RUN SOUTH LONDON

# HALF MARATHON BEGINNER

## 12 WEEK TRAINING PLAN

A half marathon can feel daunting if you're a beginner. But remember, Run South London is for everyone. Follow this training plan and you'll soon be hitting your stride, whatever your pace.

Official Training Partner

Runna

# HALF MARATHON BEGINNER

## 12 WEEK TRAINING PLAN

## WEEK 1

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|
| REST | Mix up periods of running & walking for 10 minutes. | REST | REST | Mix up periods of running & walking for 15 minutes. | REST | Mix up periods of running & walking for 10 minutes. |

## WEEK 2

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|
| REST | Mix up periods of running & walking for 15 minutes. | REST | REST | 10 minutes of easy running. | REST | 20 minutes of easy running. |

## WEEK 3

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

## WEEK 4

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

## WEEK 5

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|
| REST | 15 minutes of easy running. | REST | 20 minutes of easy running. | REST | 10 minutes of easy running. | 40 minutes of easy running. |

## WEEK 6

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|
| REST | 20 minutes of easy running. | REST | 25 minutes of easy running. | REST | 15 minutes of easy running. | 50 minutes of easy running. |

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## 12 WEEK TRAINING PLAN

## WEEK 7

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|
| **REST** | 20 minutes of easy running. | **REST** | 25 minutes of easy running. | **REST** | 15 minutes of easy running. | 50 minutes of easy running. |

## WEEK 8

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

## WEEK 10

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|
| **REST** | 20 minutes of easy running. | **REST** | 20 minutes of easy running. | **REST** | 20 minutes of easy running. | 80 minutes of easy running. |

## WEEK 11

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|
| **REST** | 15 minutes of easy running. | **REST** | 20 minutes of easy running. | **REST** | 10 minutes of easy running. | 40 minutes of easy running. |

## WEEK 12

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|
| **REST** | 20 minutes of easy running. | **REST** | 15 minutes of easy running. | **REST** | 10 minutes of easy running. | **EVENT DAY** GOOD LUCK! |