPTEMBER	25 SEPTEMBER	26 SEPTEMBER	27 SEPTEMBER	28 SEPTEMBER	29 SEPTEMBER	
11	5 miles (8k) easy run	7 miles (11k) 1 mile (2k) easy, 5 miles (7.5k) race pace, 1 mile (2k) easy	5 miles (8k) easy run	2 x 10 mins tempo run (4 min recovery)	REST	6 miles (10k) steady	10 miles (16k) long run pace	
DATE	30 SEPTEMBER	1 OCTOBER	2 OCTOBER	3 OCTOBER	4 OCTOBER	5 OCTOBER	6 OCTOBER	
12	4 miles (6k) easy run	5 miles (8k) 1 mile (2k) easy, 3 miles (5k) race pace, 1 mile (2k) easy	REST	6 miles (10k) steady	REST	PRINCIPALITY CARDIFF HALF JUNIOR	PRINCIPALITY CARDIFF HALF MARATHON	