



Beginners Training Plan

HALF-MARATHON RUN

This training plan is suitable for beginner to intermediate long distance runners and has been designed to increase your strength and endurance. At times we will mention to run at a certain %. This refers to a % of your maximum heart rate. We also instruct you on when to aim for a target pace. This is the pace at which you hope to maintain during your run.

What is my maximum heart rate (MHR)?

A person's maximum heart rate is typically mathematically calculated as 220 minus a person's age. E.g 20 years old: $220 - 20 = 200$ MHR.

So if you run at 60% of your maximum heart rate, you would aim to maintain a heart rate of 120 beats per minute (BPM).

What do you mean by target pace?

When we say at your target pace, we are referring to the pace you would ideally aim to run the majority of the race at. E.g 7.5 mins per km.

REMEMBER: Warming up and cooling down before you exercise is VERY important. Rest days are also a MUST!

Week 1 to 6

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	6k run at 60% Strength training	6k run at 60%	Set up your Fundraising Page	8k run at 60%	1 hr swimming	Rest	5k run at target pace
2	6k run at 60% Strength training	6k run at 60%	Rest	8k run at 60%	1 hr swimming	Rest	6.4k run at target pace
3	6k run at 60% Strength training	6k run at 60%	Rest	8k run at 60%	1 hr swimming	Rest	8k run at target pace
4	6k run at 60% Strength training	2k jog 400m sprint 60 sec recovery Repeat x8 2k jog	Rest	30 min run at 60%	7 min run at 70% 5 min jog 2.5 min walk Repeat x3	Rest	10k run at target pace
5	6k run at 60% Strength training	1 min 70% 1 min jog Repeat x3 2k jog	Rest	25 min run at 60% 2 min walk 25 min run at 60%	1 hr swimming	Rest	10k run at target pace
6	30 min run at 60% Strength training	Rest	10 min run at 60% 30-sec run at 80% Repeat x8 10 min run at 60%	20 min run at 60% 5 min power walk Repeat x4	1 hr swimming	Rest	12.5k run at target pace

Week 7 to 10

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7	30 min run at 60% Strength training	5 min jog 1 min at 80% 1 min power walk 3 min run at 60% 1.5 min power walk 2 min run at 70% 2 min power walk 1 min 80%	5 min jog 1 min run at 80% 30 sec power walk 5 min at 70% 2.5 min power walk 10 min run at 60% 3 min power walk 1 min run at 80% 30 sec power walk	Rest	1 hr swimming	15k run at target pace	Rest
8	35 min run at 60% Strength training	5 min jog 2 min at run 70% 1 min power walk Repeat x10	5 min jog 1 min run at 80% 1 min power walk Repeat x 15	Rest	1 hr swimming	16k run at target pace	Rest
9	35 min run at 60% Strength training	6 min jog 5 min run at 60% 1.5 min power walk 2.5 min run at 70% 1 min run at 80% 1 min power walk 30 sec sprint 1 min power walk 30 sec sprint Repeat x2	2k run at 60% 8k run at target pace 2k jog	Rest	1 hr swimming	16k run at target pace	Rest
10	45 min run at 60% Strength training	5 min jog 1.5 min run at 70% 1.5 min power walk 1.5 min run at 60% 1.5 min power walk 1.5 min run at 80% 1.5 min power walk Repeat x3	7 min jog 2 min run at 60% 10 min run at your target pace 2 min power walk 2 min run at 60% 10 min run at your target pace Repeat x3	Rest	1 hr swimming	13.1k run at target pace	Rest

Week 11 to 14

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11	45 min run at 60% Strength training	Rest	5 min jog 5 min run at 60% 2 min jog Repeat x5	5 min jog 2 min run at 80% 1 min run at 60% Repeat x7	1 hr swimming	20k run at target pace	Rest
12	60 min run at 60% Strength training	Rest	5 min jog 8 min run at 60% 3 min power walk 4 min run at 70% 2 min power walk 2 min run at 80% 2 min power walk Repeat x3	5 min jog 5 min power walk 4 min run at 60% 3 run at 70% 2 min run at 80% 1 min sprint Repeat x3	1 hr swimming	60 min run at your target pace	Rest
13	5k run at your target pace Strength training	5 min jog 3 min run at 60% 2 min power walk 1 min run at 80% 30 sec sprint at 100% Repeat x4 5 min jog	Rest	6 min jog 1 min at 80% 30 sec power walk 3 min run at 70% 1.5 min power walk 5 min run at 60% 2.5 min power walk	1 hr swimming	11k run at your target pace	Rest
14	25 min run at 60% Strength training	5 min jog 1 min run at 70% 1 min power walk 2 min run at 60% 1 min power walk 5 min run at your target pace Repeat x2	Rest	3.2k run at 60%	1 hr swimming	Rest	Half Marathon Trial