



Half Marathon Training Plan

Beginners Plan

St John
Ambulance



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COACHING &
CONSULTANCY
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This Plan

This Training plan is designed to get you to the start line of a half marathon feeling prepared and confident that you can achieve your goal

Is this everything i need to know?

No - this plan is supported by our Running Guide, which gives more detail on the structure of the running sessions and top tips on nutrition and recovery to leave you fitter, stronger and more energised as you progress through your training journey

Why train this way?

If you keep doing the same things over and over again you can't expect different results. This plan is designed to add variety, structure and progression to your training. It will challenge you across a range of different heart rate zones and gradually build up your ability to run at your desired goal race pace

wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	CORE	EASY RUN 30 MINUTES	REST	EASY RUN 30 MINUTES	REST	REST OR 30 MINUTES EASY CROSS TRAINING	LONG RUN 40 MINUTES EASY WITH WALK BREAKS EVERY 10-15 MINUTES IF NEEDED
2	CORE	EASY RUN 30 MINUTES	REST	THRESHOLD RUN 35 MINUTES TO INCLUDE 5X3 MINUTES (3 MIN JOG RECOVERY)	REST	REST OR 30 MINUTES EASY CROSS TRAINING	LONG RUN 50 MINUTES EASY WITH WALK BREAKS EVERY 10-15 MINUTES IF NEEDED
3	CORE	EASY RUN 30-40 MINUTES	REST	THRESHOLD RUN 40 MINUTES TO INCLUDE 3X5 MINUTES (2 MINUTE JOG RECOVERY)	REST	REST OR 30 MINUTES EASY CROSS TRAINING	LONG RUN 60 MINUTES EASY WITH WALK BREAKS EVERY 10-15 MINUTES IF NEEDED
4	CORE	EASY RUN 40 MINUTES	REST	THRESHOLD RUN 40 MINUTES TO INCLUDE 3X5 MINUTES (2 MINUTE JOG RECOVERY)	REST	REST OR 30 MINUTES EASY CROSS TRAINING	LONG RUN 75 MINUTES EASY WITH WALK BREAKS EVERY 20 MINUTES IF NEEDED
5	CORE	PROGRESSION RUN 10 INUTES EASY 10 MINUTES STEADY 10 MINUTES THRESHOLD	REST	REST OR 30 MINUTES EASY CROSS TRAINING	REST	REST	IDEAL RACE FOR A 10KM RACE OR 45-50 MINUTE TIME TRIAL
6	CORE	PROGRESSION RUN 10 INUTES EASY 10 MINUTES STEADY 10 MINUTES THRESHOLD	REST	THRESHOLD RUN 45 MINUTES TO INCLUDE 4X6 MINUTES (2 MINUTE JOG RECOVERY)	REST	REST OR 30-40 MINUTES EASY CROSS TRAINING	LONG RUN 90 MINUTES EASY WITH WALK BREAKS EVERY 20-30 MINUTES IF NEEDED

wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7	CORE	STEADY RUN 45 MINUTES	REST	THRESHOLD RUN 45 MINUTES TO INCLUDE 2X10 MINUTES (2 MINUTE JOG RECOVERY)	REST	REST OR 30-40 MINUTES EASY RUN OR CROSS TRAINING	LONG RUN 90-100 EASY WITH WALK BREAKS EVERY 20-30 MINUTES IF NEEDED
8	CORE	STEADY RUN 45 MINUTES	REST	THRESHOLD RUN 45 MINUTES TO INCLUDE 3x8 MINUTES (2 MINUTE JOG RECOVERY)	REST	REST OR 30-40 MINUTES EASY RUN OR CROSS TRAINING	LONG RUN 1HR 45 MINS AIMING FOR THE FINAL HOUR TO BE RUN AT A CONSISTENT STEADY PACE
9	CORE	PROGRESSION RUN 15 MINUTES EASY 15 MINUTES STEADY 15 MINUTES THRESHOLD	REST	FARTLEK RUN 40 MINUTES TO INCLUDE 5 MINS, 4 MINS, 3 MINS, 2 MINS, 1 MIN INCREASE THE PACE WITH EACH EFFORT (90 SEC JOG RECOVERY)	REST	REST OR 30-40 MINUTES EASY RUN OR CROSS TRAINING	LONG RUN 2 HRS AIMING FOR THE FINAL HOUR TO BE RUN AT A CONSISTENT STEADY PACE
10	CORE	THRESHOLD RUN 45 MINUTES WITH THE LAST 20 MINUTES AT THRESHOLD EFFORT	REST	FARTLEK RUN 45 MINUTES TO INCLUDE 6 MINS, 5 MINS, 4 MINS, 3 MINS, 2 MINS, 1 MIN INCREASE THE PACE WITH EACH EFFORT (90 SEC JOG RECOVERY)	REST	REST OR 30-40 MINUTES EASY RUN OR CROSS TRAINING	LONG RUN 90 MINS AIMING FOR THE FINAL 30 MINS TO BE RUN AT A STRONG STEADY PACE
11	CORE	THRESHOLD RUN 45 MINUTES WITH THE LAST 20 MINUTES AT THRESHOLD EFFORT	REST	REST OR 30 MINUTE EASY RUN OR CROSS TRAINING	REST	PARK RUN OR SELF TIMED 5K TIME TRIAL	LONG RUN 75 MINUTES EASY AND RELAXED
12	CORE	PROGRESSION RUN 10 MINUTES EASY 10 MINUTES STEADY 10 MINUTES THRESHOLD	REST	REST OR 30 MINUTE EASY RUN OR CROSS TRAINING	REST	15 MINUTES EASY RUN AND STRETCH OR REST	HALF MARATHON! GOOD LUCK!

Good luck with your event!

For more information about training and training plans, please get in touch with Running with us on:

Email

info@runningwithus.com

Social

Facebook www.facebook.com/runningwithus

Instagram [@runningwithus](https://www.instagram.com/runningwithus)

Twitter [@runningwithus](https://www.twitter.com/runningwithus)

Website www.runningwithus.com

For event related and fundraising enquiries, please do contact SJA events team on events@sja.org.uk Good luck!

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