
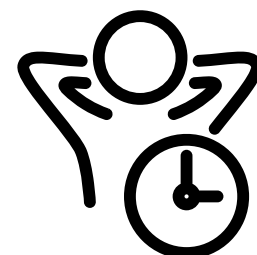
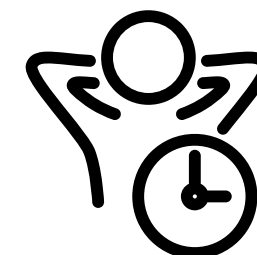
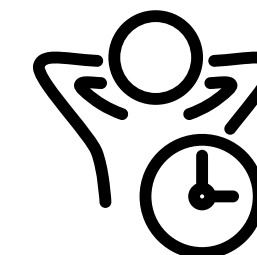

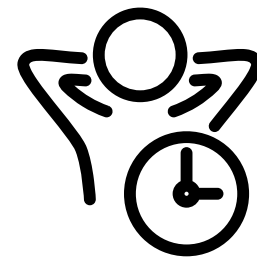
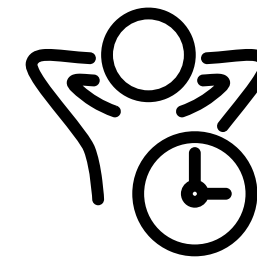
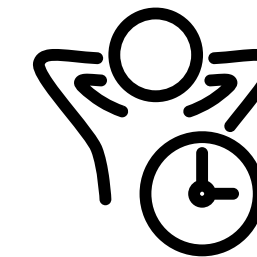

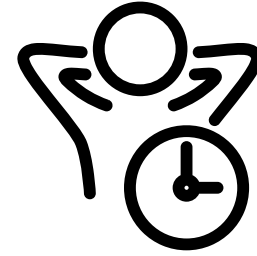
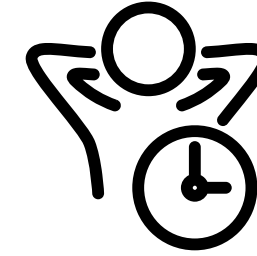
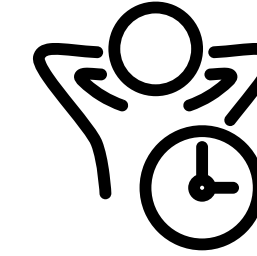


HALF MARATHON BEGINNER'S TRAINING PLAN


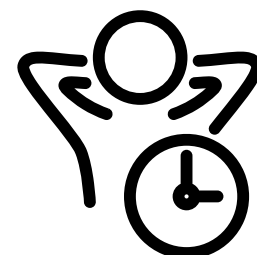
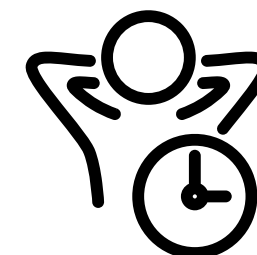
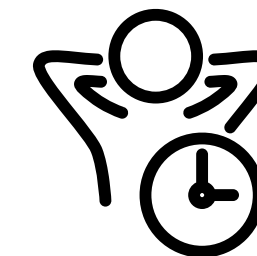

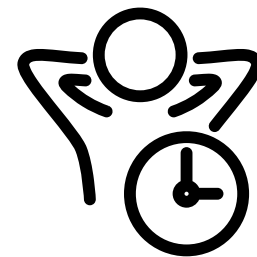
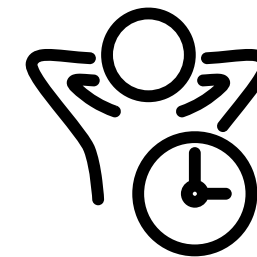
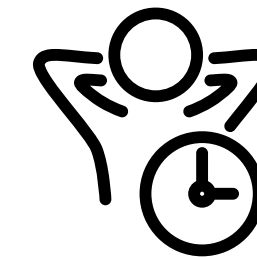


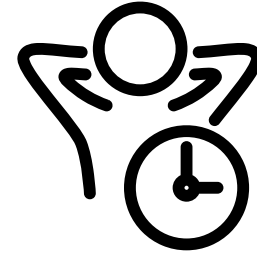
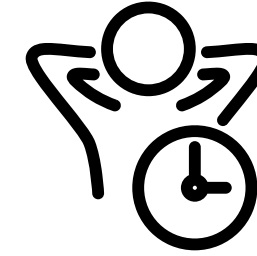
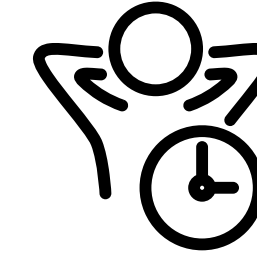


