Running training plan:
Half Marathon–Beginners

Easy
Moderate
Hard

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	30 mins easy effort Cross-Training	30 mins brisk walk OR easy/steady effort run	Rest OR 40 mins Cross-Training	30 mins brisk walk OR easy/steady effort run	Rest	Pilates/Yoga	15 mins brisk walk + 40 mins easy effort run + 15 mins brisk walk
2	40 mins easy effort Cross-Training	30 mins brisk walk OR easy/steady effort run + 15 mins core/body exercises	Rest OR 40 mins Cross-Training	10 mins brisk walk + 20 mins easy effort run + 10 mins brisk walk	Rest	Pilates/Yoga/ Swimming	15 mins brisk walk + 45 mins easy effort run + 15 mins brisk walk
3	30 mins easy effort run	35 mins brisk walk OR easy/steady effort run + 15 mins core/body exercises	Rest OR 40 mins Cross-Training	10 mins warm up, 5 x 2 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool down	Rest or Pilates/Yoga	40 mins Cross-Training	15 mins brisk walk + 30 mins easy effort run + 5 mins brisk walk + 30 mins easy effort run + 15 mins brisk walk
4	45 mins Cross-Training (focus on core/ body exercises)	40 mins easy/ steady effort run	Rest	10 mins warm up, 6 x 2 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool down	Rest	Pilates or Yoga or 40 mins Cross-Training	15 mins brisk walk + 40 mins easy effort run + 5 mins brisk walk + 40 mins easy effort run + 15 mins brisk walk

Beat heartbreak forever

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5	40 mins Cross-Training (focus on core/body exercises)	45 mins easy/steady effort	Rest	10 mins warm up, 4 x 3 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool down	Rest or Pilates/Yoga	45 mins easy effort Cross-Training	15 mins brisk walk + 50 mins easy effort run + 5 mins brisk walk + 50 mins easy effort run + 15 mins brisk walk
6	Rest	45 mins easy/steady effort run	Rest	10 mins warm up, 4 x 4 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool down	Rest or Pilates/Yoga	45 mins easy effort Cross-Training	15 mins brisk walk + 90 mins easy effort run + 15 mins brisk walk
7	Rest	45 mins easy/steady effort run over an undulating route	Rest	10 mins warm up, 5 x 4 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool down	Rest or Pilates/Yoga	45 mins easy effort Cross-Training	15 mins brisk walk + 60 mins easy effort run + 10 mins brisk walk + 60 mins easy effort run + 15 mins brisk walk
8	Pilates or Yoga	45 mins easy/steady effort run over an undulating route	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	Rest or Swim	45 mins easy effort Cross-Training	15 mins brisk walk + 75 mins easy/steady effort run + 10 mins brisk walk + 75 mins easy/steady effort run + 15 mins brisk walk

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9	Rest or Pilates/Yoga	40 mins easy/steady effort run over an undulating route	30 mins easy effort run + 30 mins Cross-Training	40 mins easy/ steady effort run	Rest	30 mins easy effort run OR Pilates OR Yoga	90 mins easy/ steady effort long run
10	Rest	45 mins steady effort run	Pilates or Yoga	10 mins warm up, 3 x 7 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool down	Rest	Pilates or Yoga	15 mins brisk walk + 105 mins easy/steady effort run + 15 mins brisk walk
11	30 mins Cross-Training	45 mins steady effort run	Rest	10 mins warm up, 4 x 5 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool down	Rest	Pilates or Swim	60 mins steady effort long run
12	Rest	30 mins easy effort run	Rest	25 mins easy effort run	Rest	15 mins easy effort run	Half Marathon Event!