



# Half marathon beginner training guide

# Get started



## Comfort

Buy some quality running shoes to help with your training – never try to break in a new pair near to race day!



## Motivation

Make yourself a good playlist to help keep you motivated along the way. Comfortable headphones are a must.



## Warming up

Make sure you warm up with some dynamic stretches for at least 5 minutes before each run.



## Cooling down

Make sure you allow at least 5 minutes to cool down and another 5 minutes to stretch out after each run.



## Be flexible

Life often gets in the way. Be prepared to be flexible with your training plan, especially if you become ill, fatigued or injured. Rest is vital for recovery.



# Understanding the terms

The Rate of Perceived Exertion (RPE) goes from 1–10, where 1 is barely any effort and 10 is absolute maximum effort.

## Slow long distance (SLD)

Involves running at a constant pace at a low to moderate intensity over an extended distance.

## Easy pace run

Low effort, 5 RPE, at which you can easily hold a conversation.

## Steady run

More challenging, 6–7 RPE, at which you can hold a conversation but with some difficulty.

## Tempo run

Slightly faster than your average SLD pace.

## Interval runs

Interval runs can be done over a shorter period of time with variations in intensity, incline (including hill runs or steps) and pace.

## Resistance training

Helps to strengthen muscles, improve performance and prevent injury. This can include exercises that use your own body weight, such as push-ups, sit-ups and holding a plank.

## Circuit training

Involves performing a series of exercises in sequence with minimal rest between them.

# Beginner

## Weekly planner

### Week 1

**Monday** ☐  
30 min SLD

**Tuesday** ☐  
30 min resistance  
training or rest

**Wednesday** ☐  
30 min tempo

**Thursday** ☐  
Rest

**Friday** ☐  
20 min intervals

**Saturday** ☐  
Rest

**Sunday** ☐  
5 miles SLD

### Week 2

**Monday** ☐  
Rest

**Tuesday** ☐  
60 min resistance training

**Wednesday** ☐  
30 min tempo

**Thursday** ☐  
Rest

**Friday** ☐  
20 min intervals

**Saturday** ☐  
3 miles steady run  
or parkrun

**Sunday** ☐  
5 miles SLD

### Week 3

**Monday** ☐  
Rest

**Tuesday** ☐  
60 min resistance training

**Wednesday** ☐  
30 min tempo

**Thursday** ☐  
Rest

**Friday** ☐  
20 min intervals and  
30 min resistance training

**Saturday** ☐  
3 miles steady run  
or parkrun

**Sunday** ☐  
5 miles SLD

### Week 4

**Monday** ☐  
Rest

**Tuesday** ☐  
60 min circuit training

**Wednesday** ☐  
35 min tempo

**Thursday** ☐  
Rest

**Friday** ☐  
20 min intervals and  
30 min resistance training

**Saturday** ☐  
Rest

**Sunday** ☐  
7 miles SLD

### Week 5

**Monday** ☐  
3 miles easy pace

**Tuesday** ☐  
60 min resistance training

**Wednesday** ☐  
35 min tempo

**Thursday** ☐  
Rest

**Friday** ☐  
20 min intervals and  
30 min resistance training

**Saturday** ☐  
3 miles steady run  
or parkrun

**Sunday** ☐  
7 miles SLD

### Week 6

**Monday** ☐  
Rest

**Tuesday** ☐  
60 min circuit training

**Wednesday** ☐  
40 min tempo

**Thursday** ☐  
3 miles easy pace

**Friday** ☐  
20 min intervals and  
30 min resistance training

**Saturday** ☐  
Rest

**Sunday** ☐  
8 miles SLD

# Beginner

## Weekly planner

### Week 7

**Monday** ☐  
3 miles easy pace

**Tuesday** ☐  
60 min resistance training

**Wednesday** ☐  
Rest

**Thursday** ☐  
40 min tempo

**Friday** ☐  
30 min intervals and  
30 min resistance training

**Saturday** ☐  
Rest

**Sunday** ☐  
8 miles SLD

### Week 8

**Monday** ☐  
4 miles easy pace

**Tuesday** ☐  
60 min circuit training

**Wednesday** ☐  
Rest

**Thursday** ☐  
30 min steady run

**Friday** ☐  
20 min intervals and  
30 min resistance training

**Saturday** ☐  
Rest

**Sunday** ☐  
10km race or 6.2 miles  
steady run

### Week 9

**Monday** ☐  
3 miles easy pace

**Tuesday** ☐  
60 min resistance training

**Wednesday** ☐  
40 min tempo

**Thursday** ☐  
30 min steady run

**Friday** ☐  
20 min intervals and  
30 min resistance training

**Saturday** ☐  
Rest

**Sunday** ☐  
9 miles SLD

### Week 10

**Monday** ☐  
3 miles easy pace

**Tuesday** ☐  
60 min circuit training

**Wednesday** ☐  
40 min tempo

**Thursday** ☐  
30 min intervals and  
30 min resistance training

**Friday** ☐  
Rest

**Saturday** ☐  
3 miles steady run  
or parkrun

**Sunday** ☐  
9 miles SLD

### Week 11

**Monday** ☐  
3 miles easy pace

**Tuesday** ☐  
60 min resistance training

**Wednesday** ☐  
45 min tempo

**Thursday** ☐  
30 min steady run

**Friday** ☐  
60 min resistance training

**Saturday** ☐  
Rest

**Sunday** ☐  
10 miles SLD

### Week 12

**Monday** ☐  
4 miles easy pace

**Tuesday** ☐  
60 min circuit training

**Wednesday** ☐  
Rest

**Thursday** ☐  
30 min intervals and  
30 min resistance training

**Friday** ☐  
45 min tempo

**Saturday** ☐  
3 miles steady run  
or parkrun

**Sunday** ☐  
10 miles SLD

# Beginner

## Weekly planner

### Week 13

**Monday** ☐  
Rest

**Tuesday** ☐  
60 min resistance training

**Wednesday** ☐  
45 min tempo

**Thursday** ☐  
30 min steady run

**Friday** ☐  
30 min intervals and  
30 min resistance training

**Saturday** ☐  
Rest

**Sunday** ☐  
11 miles SLD

### Week 14

**Monday** ☐  
4 miles easy pace

**Tuesday** ☐  
60 min circuit training

**Wednesday** ☐  
50 min tempo

**Thursday** ☐  
30 min intervals and  
30 min resistance training

**Friday** ☐  
Rest

**Saturday** ☐  
3 miles steady run  
or parkrun

**Sunday** ☐  
12 miles SLD

### Week 15

**Monday** ☐  
4 miles easy pace

**Tuesday** ☐  
60 min resistance training

**Wednesday** ☐  
Rest

**Thursday** ☐  
30 min steady run

**Friday** ☐  
30 min intervals and  
30 min resistance training

**Saturday** ☐  
Rest

**Sunday** ☐  
5 miles easy pace

### Week 16

**Monday** ☐  
4 miles easy pace

**Tuesday** ☐  
30 min resistance training

**Wednesday** ☐  
Rest

**Thursday** ☐  
30 min tempo

**Friday** ☐  
20 min easy pace

**Saturday** ☐  
Rest

**Sunday** ☐  
Race day!

Thank you  
for joining  
**Team Marsden**



@royalmarsden to find out more

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