

HALF-MARATHON PLAN BEGINNER (miles)

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	Run 8 km Z1-2	X-Train	Run 10 km Z1-2	Rest	Run 8 km Z1-2	Long Run 10 km Z1-2
2	Rest	Run 8 km Z1-2 + Hill Sprints (3x6 sec on 5-8% grade) Z3 effort	X-Train	Run 10 km Z1-2	Rest	Run 8 km Z1-2+ Hill Sprints (3x6 sec on 5-8% grade) Z3 effort	Long Run 11 km Z1-2
3	Rest	Run 8 km Z1-2 + Hill Sprints (4x6 sec on 5-8% grade) Z3 effort	X-Train	Fartlek Run 11 km Z1-3	Rest	Run 10 km Z1-2, last 10 min Z3	Long Run 13 km Z1-2
4	Rest	Fartlek Run 11 km Z1-3	Run 6 km Z1-2	Run 11 km Z1-2, last 10 min Z3	Rest	Run 10 km Z1-2 + Hill Sprints (6x6 sec on 5-8% grade) Z3 effort	Long Run 13 km Z1-2, last 2 km Z3
5	Rest	Fartlek Run 10 km, 8 x 20s @ 3K-5K pace, rest interval 5 min	Run 10 km Z1-2	Run 3 km Z1-2 + 10 min @ half-marathon pace, 5 min , 10 min @ 10K pace, 3 km Z1-2	Rest	Run 11 km Z1-2	Long Run 14 km Z1-2, last 2 km Z3
6	Rest	Fartlek Run 11 km, 8 x 30s @ 3K-5K pace, rest interval 1 min	Run 8 km Z1-2	Run 10 km Z1-2	Rest	Run 8 km Z1-2	Long Run 16 km, last 5 km Z3
7	Rest	Fartlek Run 13 km, 10 x 30s @ 3K-5K pace, rest interval 1 min	Run 10 km Z1-2	Run 3 km Z1-2 , 2 x 15 min @ half-marathon pace -10s, recovery jog 5 min, 3 km Z1	Rest	Run 10 km Z1-2	Long Run 18 km, last 5 km Z3
8	Rest	Fartlek Run 13 km, 8 x 40s @ 3K-5K pace, rest interval 2 min	Run 10 km Z1-2	Run 3 km Z1-2 , 2 x 15 min @ half-marathon pace - 5-7s, recovery jog 3 min, 3 km Z1	Rest	Run 13 km Z1-2	Long Run 21 km, last 5 km Z3
9	Rest	Run 11 km Z1-2, 4 x 100m strides, rest interval 2 min	Run 10 km Z1-2	Run 11 km Z1-2 + Hill Sprints (6x8 sec on 5-8% grade) Z3 effort	Rest	Run 11 km Z1-2	Long Run 18 km, last 3 km Z3
10	Rest	Run 3 km Z1-2 , 3-2-1-2-3 min (3 min @ 5K pace, 2 min @ 3K pace, 1 min @ 1.5K pace), recovery run 3,2,1 min respectively, 2 km Z1-2	Run 10 km Z1-2	Run 10 km Z1-2 + Hill Sprints (8x8 sec on 5-8% grade) Z3 effort	Rest	Run 3 km Z1-2, Time Trial 5K, 3 km Z1-2	Long Run 16 km Z1-2
11	Rest	Run 3 km Z1-2, up-hill intervals 8x1 min Z4 effort, recovery jog back, 3 km Z1-2	Run 10 km Z1-2	Run 3 km Z1-2 , 8 km @ half-marathon pace, 3 km Z1-2	Rest	Run 13 km Z1-2	Run 5 km Z1-2, fartlek 6 km (2 min @half-marathon pace, 1 min @ 10K pace, 2 min recovery), 2 km Z1-2
12	Rest	Run 3 km Z1-2, 8 x 3 min @ 10K pace, recovery 2 min, 3 km Z1-2	Run 8 km Z1-2	Run 3 km Z1-2, 2x 6 km @ half-marathon pace, rest interval 10 min, 2 km Z1-2	Rest	Run 13 km Z1-2	Long Run 21 km Z1-2, last 5 km Z3
13	Rest	Run 3 km Z1-2, 6 x 800m @ 5K pace, rest interval 2 min, 3 km Z1-2	Run 8 km Z1-2	Run 3 km Z1-2 , 2 x 5 km @ half-marathon pace -7s, recovery run 1 min, 2 km Z1-2	Rest	Run 13 km Z1-2	Long Run 23 km Z1-2, last 5 km Z3
14	Rest	Run 3 km Z1-2, 5 x 1K @ 5K pace, rest interval 2 min, 3 km Z1-2	Run 8 km Z1-2	Run 3 km Z1-2 , 13 km @ half-marathon pace, 1 km Z1-2	Rest	Run 8 km Z1-2	Long Run 19 km Z1-2, last 3 km Z3
15	Rest	Run 3 km Z1-2, 2 x 1.5K @ 5K pace, rest interval 2 min, 3 km Z1-2	Run 6 km Z1-2	Run 3 km Z1-2, 2x 3 miles @ half-marathon pace -7s, 1 km Z1-2	Rest	Run 6 km Z1-2	Long Run 16 km, last 3 km Z3
16	Rest	Run 2 km Z1-2, 2 x 1500m @ 10K pace, rest interval 2 min, 3 km Z1-2	Run 5 km Z1-2	Run 6 km Z1-2, 3 x 100 m sprints	Rest	Run 4 km Z1-2, 3 x 100 m sprints	Time Trial /Race Half-Marathon

Z1-Z5 Zones Z1-Z5 from the Individual Running Diagnostic results