



Harewood Half Marathon

12-Week Training Plan for Beginners

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
week 1	45 mins Cross-Training or Gym Class + Stretch	30 mins Easy/Steady run + Stretch	REST	40 mins Easy/Steady run + Stretch	REST	Pilates or 30 mins Cross Training + Stretch	15 mins walk - 30 minutes Easy Long Run - 15 mins walk off-road if possible + Stretch
week 2	45 mins Cross-Training or Gym Class + Stretch	40 mins at Steady effort run + Stretch	REST	15 mins warm-up, 5 x 3 mins at Threshold effort with 90 secs jog recovery between efforts, 15 mins cool-down + Stretch	REST	Pilates or 30 mins Cross Training + Stretch	15 mins walk - 45 minutes Easy Run - 15 mins walk off-road if possible + Stretch
week 3	45 mins Cross-Training or Gym Class + Stretch	25 mins Steady run + 5 mins Routine 3 + stretch	REST	15 mins warm-up, 6 x 3 mins at Threshold effort with 90 secs jog recovery between efforts, 15 mins cool-down + Stretch	REST	30-45 minutes Conditioning/Core Work + Stretch	15 mins walk - 45 minutes Easy Run - 15 mins walk off-road if possible + Stretch
week 4	45 mins Cross-Training or Gym Class + Stretch	30 mins Easy run + 10 mins Routine 2 + Stretch	REST	15 mins warm-up, 5 x 4 mins at Threshold effort with 90 secs jog recovery between efforts, 15 mins cool-down + Stretch	REST	30-45 minutes Conditioning/Core Work + Stretch	15 mins walk - 45 minutes Easy Run - 15 mins walk off-road if possible + Stretch

week 5	Yoga or Pilates + Stretch	45 mins at Steady effort run undulating + Stretch	REST	15 mins warm-up, 5 x 3 mins at Threshold effort with 60 secs jog recovery between efforts, 15 mins cool-down + Stretch	REST	5k Park Run	45 mins Steady effort run + Stretch
week 6	45 mins Cross-Training or Gym Class + Stretch	15 mins warm-up, 4 x 5 mins at Threshold effort with 60 secs jog recovery between efforts, 15 mins cool-down + Stretch	REST	45 mins at Steady effort run + Stretch	REST	30-45 minutes Conditioning/Core Work + Stretch	15 mins walk - 60 minutes Easy Run - 15 mins walk off-road if possible + Stretch
week 7	45 mins Cross-Training or Gym Class + Stretch	15 mins warm-up, 4 x 6 mins at Threshold effort with 90 secs jog recovery between efforts, 15 mins cool-down + Stretch	REST	45 mins at Steady effort run undulating + Stretch	REST	Pilates or 30 mins Cross-Training + Stretch	15 mins walk - 60 minutes Easy Run - 15 mins walk off-road if possible + Stretch
week 8	45 mins Cross-Training or Gym Class + Stretch	15 mins warm-up, 4 x 8 mins at Threshold effort with 90 secs jog recovery between efforts, 15 mins cool-down + Stretch	REST	45 mins at Steady effort run undulating + Stretch	REST	30-45 minutes Conditioning/Core Work + Stretch	15 mins walk - 45 mins Easy Run - 10 mins walk - 45 mins Easy Run - 15 mins walk off-road if possible + Stretch
week 9	Yoga or Pilates + Stretch	15 mins warm-up, 5 x 5 mins at Threshold effort with 90 secs jog recovery between efforts, 15 mins cool-down + Stretch	REST	30 mins Recovery run + Stretch	REST	5k Race or Time Trial	15 mins walk - 45 mins Easy Run - 15 mins walk - 45 mins Easy Run - 15 mins walk off-road if possible + Stretch

week 10	45 mins Cross-Training or Gym Class + Stretch	15 mins warm-up, 4 x 8 mins at Threshold effort with 90 secs jog recovery between efforts, 15 mins cool-down + Stretch	REST	45 mins Steady undulating run + Stretch	REST	30-45 minutes Conditioning/Core Work + Stretch	15 mins walk - 50 mins Easy Run - 15 mins walk - 50 mins Easy Run - 15 mins walk off-road if possible + Stretch
	30 mins Cross-Training + Stretch	30 mins Easy run + 10 mins Routine 2 + Stretch	REST	15 mins warm-up, 6 x 3 mins at Threshold effort with 60 secs jog recovery between efforts +15 mins cool-down + Stretch	REST	Pilates or 30 mins Cross Training + Stretch	90 mins Easy/Steady effort Long run - off-road if possible + Stretch
	REST	15 min warm-up, 10 mins at Threshold effort, 15 mins cool-down + Stretch	REST	25 mins Recovery run + Stretch	REST	15 mins Recovery run + Stretch	Harewood Half Marathon
week 11							
week 12							