



# Half Marathon BEGINNER PLAN



WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	NOTES
1 12/8 - 12/14	Rest	20-30 min RW 1:2*	20-30 min XT	20-30 min RW 1:2*	Rest	30-35 min RW 1:2	30 min Walk	7-10 miles
2 12/15 - 12/21	Rest	20-30 min RW 2:2*	20-30 min XT	20-30 min RW 2:2*	Rest	30-35 min RW 2:2	30 min Walk	7-10 miles
3 12/22 - 12/28	Rest	25-35 min RW 3:2*	25-35 min XT	25-35 min RW 3:2* CHRISTMAS DAY	Rest	35-40 min RW 3:2	30 min Walk	8-12 miles
4 12/29 - 1/4	Rest	25-35 min RW 3:1*	25-35 min XT	25-30 min RW 3:1* NEW YEARS DAY	Rest	35-40 min RW 3:1	30 min Walk	8-12 miles
5 1/5 - 1/11	Rest	5 min RW 4:1* + hill sprints + 5 min RW 4:1*	30-40 min XT	30-35 min RW 4:1* + strides	Rest	40-50 min RW 4:1	30 min Walk	10-13 miles
6 1/12 - 1/18	Rest	5 min E* + hill sprints + 5 min E*	30-40 min XT	40-50 min RW 5:1* + strides	Rest	45-55 min RW 5:1	30 min Walk	Transition to more continuous running
7 1/19 - 1/25	Rest	10-15 min E* + hill sprints + 10-15 min E*	30-40 min XT	30 min E* + strides	Rest	LR 6 mi E*	30 min Walk	
8 1/26 - 2/1	Rest	30 min E* + strides	30-40 min XT	30 min E* + strides	Rest	LR 5 mi E*	30 min Walk	Cutback
9 2/2 - 2/8	Rest	15 min E* + hill sprints + 15 min E*	35-45 min XT	40 min E* + strides	Rest	LR 7 mi E*	30 min Walk	
10 2/9 - 2/15	Rest	40 min E* + hill sprints	35-45 min XT	40-45 min E* + strides	Rest	LR 8 mi E*	30 min Walk	
11 2/16 - 2/22	Rest	45 min E* + strides	35-45 min XT	45 min E* + strides	Rest	LR 9 mi E*	30 min Walk	
12 2/23 - 3/1	Rest	40 min E* + strides	35-45 min XT	40 min E* + strides	Rest	LR 8 mi E*	30 min Walk	Cutback
13 3/2 - 3/8	Rest	50 min E* + strides	40-50 min XT	50 min E* + strides	Rest	LR 9 mi E*	30 min Walk	
14 3/9 - 3/15	Rest	50 min E* + strides	40-50 min XT	50 min E* + strides	Rest	LR 10 mi E*	30 min Walk	Peak Week
15 3/16 - 3/22	Rest	40 min E* + strides	30-40 min XT	40 min E* + strides	Rest	LR 8 mi E*	30 min Walk	
16 3/23 - 3/29	Rest	30 min E* + strides	Rest	30 min E* + strides	Rest	Rest	<b>RACE DAY</b>	

### Coach's Key + RPE Guide

**RW** = Run/Walk (ex: RW 2:2 = Run 2 min / Walk 2 min — adjust as needed) | **E** = Easy (RPE 2-4; conversational) | **Tempo** = Steady mod-hard (RPE 7-8) |

**XT** = Cross-train (bike, elliptical, row, hike) | **LR** = Long run ≤ 30-35% of weekly time | **Strides** = 4 x 20 sec relaxed, fast effort w/ 40 sec recovery walk or jog |

**Hill Sprints** = 4 x 8 sec all out effort up the hill w/ long, 5-min recovery jog or power walk, full recovery | **Progression** = Start easy, gradually build speed, finish fast |

**Cutback Week** = easier intensity & a slight decrease in volume; allow your body to heal & absorb fitness; focus on rest & nutrition this week

**RPE Scale** >> 1-2 Very Easy · 3-4 Easy · 5-6 Moderate · 7-8 Hard · 9 Very Hard · 10 All Out (See RPE Guide)