



Half marathon beginner plan

Week 1 - Getting started

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Jog	Rest	Rest	Jog	Rest	Rest	Walk/Jog
Session Details	Jog for 10mins.			Jog for 10mins.			Aim to walk/jog for 20mins.
Focus	Move at a pace where you could still have a conversation.			Steady pace, stay relaxed.			Keep moving and jog as much as you can during the 20mins.

Week 2 - Building confidence

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Jog	Rest	Jog	Rest	Rest	Jog
Session Details		Jog for 10mins.		Jog for 15mins.			Jog for 20mins.
Focus		Move at a pace where you could still have a conversation.		Steady pace, stay relaxed.			Jog for the whole 20mins.

Week 3 - Extending jogging time

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Jog	Rest	Jog	Rest	Rest	Jog
Session Details		Jog for 15mins.		Jog for 15mins.			Jog for 20mins.
Focus		Easy pace, stay relaxed.		Easy pace, stay relaxed.			Non-stop jogging!

Week 4 - Building time and distance

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Jog	Rest	Rest	Jog	Rest	Rest	Jog
Session Details	Jog for 10mins.			Jog for 20mins.			Jog for 30mins.
Focus	First back to back session - take it easy and stay relaxed.			A longer mid-week session, take it easy and keep moving.			Stay relaxed as you begin to build up training volume.

Week 5 - Building time and distance

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Jog	Rest	Rest	Jog	Rest	Jog
Session Details		Jog for 20mins.			Jog for 20mins.		Jog for 35mins.
Focus		Easy pace, stay relaxed.			Easy pace, stay relaxed.		Jog for the whole 35mins.

Week 6 - Recovery and consolidation

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Jog	Rest	Jog	Rest	Rest	Jog
Session Details		Jog for 20mins.		Interval training 30mins.			Jog for 45mins.
Focus		Easy pace, stay relaxed.		Alternate between jogging fast for 7mins and slow for 3mins.			Longer session, maintain a steady pace and stay relaxed.

Week 7 - Stepping up a level

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Jog	Rest	Jog	Rest	Jog	Rest	Jog
Session Details	Jog for 20mins.		Jog for 30mins.		Jog for 10mins.		Jog for 55mins.
Focus	This is your recovery jog after yesterday, take it slow.		Easy pace, stay relaxed.		Easy pace, stay relaxed.		Final long jog before your mid-plan recovery week, make it count!

Week 8 - Race experience and confidence building

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Run	Rest	Run	Rest	Jog	5km race
Session Details		Run for 15mins.		Run for 10mins.		Jog for 10mins.	Take on a 5km!
Focus		Easy pace, stay relaxed.		Easy pace, stay relaxed.		Slow pace, stay relaxed.	Sign up for a 5km event, push yourself and enjoy the experience! www.mencap.org.uk/runningevents

Week 9 - Longer runs

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Run	Rest	Jog	Rest	Jog	Rest	Jog
Session Details	Run for 10mins.		Jog for 35mins.		Jog for 35mins.		Jog for 60mins.
Focus	This is your recovery run after yesterday, take it slow.		Easy pace, stay relaxed.		Easy pace, stay relaxed.		First hour long session! Jog for the whole 60mins.

Week 10 - Longer runs

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Jog	Rest	Run	Jog	Rest	Jog
Session Details		Jog for 35mins.		Run for 45mins.	Jog for 20mins.		Jog for 75mins.
Focus		Easy pace, stay relaxed.		Find a pace just out of your comfort zone but still maintainable.	Recovery jog after yesterday, take it slow.		Keep moving and try to jog for the whole 75mins.

Week 11 - Longer runs

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Jog	Rest	Run	Rest	Rest	Jog	Jog
Session Details	Jog for 20mins.		Interval training 45mins.			Jog for 20mins.	Jog for 85mins.
Focus	This is your recovery jog after yesterday, take it slow.		Alternate between running fast for 10mins and slow for 5mins.			Easy pace, stay relaxed.	Keep moving and try to jog for the whole 85mins.

Week 12 - Race experience and confidence building

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Jog	Rest	Run	Rest	Rest	Jog	10km race
Session Details	Jog for 20mins.		Run for 55mins.			Jog for 20mins.	Take on a 10km!
Focus	This is your recovery jog after yesterday, take it slow.		Steady pace, stay relaxed.			Easy pace, stay relaxed	Sign up for a 10km event, push yourself and enjoy the experience! www.mencap.org.uk/runningevents

Week 13 - Reaching your peak

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Jog	Rest	Run	Rest	*Jog*	Rest	Jog
Session Details	Jog for 20mins.		Run for 45mins.		Jog for 45mins.		Jog for 100mins.
Focus	This is your recovery jog after yesterday, take it slow.		Push harder for this shorter run.		Optional jog - if your body is tired listen and rest instead.		Keep moving and try to jog for the whole 100mins.

Week 14 - Reaching your peak

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Run	Rest	Run	Rest	Jog	Jog
Session Details		Run for 50mins.		Run for 50mins.		Jog for 10mins.	Jog for 120mins.
Focus		Push hard for 30secs after every steady 10mins.		Steady pace, stay relaxed.		Very easy pace, stay relaxed in preparation for tomorrow.	Last long training run, keep the pace steady.

Week 15 - Taper week

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Rest	Jog	Jog	Rest	Jog	Jog
Session Details			Jog for 50mins.	Jog for 35mins.		Jog for 15mins.	Jog for 65mins.
Focus			Easy pace, stay relaxed.	Easy pace, stay relaxed.		Easy pace, stay relaxed.	Stick to 65mins at a steady pace.

Week 16 - Event week!

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Jog	Rest	Jog	Rest	Jog	Event day
Session Details		Jog for 20mins.		Jog for 15mins.		Jog for 10mins.	Today is the day!
Focus		Steady pace, stay relaxed.		Steady pace, stay relaxed.		Very easy pace, stay relaxed in preparation for tomorrow.	Stay relaxed and enjoy the day. You've come so far in such a short time, well done!