

# HALF MARATHON TRAINING PROGRAM

12 WEEKS | BEGINNER

The harder you work for something, the better  
you'll feel when you achieve it.



**nib**

# Your 12 week beginner half marathon training guide

 **WEEK 1-6**

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest	Strength program*	Running session • Warm-up drills • Run 5kms (steady pace) • Stretch & foam roll	Strength program*	Running session • Warm-up drills • 1km easy run • Run 400m steady & 400m faster for 4kms • Stretch & foam roll	Cross-training 45mins • Choose – Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Running session • Warm-up drills • Run 6kms (steady pace) • Stretch & foam roll
2	Rest	Strength program*	Running session • Warm-up drills • Run 5kms (steady pace) • Stretch & foam roll	Strength program*	Running session • Warm-up drills • 1km easy run • Run 400m steady & 400m faster for 5kms • Stretch & foam roll	Cross-training 45mins • Choose – Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Running session • Warm-up drills • Run 8kms (steady pace) • Stretch & foam roll
3	Rest	Strength program*	Running session • Warm-up drills • Run 5kms (steady pace) • Stretch & foam roll	Strength program*	Running session • Warm-up drills • 1km easy run • Run 400m steady & 400m faster for 6kms • Stretch & foam roll	Cross-training 45mins • Choose – Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Running session • Warm-up drills • Run 10kms (steady pace) • Stretch & foam roll

## A little progress each day leads to... BIG RESULTS

4	Rest	Strength program*	Running session • Warm-up drills • Run 5kms (steady pace) • Stretch & foam roll	Strength program*	Running session • Warm-up drills • 1km easy run • Run 200m steady & 200m faster for 4kms • Stretch & foam roll	Cross-training 45mins • Choose – Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Running session • Warm-up drills • Run 6kms (steady pace) • Stretch & foam roll
5	Rest	Strength program*	Running session • Warm-up drills • Run 5kms (steady pace) • Stretch & foam roll	Strength program*	Running session • Warm-up drills • 1km easy run • Run 400m steady & 400m faster for 5kms • Stretch & foam roll	Cross-training 45mins • Choose – Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Running session • Warm-up drills • Run 12kms (steady pace) • Stretch & foam roll
6	Rest	Strength program*	Running session • Warm-up drills • Run 5kms (steady pace) • Stretch & foam roll	Strength program*	Running session • Warm-up drills • 1km easy run • Run 400m steady & 400m faster for 6kms • Stretch & foam roll	Cross-training 45mins • Choose – Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Running session • Warm-up drills • Run 14kms (steady pace) • Stretch & foam roll

## PUSH YOURSELF... No one else is going to do it for you



This training plan has been written by Advanced Run Coach, Erica King.  
You should always consider seeking professional medical advice before commencing any training program.  
This plan is a guide only and you may need to adjust to suit your personal fitness level.

\*See page 4 for strength program details.



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WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7	Rest	Strength program*	Running session • Warm-up drills • Run 5kms (steady pace) • Stretch & foam roll	Strength program*	Running session • Warm-up drills • 1km easy run • Run 400m steady & 400m faster for 4kms • Stretch & foam roll	Cross-training 45mins • Choose – Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Running session • Warm-up drills • Run 16kms (steady pace) • Stretch & foam roll
8	Rest	Strength program*	Running session • Warm-up drills • Run 5kms (steady pace) • Stretch & foam roll	Strength program*	Running session • Warm-up drills • 1km easy run • Run 400m steady & 400m faster for 5kms • Stretch & foam roll	Cross-training 45mins • Choose – Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Running session • Warm-up drills • Run 12kms (steady pace) • Stretch & foam roll
9	Rest	Strength program*	Running session • Warm-up drills • Run 5kms (steady pace) • Stretch & foam roll	Strength program*	Running session • Warm-up drills • 1km easy run • Run 400m steady & 400m faster for 6kms • Stretch & foam roll	Cross-training 45mins • Choose – Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Running session • Warm-up drills • Run 18kms (steady pace) • Stretch & foam roll

