

Beginner (first time) - Half Marathon (12 week) schedule

This schedule is based on someone currently already running approx. 2 or 3 times per week with their current longest run in the region of 3miles/5km to 4miles and looking to run the half marathon for the first time. Runs are generally listed in minutes but the longer weekend run is listed in miles to give you a target. Whilst not exclusive so this schedule is aimed at someone likley to run in the region of 2hr 20 - 2hr50 for the half marathon (i.e. the equivalent of 11 to 13min mile pace).

Wks beg	Weeks to go	Mon	Tue	Wed	Thu	Fri	Sat	Sun
30th March to 5th April	12	Rest or conditioning	complete rest day	20 -25mins easy	Rest or conditioning	20 -25mins easy	complete rest day	4miles
6th to 12th April	11	Rest or conditioning	complete rest day	25mins easy	Rest or conditioning	25mins easy	complete rest day	5miles
13th to 19th April	10	Rest or conditioning	complete rest day	30mins easy	Rest or conditioning	25mins easy	complete rest day	6miles
20th to 26th April	9	Rest or conditioning	complete rest day	30mins easy	Rest or conditioning	complete rest day	3 miles very easy or Parkrun	complete rest day
27th April to 3rd May	8	Rest or conditioning	complete rest day	30mins easy	Rest or conditioning	30mins easy	complete rest day	7miles
4th to 10th May	7	Rest or conditioning	complete rest day	35mins easy	Rest or conditioning	complete rest day	Liberation Run (7miles) or 7mile long run on Sunday.	complete rest day or 7 miles (if didn't do the Lib day run)
11th to 17th May	6	Rest or conditioning	complete rest day	35mins easy	Rest or conditioning	35mins easy	complete rest day	8miles
18th to 24th May	5	Rest or conditioning	complete rest day	35mins easy	Rest or conditioning	complete rest day	4 miles very easy or Parkrun	complete rest day

25th to 31st May	4	Rest or conditioning	complete rest day	40mins easy	Rest or conditioning	35mins easy	complete rest day	9miles
1st June to 7th June	3	Rest or conditioning	complete rest day	40mins easy	Rest or conditioning	40mins easy	complete rest day	10miles
8th June to 14th June	2	Rest or conditioning	complete rest day	30mins easy	Rest or conditioning	30mins easy	complete rest day	4 miles very easy
15th June to 21st June	1	Rest or light conditioning	complete rest day	25-30mins easy	complete rest day	20mins very easy	complete day off	Half marathon

LMR guide to training zones:	approx % max hr	Info / details of what it is, what is for & how it should generally feel...
Very easy running	65% or below	Very easy effort which can aid recovery from harder training (for experienced runners) but will also build time on feet and hence help develop and maintain endurance. Less experience runners will likely still find this challenging however due to still developing their baseline fitness. Experienced runners should find this very comfortable... note better to ignore pace on these types of run and run to feel and keep very easy
Easy aerobic running	65 to 75%	Will help build aerobic endurance - sometimes referred to as conversational running pace as you should still be able to talk when running at this pace. Beginners will find this more challenging whilst they are developing the muscular endurance associated with longer runs.

These zones provide a rough guide to some of the types pf training & intensity/effort associated with our schedules, they should be used more as guide and worth noting that anything new should be built in gradually.

Conditioning (suggested on schedule) refers to exercise which build the strength in muscles & tendons in such area's like as feet, ankles, legs, hips, trunk muscles etc. Everyones needs within this area are different but as a newcomer to running things which improve how you move, improve your stability, your core strength & indeed how effecient your movement is will all help reduce the risk of injury & prepared your body for the rigors of running.