



Half Marathon Training Plan for Beginners

This half marathon training plan is aimed at beginners and will allow them to finish comfortably. It is advisable to include some off-road and hill training.

WEEK	MIDWEEK - SHORT	WEEKEND - LONG
1	2 x 2km	3km
2	2 x 2km	4km
3	2 x 3km	5km
4	2 x 4km	6km
5	2 x 5km	8km
6	3 x 5km	10km
7	2 x 8km	12km
8	3 x 8km	14km
9	2 x 10km	16km
10	2 x 10km	18km
11	2 x 10km	20km
12	2 x 12km	14km
RACE WEEK	2 x 5km	RACE