

Half Marathon Training Guide



**missing
people**

Registered charity in England and Wales (1020419)
and in Scotland (SC047419)

A lifeline when someone disappears

16 week training guide aimed at beginner half marathon runners



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	1 mile easy run	Rest	Speed training = run 1 min, sprint 10 secs, walk 1 min, x5 sets	Rest	Gentle walk and stretch	20 min gentle run	Rest
Week 2	1.5 mile easy run	Rest	Speed training = run 1 min, sprint 10 secs, walk 1 min, x7 sets	Rest	Gentle walk and stretch	20 min gentle run	Rest
Week 3	2 mile easy run	Rest	Speed training = run 1 min, sprint 10 secs, walk 1 min, x7 sets	Rest	Gentle walk and stretch	20 min gentle run	Rest
Week 4	2.5 mile easy run	Rest	Speed training = run 1 min, sprint 10 secs, walk 1 min, x8 sets	Rest	Gentle walk and stretch	22 min gentle run	Rest

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 5	3 mile easy run	Rest	Speed training = run 1 min, sprint 10 secs, walk 1 min, x9 sets	Rest	Gentle walk and stretch	24 min gentle run	Rest
Week 6	4 mile easy run	Rest	Speed training = run 1 min, sprint 10 secs, walk 1 mins, x10 sets	Rest	Gentle walk and stretch	26 min gentle run	Rest
Week 7	5 mile easy run	Rest	Speed training = run 2 mins, sprint 15 secs, walk 2 mins, x5 sets	Rest	Gentle walk and stretch	28 min gentle run	Rest
Week 8	6 mile easy run	Rest	Speed training = run 2 mins, sprint 15 secs, walk 2 mins, x6 sets	Rest	Gentle walk and stretch	30 min gentle run	Rest

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 9	7 mile easy run	Rest	Speed training = run 2 mins, sprint 15 secs, walk 2 mins, x7 sets	Rest	Gentle walk and stretch	32 min gentle run	Rest
Week 10	8 mile easy run	Rest	Speed training = run 2 mins, sprint 15 secs, walk 2 mins, x8 sets	Rest	Gentle walk and stretch	34 min gentle run	Rest
Week 11	9 mile easy run	Rest	Speed training = run 2 mins, sprint 15 secs, walk 2 min, x9 sets	Rest	Gentle walk and stretch	36 min gentle run	Rest
Week 12	10 mile easy run	Rest	Speed training = run 2 mins, sprint 15 secs, walk 2 min, x10 sets	Rest	Gentle walk and stretch	38 min gentle run	Rest

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 13	11 mile easy run	Rest	Speed training = run 3 mins, sprint 20 secs, walk 1 min, x5 sets	Rest	Gentle walk and stretch	40 min gentle run	Rest
Week 14	12 mile easy run	Rest	Speed training = run 3 mins, sprint 20 secs, walk 1 min, x6 sets	Rest	Gentle walk and stretch	44 min gentle run	Rest
Weak 15	13 mile easy run	Rest	Speed training = run 3 mins, sprint 20 secs, walk 1 min, x7 sets	Rest	Gentle walk and stretch	48 min gentle run	Rest
Race Week	6 mile moderate pace run	Rest	3 mile run moderate pace	Rest	Gentle walk and stretch	Race day!	Rest