

Half Marathon Beginner
Training Guide

02:46:15



Get Started



Running information

- Slow long distance (SLD) is running at a constant pace at a low to moderate intensity over an extended distance.
- A tempo run is a run that is slightly faster than your average SLD pace.
- Intervals can be done over a shorter period of time, with variations in intensity, incline (including hill runs or steps) and pace.
- Resistance exercises are important to strengthen muscles, improve performance and prevent injury.
- Life gets in the way, so be prepared to be flexible if you become ill, fatigued or even injured. Rest is vital for recovery.



Top tips

- Buy some quality running shoes – never try to break in a new pair near to race day!
- Make yourself a good playlist to help keep you motivated along the way! Comfortable headphones are a MUST.
- Stretching is vital at the end of runs to prevent muscle soreness. Add some yoga into your week if you have time.
- Make sure you warm up with some dynamic stretches for at least 5 minutes before each run.
- Make sure you allow at least 5 minutes to cool down and another 5 to stretch out after each run.


































Weekly Planner | Weeks 1-8

Weeks	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	 20 mins SLD	Rest	Rest	 20 mins SLD	Rest	Rest	 30 mins SLD
2	Rest	Rest	 30 mins SLD	Rest	 30 mins SLD	Rest	 3 miles SLD
3	Rest	 30 mins Tempo	Rest	 20 mins Intervals + Resistance	Rest	Rest	 40 mins SLD
4	Rest	 30 mins Tempo + Resistance	Rest	 20 mins Intervals + Resistance	Rest	 Optional: Park run 3 miles	 5 miles SLD
5	Rest	 30 mins Tempo	 30 mins SLD + Resistance	Rest	 20 mins Intervals + Resistance	Rest	 50 mins SLD
6	Rest	 30 mins Tempo + Resistance	Rest	 40 mins SLD	 20 mins Intervals + Resistance	Rest	 7 miles SLD
7	Rest	 40 mins Tempo + Resistance	Rest	 40 mins SLD	 20 mins Intervals + Resistance	Rest	 50 mins SLD
8	Rest	 40 mins Tempo + Resistance	Rest	 30 mins Intervals	Rest	 Park run 3 miles + Resistance	 8 miles SLD

 Run  SLD / Slow Long Distance  30 Mins

Weekly Planner | Weeks 9-16

Weeks	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9	Rest	 40 mins Tempo	 20 mins Intervals + Resistance	Rest	 40 mins SLD	Rest	 10km race or 60 mins SLD
10	Rest	Rest (if raced on Sunday)	 40 mins SLD + Resistance	Rest	 30 mins Intervals + Resistance	 Park run 3 miles	 70 mins SLD
11	Rest	 50 mins Tempo	 20 mins Intervals + Resistance	Rest	 40 mins Tempo + Resistance	Rest	 10 miles SLD
12	Rest	 50 mins Tempo	 20 mins Intervals + Resistance	Rest	 50 mins Tempo	Rest	 80 mins SLD
13	Rest	 50 mins Tempo	 40 mins SLD + Resistance	Rest	 20 mins Intervals + Resistance	 Park run 3 miles	 12 miles SLD
14	Rest	 50 mins Tempo	 40 mins SLD + Resistance	Rest	 30 mins Intervals + Resistance	Rest	 90 mins SLD
15	Rest	 50 mins Tempo	 20 mins Intervals + Resistance	Rest	 50 mins Tempo	Rest	 10 miles at pace
16	Rest	 40 mins Tempo	Rest	 40 mins SLD + Resistance	 30 mins SLD	Rest	 Race Day!

 Run  SLD / Slow Long Distance  30 Mins



This training plan has been provided by Anthea McCourtie, a registered Nutritional Therapist and qualified personal trainer.

Thank you for joining Team Marsden

