



# Half Marathon Training

Training for a half marathon as a beginner



## Instructions

- Every workout needs to have a 5 to 10 min warm-up and cool-down of 5 to 10 min
- Easy runs are done in heart rate zone 1-2
- Hard runs are done in heart rate zone 4-5
- The progression run gets faster every 10 min

To better understand running zones:  
Get the Running a Race Basics ebook on [www.athletichybrid.com](http://www.athletichybrid.com)

# 21k Training Plan

RUNNING AN 21K IN 16 WEEKS



	1st Week	2nd Week	3rd Week	4th Week
SUN	45 min long run	45 min long run	60 min long run	5k race pace
MON	30 min easy run	30 min easy run	30 min easy run	30 min easy run
TUE	REST DAY	REST DAY	REST DAY	REST DAY
WED	400m hard run 2 min easy pace Repeat 4x	4 X hill repeat	400m hard run 2 min easy pace Repeat 6x	5 X hill repeat
THU	30 min progression run	30 min progression run	30 min easy run	30 min tempo run
FRI	STRENGTH TRAINING	STRENGTH TRAINING	STRENGTH TRAINING	STRENGTH TRAINING
SAT	3 miles easy run	3 miles easy run	REST DAY	3 miles easy run

# 21k Training Plan

RUNNING AN 21K IN 16 WEEKS



	5th Week	6th Week	7th Week	8th Week
SUN	60 min long run	90 min long run	90 min long run	10k race pace
MON	30 min easy run	45 min easy run	45 min easy run	30 min easy run
TUE	REST DAY	REST DAY	REST DAY	REST DAY
WED	400m hard run 2 min easy pace Repeat 8x	6 X hill repeat	400 m hard run 4 min easy pace Repeat 10x	7 X hill repeat
THU	45 min progression run	45 min progression run	30 min easy run	45 min tempo run
FRI	STRENGTH TRAINING	STRENGTH TRAINING	STRENGTH TRAINING	STRENGTH TRAINING
SAT	4 miles easy run	5 miles easy run	REST DAY	5 miles easy run

# 21k Training Plan

RUNNING AN 21K IN 16 WEEKS



	9th Week	10th Week	11th Week	12th Week
SUN	90 min long run	105 min long run	105 min long run	15k race pace
MON	45 min easy run	45 min easy run	45 min easy run	30 min easy run
TUE	REST DAY	REST DAY	REST DAY	REST DAY
WED	800m hard run 3 min easy pace Repeat 4x	8 X hill repeat	800 m hard run 4 min easy pace Repeat 6x	8 X hill repeat
THU	55 min progression run	60 min progression run	45 min easy run	60 min tempo run
FRI	STRENGTH TRAINING	STRENGTH TRAINING	STRENGTH TRAINING	STRENGTH TRAINING
SAT	5 miles easy run	6 miles easy run	REST DAY	6 miles easy run

# 21k Training Plan

RUNNING AN 21K IN 16 WEEKS



	13th Week	14th Week	15th Week	16th Week
SUN	105 min long run	2 hour long run	2 hour long run	2 hour long run
MON	45 min easy run	45 min easy run	45 min easy run	30 min easy run
TUE	REST DAY	REST DAY	REST DAY	REST DAY
WED	800m hard run 3 min easy pace Repeat 4x	400 m hard run 2 min easy pace Repeat 6x	400 m hard run 3 min easy pace Repeat 4x	400 m hard run 4 min easy pace Repeat 4x
THU	75 min progression run	60 min progression run	45 min easy run	30 min easy run
FRI	STRENGTH TRAINING	STRENGTH TRAINING	STRENGTH TRAINING	REST
SAT	6 miles easy run	5 miles easy run	4 miles easy run	REST DAY