

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 exclusively so this schedule is aimed at someone likely to run in the region of 2hr 20 - 2hr50 for the half marathon (i.e. the equivalent of 11 to 13min mile pace).

Weeks to go	Mon	Tue	Wed	Thu	Fri	Sat	Sun
12	Conditioning	complete rest day	20 -25mins easy	Conditioning	20 -25mins very easy	complete rest day	4miles
11	Conditioning	complete rest day	20 -25mins easy	Conditioning	25mins very easy	complete rest day	5miles
10	Conditioning	complete rest day	30mins easy	Conditioning	complete rest day	3 miles very easy or Parkrun	complete rest day
9	Conditioning	complete rest day	30mins easy	Conditioning	25mins very easy	complete rest day	6miles
8	Conditioning	complete rest day	30mins easy	Conditioning	30mins very easy	complete rest day	7miles
7	Conditioning	complete rest day	35mins easy	Conditioning	complete rest day	3 miles very easy or Parkrun	complete rest day
6	Conditioning	complete rest day	35mins easy	Conditioning	35mins very easy	complete rest day	8miles
5	Conditioning	complete rest day	35mins easy	Conditioning	35mins very easy	complete rest day	9miles

4	Conditioning	complete rest day	40mins easy	Conditioning	complete rest day	4 miles very easy or Parkrun	complete rest day
3	Conditioning	complete rest day	40mins easy	Conditioning	40mins very easy	complete rest day	10miles
2	Conditioning	complete rest day	30mins easy	Conditioning	30mins very easy	complete rest day	4 miles very easy
1	Rest or light conditioning	complete rest day	25-30mins easy	complete rest day	20mins very easy	complete day off	Butterfield Half marathon

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 of 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 efficient your movement is will all help reduce the risk of injury & prepared your body for the rigors of running.