



HALF MARATHON BEGINNER

12 WEEK TRAINING PROGRAMME

WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 MIN WALK/JOG	REST	20 MIN WALK/JOG	REST	REST	20 MIN 2 MIN WALK/ 2 MIN JOG x5

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 MIN WALK/JOG	REST	REST	15 MIN EASY JOG	REST	30 MIN 2 MIN WALK/ 2 MIN JOG x7

WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	15 MIN EASY JOG	REST	15 MIN EASY JOG	15 MIN EASY JOG	REST	25 MIN EASY JOG

WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	15 MIN EASY JOG	REST	REST	15 MIN EASY JOG	REST	30 MIN EASY JOG



HALF MARATHON BEGINNER

12 WEEK TRAINING PROGRAMME

WEEK 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	15 MIN EASY JOG	REST	20 MIN EASY JOG	REST	REST	45 MIN EASY JOG

WEEK 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 MIN EASY JOG	REST	20 MIN EASY JOG	REST	15 MIN EASY JOG	60 MIN EASY JOG

WEEK 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 MIN EASY JOG	20 MIN EASY JOG	REST	30 MIN EASY JOG	15 MIN EASY JOG	60 MIN EASY JOG

WEEK 8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	15 MIN EASY JOG	REST	15 MIN EASY JOG	REST	REST	60 MIN EASY JOG



HALF MARATHON BEGINNER

12 WEEK TRAINING PROGRAMME

WEEK 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 MIN EASY JOG	15 MIN EASY JOG	30 MIN EASY JOG	REST	15 MIN EASY JOG	70 MIN EASY JOG

WEEK 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 MIN EASY JOG	20 MIN EASY JOG	30 MIN EASY JOG	REST	20 MIN EASY JOG	80 MIN EASY JOG

WEEK 11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	15 MIN EASY JOG	REST	15 MIN EASY JOG	REST	15 MIN EASY JOG	45 MIN EASY JOG

WEEK 12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 MIN EASY JOG	REST	20 MIN EASY JOG	REST	10 MIN EASY JOG	