**It's not about being better than someone else it's about... BEING BETTER THAN YOU WERE YESTERDAY**

10	Rest	Strength program*	Running session • Warm-up drills • Run 5kms (steady pace) • Stretch & foam roll	Strength program*	Running session • Warm-up drills • 1km easy run • Run 200m steady & 200m faster for 4kms • Stretch & foam roll	Cross-training 45mins • Choose – Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Running session • Warm-up drills • Run 16kms (steady pace) • Stretch & foam roll
11	Rest	Strength program* (no legs)	Running session • Warm-up drills • Run 5kms (steady pace) • Stretch & foam roll	Strength program* (no legs)	Running session • Warm-up drills • 1km easy run • Run 200m steady & 200m faster for 4kms • Stretch & foam roll	Cross-training 45mins • Choose – Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Running session • Warm-up drills • Run 14kms (steady pace) • Stretch & foam roll
12	Rest	Strength program* (no legs)	Running session • Warm-up drills • Run 5kms (steady pace) • Stretch & foam roll	Strength program* (no legs)	Cross-training 30mins • Choose – Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Rest	<b>HALF MARATHON</b> 

**SUCCESS... Is achieved by those who try and keep trying**

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- Choose your level from 1 to 3.
- Always begin with some dynamic and static stretching and foam rolling to finish.

LEVEL 1 Repeat through x 1	LEVEL 2 Repeat through x 2	LEVEL 3 Repeat through x 3
<b>SET 1</b>	<b>SET 1</b>	<b>SET 1</b>
Straight arm plank row on knees x 10 reps each side	Straight arm plank row on knees x 15 reps each side	Straight arm plank row on toes x 10 reps each side
Inchworm with push up on knees x 10 reps	Inchworm with push up on knees x 15 reps	Inchworm with push up x 15 rep
Superman back extension x 15 reps	Stability ball back extension x 15 reps	Stability ball back extension x 20 reps
<b>Cardio Burst – Run 300m rest for 1 minute x 3 reps</b>		
<b>SET 2</b>	<b>SET 2</b>	<b>SET 2</b>
Reverse plank leg lift 5 second hold x 10 reps on each leg	Reverse plank leg lift 5 second hold x 10 reps on each leg	Reverse plank leg lift 5 second hold x 15 reps on each leg
Toe taps – for weak back or injuries, leave one leg on the floor and do 10 on one leg then swap to the other leg	Toe taps x 15 reps each side	Double leg toe taps x 15 reps each side
Oblique side extensions hip to floor x 10 reps each side	Oblique side extensions hip to floor x 15 reps each side	Oblique side extensions hip to floor x 20 reps each side
<b>Cardio Burst – Run 300m rest for 1 minute x 3 reps</b>		
<b>SET 3</b>	<b>SET 3</b>	<b>SET 3</b>
Reverse plank leg lift 5 second hold x 10 reps on each leg	Reverse plank leg lift 5 second hold x 10 reps on each leg	Reverse plank leg lift 5 second hold x 15 reps on each leg
Toe taps – for weak back or injuries, leave one leg on the floor and do 10 on one leg then swap to the other leg	Toe taps x 15 reps each side	Double leg toe taps x 15 reps each side
Oblique side extensions hip to floor x 10 reps each side	Oblique side extensions hip to floor x 15 reps each side	Oblique side extensions hip to floor x 20 reps each side
<b>Cardio Burst – Run 300m rest for 1 minute x 3 reps</b>		
<b>SET 4</b>	<b>SET 4</b>	<b>SET 4</b>
Alternating lunges with lateral raises x 15 reps each side	Alternating lunges with lateral raises x 20 reps each side	Alternating lunges with lateral raises x 20 reps each side
Squat with resistance band shoulder press x 10 reps	Goblet squat (elbows touch knees) with resistance band shoulder press x 15 reps	Goblet squat (elbows touch knees) with resistance band shoulder press x 20 reps Increase tension of theraband
Block step ups x 20 reps each leg	Block step overs x 25 reps each leg	Block step overs x 30 reps each leg
Hold a squat – 30 seconds	Hold a squat – 1 minute	Hold a squat with one leg raised – 1 minute each side
<b>Cardio Burst – Run 300m rest for 1 minute x 3 reps</b>		

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