



RUNNING TO POWER HEART RESEARCH

Half marathon training plan for beginner

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	30 mins easy effort Cross Training + stretch	30 mins brisk walk OR easy/steady effort run + stretch	Rest OR 40 mins Cross Training + stretch	30 mins brisk walk OR easy/steady effort run + stretch	Rest	Pilates/Yoga or Stretch	15 mins brisk walk + 40 mins easy effort run + 15 mins brisk walk + stretch
2	40 mins Cross Training OR Pilates/Yoga	30 mins brisk walk OR easy/steady effort run + 15 mins core/body exercises + stretch	Rest OR 40 mins Cross Training + stretch	10 mins brisk walk + 20 mins easy effort run + 10 mins brisk walk + stretch	Rest	Pilates or Yoga or Swim	15 mins brisk walk + 45 mins easy effort run + 15 mins brisk walk + stretch
3	30 mins easy effort run + stretch	35 mins brisk walk OR easy/steady effort run + 15 mins core/body exercises + stretch	Rest OR 40 mins Cross Training + stretch	10 mins warm up, 5 x 2 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool down + stretch	Rest or Pilates/Yoga	40 mins Cross Training + stretch	15 mins brisk walk + 30 mins easy effort run + 5 mins brisk walk + 30 mins easy effort run + 15 mins brisk walk + stretch

FIGHT FOR EVERY HEARTBEAT

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4	45 mins Cross Training (focus on core/ body exercises) + stretch	40 mins easy/steady effort run + stretch	Rest	10 mins warm up, 6 x 2 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool down + stretch	Rest	Pilates or Yoga or 40 mins Cross Training + stretch	15 mins brisk walk + 40 mins easy effort run + 5 mins brisk walk + 40 mins easy effort run + 15 mins brisk walk + stretch
5	40 mins Cross Training (focus on core/ body exercises) + stretch	45 mins easy/steady effort run + stretch	Rest	10 mins warm up, 4 x 3 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool down + stretch	Pilates or Yoga or stretch	45 mins easy effort Cross Training + stretch	15 mins brisk walk + 50 mins easy effort run + 5 mins brisk walk + 50 mins easy effort run + 15 mins brisk walk + stretch
6	Rest	45 mins easy/steady effort run + stretch	Rest	10 mins warm up, 4 x 4 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool down + stretch	Pilates or Yoga or stretch	45 mins easy effort Cross Training + stretch	15 mins brisk walk + 90 mins easy effort run + 15 mins brisk walk + stretch
7	Rest	45 mins easy/steady effort run over an undulating route+ stretch	Rest	10 mins warm up, 5 x 4 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool down + stretch	Pilates or Yoga or stretch	45 mins easy effort Cross Training + stretch	15 mins brisk walk + 60 mins easy effort run + 10 mins brisk walk + 60 mins easy effort run + 15 mins brisk walk + stretch

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8	Pilates or Yoga or Stretch	45 mins easy/steady effort run over an undulating route+ stretch	Yoga OR sports massage	10 mins warm up, 4 x 6 mins at Threshold effort with 2 mins jog recovery between efforts, 10 mins cool down + stretch	Rest or Swim	45 mins easy effort Cross Training + stretch	15 mins brisk walk + 75 mins easy/steady effort run + 10 mins brisk walk + 75 mins easy/ steady effort run + 15 mins brisk walk + stretch
9	Rest Or Pilates/Yoga	40 mins easy/steady effort run over an undulating route+ stretch	30 mins easy effort run + 30 mins Cross Training + stretch	40 mins easy/steady effort run + stretch	Rest	30 mins easy effort run + stretch OR Pilates OR Yoga	90 mins easy/steady effort long run + stretch
10	Rest	45 mins steady effort run + stretch	Pilates or Yoga or Stretch	10 mins warm up, 3 x 7 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool down + stretch	Rest	Pilates or Yoga or Stretch	15 mins brisk walk + 105 mins easy/steady effort run + 15 mins brisk walk + stretch
11	30 mins Cross Training + stretch	45 mins steady effort run + stretch	Rest + sports massage	10 mins warm up, 4 x 5 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool down + stretch	Rest	Pilates or Swim	60 mins steady effort long run + stretch
12	Rest	30 mins easy effort run + stretch	Rest	25 mins easy effort run + stretch	Rest	15 mins easy effort run + stretch	Half Marathon Race Day

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