

HALF MARATHON - BEGINNER PROGRAM

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY	
WEEK	DATE	Rest or Light Active Recovery	Recovery Run	Workouts	Rest Day	Recovery Run	Recovery Run / Long Run	EVENTS
1 (Build)	June 30th	Rest	3-4km	1 km easy warmup (WU) , Dynamic Stretch (DS), 5 x 1 min at a pace slightly faster than your normal easy pace with 1 min walk/jog rest inbetween, 1 km easy cooldown (CD)	3-4km	rest or easy walk	off / 5km	
2 (Build)	July 7th	Rest	3-4km	1km easy WU, DS, 8 x 1 min at a pace slightly faster than your normal pace with 1 min walk/jog rest inbetween, 1km easy CD	rest or easy walk	rest or easy walk	3-5km / 5-7km	July 9 Kardia Kick-Off Run
3 (Build)	July 14th	Rest/ active recovery	4-5km	1.5km easy WU, DS, 6 x 2 min about 10-20 seconds per km faster than your normal easy pace on 1 min walk/jog rest, 1.5km easy CD	4-5km	rest or easy walk	4-5km/ 6-8km	July 19 CRS Long Run 1
4 (base)	July 21st	Rest/ active recovery	4-5km	1.5km WU, DS, 3 x 2 min 10-20 seconds per km faster than easy pace with 1 min walk jog, 5 x hill reps (at least 30 seconds) with a walk/jog down the hill as rest, 1.5 km CD	3-4km	rest or easy walk	5-8km / 9-11km	
5 (base)	July 28th	Rest/active recovery	5-6km	2km easy WU, DS, 4 x 4 min 10-20 seconds faster than easy pace on 2 min walk/jog rest, 2km CD	4-5km	rest or easy walk	5-8km / 10-12km	
6 (base)	Aug 4th	Rest/ active recovery	5-6km	2km easy WU, DS, 6 min at 10-20 seconds faster per km than normal easy pace, 2.5 min walk/jog rest, 6 x hill rep (at least 30 seconds), walk/jog back down the hill, 2km CD	5-6km	rest or easy walk	6-8km / 11- 13km	
7 (Base)	Aug 11th	Rest/active recovery	6-7km	2km easy WU, DS, 7 min at half marathon effort, 2 min walk/jog rest, 5 min at half marathon effort, 2 min rest, 3 min at half marathon effort, 2 min rest, 2km CD	5-6km	rest or easy walk	6 - 9km/ 12-14km	Aug 16 CRS Long Run 2
8 (Base)	Aug 18th	rest / Active recovery	6-7km	2 km WU, DS, 5 x 4 mins at half marathon effort on 90 seconds walk/jog rest, 2 km CD	5-6km	rest or easy walk	6-9km / 13 - 15km	
9 (peak weeks)	Aug 25th	rest / Active recovery	6-7km	2km WU, DS, 8 x 2 min at about 20 secs per km faster than normal easy pace, on 1 min walk/jog rest, 2 km CD	5-6km	rest or easy walk	7-10 / 14-16km	
10 (peak weeks)	Sept 1st	rest / Active recovery	7-8km	2km easy WU, DS, 10 min at half marathon effort, 3 min walk/jog rest, 6 min at half marathon effort, 3 min walk/jog rest, 3 min at half marathon effort, 2 km CD	5-6km	rest or easy walk	7-10 / 15 - 17km	
11 (peak weeks)	Sept 8th	rest / active recovery	7-8km	2km WU, DS, 15 x 1 min at 20-25 seconds per km faster than normal easy pace on 1 min walk/jog rest, 2 km CD	5-6km	rest or easy walk	7-10 / 16-18km	
12 (peak weeks)	Sept 15th	rest / Active recovery	7-8km	2km WU, DS, 6 x 3 min at half marathon effort on 90 seconds walk/jog rest, 2 km CD	5-6km	rest or easy walk	7-10 / 17-19km	TBD CRS Long Run 3
13 (peak weeks)	Sept 22nd	rest / Active recovery	7-8km	2km WU, DS, 3 x 10 mins at half marathon effort on 2.5 min walk/jog rest, 2 km CD	5-6km	rest or easy walk	7 - 10km / 18-20km	
14 (taper)	Sept 29th	rest	6-7km	2km WU, DSdynamic warmup, 8 x 90 seconds about 20-30 seconds faster than normal easy pace on 90 seconds walk/jog rest, 2 km CD	4-5km	rest or easy walk	6 - 9km / 15-17km	
15 (Taper)	Oct 6th	rest	5-6km	2km WU, DS, 3 x 6 min at your goal half marathon pace, 2 km CD	off or 3-4km	rest or easy walk	5 - 7 km / 10-12 km	Taper Week
16 (Race week!!)	Oct 13th	rest	5-6km	2km WU, DS, 2 x 5 mins at goal half marathon pace on 2.5 min walk/jog rest, 2 km CD	off or 3-4km	3-4km	shake out / Race	RACE WEEK!