

12-WEEK HALF-MARATHON TRAINING PLAN

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	Off	3 km	3 km + Strides	3 km	Strength/ Yoga/ Core	Cross training - 30 min ride, elliptical, swim	5 km
2	Off	4 km	4 km + Strides	4 km	Strength/ Yoga/ Core	Cross training - 30 min ride, elliptical, swim	6 km
3	Off	5 km	5 x (1 min fast/1 min easy), 15 min warm-up and cool-down	5 km	Strength/ Yoga/ Core	Cross training - 30 min water run, ride, elliptical	7 km
4	Off	6 km	4 x (3 min at goal 10 km pace/ 2 min easy jog between), 15 min warm-up and cool-down	6 km	Strength/ Yoga/ Core	Cross training - 45 min ride, elliptical, swim	8 km with last 4 km at HMP
5	Off	7 km	2 x 7 min at goal 10 km pace/ 2 min easy jog between, 15 min warm-up and cool-down	7 km	Strength/ Yoga/ Core	Cross training or easy 5 km run	10 km
6	Off	8 km	2 x (5, 4, 3 min) descending - 90 sec jog, 3 min set rest, 15 min warm-up and cool-down	8 km	Strength/ Yoga/ Core	Cross training or easy 5 km run	13 km - negative split with last half at HMP
7	Off	5 km	12 min at 10 km pace, 5 x 30 sec hills fast - easy jog back to start, 15 min warm-up and cool-down	5 km	Strength/ Yoga/ Core	Cross training or easy 5 km run	15 km
8	Off	9 km	4 x 1 mile at 10 km pace, 15 min warm-up and cool-down	8 km	Strength/ Yoga/ Core	Cross training or easy 5 km run	18 km - 4 km easy, 2 x 5 km at HMP with 2 km easy between, 2 km easy cool-down
9	Off	10 km	6 min at goal 10 km pace, 4 x 1 min fast, 6 min at 10 km pace, 15 min warm-up and cool-down	9 km	Strength/ Yoga/ Core	Cross training or easy 5 km run	22 km
10	Off	10 km	5 x 1 km at goal 5 km pace, 3 min easy jog rest, 15 min warm-up and cool-down	10 km	Strength/ Yoga/ Core	Cross training or easy 5 km run	19 km - 8 km easy, 8 km at HMP, 2 km easy
11	Off	8 km	6 x 800 metre or 3 min at goal 5 km pace, 2 min easy jog rest, 15 min warm-up and cool-down	8 km	Strength/ Yoga/ Core	Cross training or easy 5 km run	15 km
12	Off	5 km	3 x (3, 2, 1 min) 1:1 work to easy jog, 3 min set rest, 15 min warm-up and cool-down	4 km + Strides	Off	4 km + Strides	RACE DAY 🏁