WEEK	1	2	3	4
Sunday	11 km Long Run	13 km Long Run	14.5 km Long Run	16 km Long Run
Monday	 Rest	 Rest	 Rest	 Rest
Tuesday	5 km easy run	6.5 km easy run	8 km easy run	8 km easy run
Wednesday	 Rest	 Rest	 Rest	 Rest
Thursday	6.5 km easy run	6.5 km easy run	2.5 km warm up, (4 x 2) mins uphill, (4 x 2)mins downhill, 2.5 km cool down run	2.5 km warm up, 20 mins Fartlek, 2.5 km cool down run
Friday	Strength Training	Strength Training	2.5 km jog, 9.5 km tempo pace run, 2.5 km cool down run	12.5 km steady run
Saturday	 Rest	 Rest	 Rest	 Rest

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HALF MARATHON BEGINNER'S TRAINING PLAN



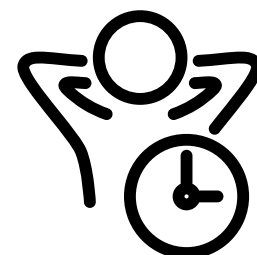
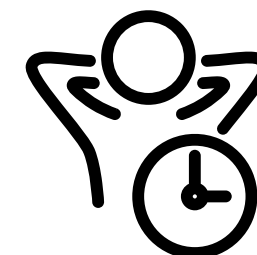


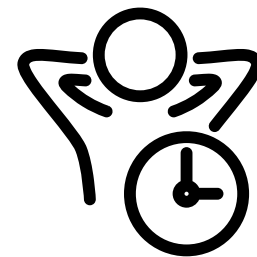
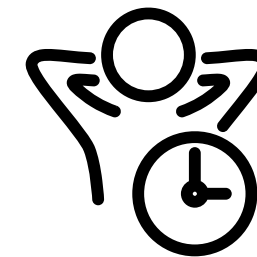


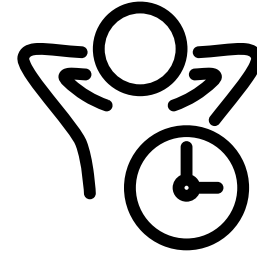
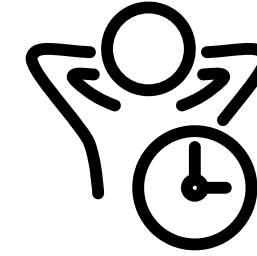



WEEK	5	6	7	8
Sunday	13 km Long Run	18 km Long Run	40mins easy, 10 X 2mins tempo pace, 10 mins easy	19 km Long Run
Monday	 Rest	 Rest	 Rest	30 mins recovery run
Tuesday	9.5 km easy run	9.5 km easy run	9.5 km easy run	 Rest
Wednesday	 Rest	 Rest	 Rest	 Rest
Thursday	 Rest	1.5 km warm up, 30mins Fartlek, 1.5 km cool down run	2.5 km warm up, 40mins jog moderate pace, 2.5 km cool down run	1.5 km warm up, 40mins Fartlek, 1.5 km cool down run
Friday	2.5 km warm up, 30mins half marathon pace, 2.5 km cool down run	40mins Strength Training	40mins Strength Training	40mins Strength Training
Saturday	 Rest	 Rest	 Rest	 Rest

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HALF MARATHON BEGINNER'S TRAINING PLAN



WEEK	9	10	11	12
Sunday	16 km Long Run	19 km Long Run	11 km Long Run	 Rest
Monday	 Rest	 Rest	 Rest	 Rest
Tuesday	8 km easy run	6.5 km easy run	6.5 km easy run	6.5 km easy run
Wednesday	 Rest	 Rest	 Rest	 Rest
Thursday	1.5 km warm up, (6 X 4mins) uphill moderate pace, 2.5 km cool down run	1.5 km warm up, 8 kms Fartlek run, 1.5 km cool down run	1.5 km warm up, 9.5 km Fartlek run, 1.5 km cool down run	5 km easy run
Friday	40mins Strength Training	40mins Strength Training	40mins Strength Training	HALF MARATHON
Saturday	 Rest	 Rest	 Rest	 Rest

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