

# Half Marathon Training Plan

12 Weeks – By Michelle Clarke

**IMPACT**  
MAGAZINE

WEEK: KM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BUILD PHASE 1</b>							
Week 1: ~30K	Rest	5K	Warm-up 20 min 10 x 2 min @ 5K pace Cooldown 10 min	Active Rest	6K @ steady state	Rest	12K
Week 2: ~33K	Rest	5K	Warm-up 20 min 5 x 3 min @ 5K pace Cooldown 10 min	Rest	8K @ steady state	Active Rest	14K
Week 3: ~35K	Rest	6K	Warm-up 20 min 3 x 5 min @ 5K pace Cooldown 10 min	Active Rest	Warm-up 20 min 3 x 1k @ race pace (with 2 min recovery)	Rest	16K
Week 4: ~34K	Rest	6K	Warm-up 20 min 5 x 5 min @ 5K pace Cooldown 10 min	Rest	Warm-up 20 min 4k @ tempo	Active Rest	13K
<b>BUILD PHASE 2</b>							
Week 5: ~38K	Rest	7K	Warm-up 20 min 5 x 30 sec hills Cooldown 20 min	Rest	Warm-up 20 min 2 x 2k @ race pace (with 2 min recovery) Cooldown 10 min	Active Rest	18K
Week 6: ~40K	Rest	6K	Warm-up 20 min 6 x 30 sec hills Cooldown 20 min	Active Rest	Warm-up 20 min 6k @ tempo	Rest	20K
Week 7: ~42K	Rest	7K	Warm-up 20 min 5 x 60 sec hills Cooldown 20 min	Active Rest	Warm-up 20 min 4k @ race pace	Rest	22K
Week 8: ~38K	Rest	5K	8K @ steady state	Rest	Warm-up 20 min 8 x 400 @ 5k pace (with 2 min recovery)	Active Rest	18K
<b>TAPER</b>							
Week 9: ~44K	Rest	6K	Warm-up 20 min 5k @ race pace	Active Rest	Warm-up 20 min 1 x 200m, 400m, 600m, 400m, 200m intervals (with 2 min recovery) Cooldown 10 min	Rest	21K
Week 10: ~39K	Rest	7K	Warm-up 20 min 7k @ tempo	Rest	Warm-up 20 min 5 x 800m intervals (with 2 min recovery) Cooldown 10 min	Active Rest	14K
Week 11: ~26K	Rest	5K	6K @ steady state	Active Rest	Warm-up 20 min 6 x 400m intervals (with 2 min recovery) Cooldown 10 min	Rest	7K
Week 12: ~39.1K	Rest	6K	Warm-up 20 min 3k @ race pace Cooldown 10 min	Rest	5-6K	Rest	<b>21.1K RACE DAY</b>

## LEGEND

**Tempo** = approx current 10K pace find your accurate current fitness paces at <http://runsmartproject.com/calculator/>

**Easy Pace** = 1-1:30 min slower than your current race pace fitness; **Steady State** = slightly faster than easy runs but not as fast as race pace

**Intervals** = Faster than your 5K pace for shorter bursts with slow recovery; **Active Rest** = Yoga, light gym workout etc.