EVENTS

## half Marathon beginner 12 WEEK TRAIING PLAN

## WEEK 1

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Rest | Mix up periods of running | Rest | Rest | Mix up period of or uning | Rest | Mix up periods of running <br> \& walking for 10 minutes. |

## WEEK 2

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Rest |  | Rest | Rest | 10 minutes of easy | Rest | 20 minutes of easy |

## WEEK 3

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| ReSt | 15 minutes of easy | Rest | Rest | 20 minutes of easy | Rest | 20 minutes of easy |

## WEEK 4

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Rest | 15 minutes of easy | Rest | REST | 20 minutes of easy running. | Rest | 20 minutes of easy running |

## WEEK 5

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Rest | $\begin{aligned} & 15 \text { minutes of easy } \\ & \text { running. } \end{aligned}$ | Rest | $\begin{aligned} & 20 \text { minutes of easy } \\ & \text { running. } \end{aligned}$ | Rest | $\begin{aligned} & 10 \text { minutes of easy } \\ & \text { running. } \end{aligned}$ | $\begin{aligned} & 40 \text { minutes of easy } \\ & \text { running. } \end{aligned}$ |

## WEEK 6

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Rest | 20 minutes of easy | Rest |  | Rest | 15 minutes of easy running | 50 minutes of easy running. |

GOOD RUNNING EVENTS

## half Marathon beginner 12WEEK TRAINING PLAN

## WEEK 7

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Rest | 20 minutes of easy running | REST | 25 minutes of easy running | Rest | $\begin{aligned} & 15 \text { minutes of easy } \\ & \text { running. } \end{aligned}$ | 50 minutes of easy running |

WEEK 8

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Rest | 20 minutes of easy running. | Rest | $\begin{aligned} & 30 \text { minutes of easy } \\ & \text { running. } \end{aligned}$ | ReST | 10 minutes of easy running | 60 minutes of easy running. |

## WEEK 9

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Rest | 20 minutes of easy | Rest | 30 minutes of easy running. | Rest | 15 minutes of easy running | 70 minutes of easy |

## WEEK 10

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Rest | 20 minutes of easy | Rest | $\begin{aligned} & 20 \text { minutes of easy } \\ & \text { running. } \end{aligned}$ | Rest | 20 minutes of easy running. | 80 minutes of easy |

## WEEK 11

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Rest | $\begin{aligned} & 15 \text { minutes of easy } \\ & \text { running. } \end{aligned}$ | Rest | $\begin{aligned} & 20 \text { minutes of easy } \\ & \text { running. } \end{aligned}$ | Rest | $\begin{aligned} & 10 \text { minutes of easy } \\ & \text { running. } \end{aligned}$ | $\begin{gathered} 40 \text { minutes of easy } \\ \text { running. } \end{gathered}$ |

## WEEK 12

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Rest | 20 minutes of easy | rest | 15 minutes of easy running. | Iest | 10 minutes of easy running. | Event Day GOOD LUck! |

