

12-Week Half Marathon Training Plan

For beginners who can run about 3 miles (30 minutes) without stopping. All distances in miles; long runs also in km.

How to use it: Monday and Friday are rest days. Wednesday is an optional 30 minute strength session. Run easy runs at talk test effort (full sentences). Strides: 4 relaxed 20 second pickups. Steady: comfortably hard, short phrases only. Tick each box when done and never make up a missed run. Weeks 4 and 8 are cutback weeks.

Wk	Phase	Tue	Thu	Sat long run	Sun	Total	Notes (how did the long run feel?)
1	Base	☐ 3 easy	☐ 3 easy	☐ 4 mi (6.4 km)	☐ 2 easy	12	
2	Base	☐ 3 easy	☐ 3 easy	☐ 5 mi (8.0 km)	☐ 2 easy	13	
3	Base	☐ 3 easy	☐ 4 easy + 4 strides	☐ 6 mi (9.7 km)	☐ 2 easy	15	
4	Cutback	☐ 3 easy	☐ 3 easy	☐ 4 mi (6.4 km)	☐ 2 easy	12	
5	Build	☐ 3 easy	☐ 4 easy + 4 strides	☐ 7 mi (11.3 km)	☐ 3 easy	17	
6	Build	☐ 4 easy	☐ 4 with 10 min steady	☐ 8 mi (12.9 km)	☐ 3 easy	19	
7	Build	☐ 4 easy	☐ 4 with 15 min steady	☐ 9 mi (14.5 km)	☐ 3 easy	20	
8	Cutback	☐ 3 easy	☐ 4 easy + 4 strides	☐ 6 mi (9.7 km)	☐ 2 easy	15	
9	Peak	☐ 4 easy	☐ 5 with 15 min steady	☐ 10 mi (16.1 km)	☐ 3 easy	22	
10	Peak	☐ 4 easy	☐ 5 with 20 min steady	☐ 11 mi (17.7 km)	☐ 3 easy	23	
11	Taper	☐ 4 easy	☐ 4 with 10 min steady	☐ 8 mi (12.9 km)	☐ 3 easy	19	
12	Race week	☐ 3 easy	☐ 2 easy + 4 strides	☐ RACE 13.1 mi (21.1 km)	☐ Rest or walk	18.1	

Race date: _____ **Goal:** _____ **Shoes started:** _____

If you have a medical condition, are pregnant, or are coming back from injury, check with a doctor before starting a new training plan.