



Now is the time to train!

21.1km Half Marathon Beginner Training Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 6/5/19 - 12/5/19	Rest Day	12 Minute Warm Up, 5 x 1km with 200m Jog Recovery, 12 Minute Cool Down	Rest Day	35 Minutes Easy with 4 x 30 Seconds Strides	Rest Day	12 Minute Warm Up, 8 x 400m with 200m Jog Recovery, 12 Minute Cool Down	12km Easy
2 13/5/19 - 19/5/19	20 Minute Walk	12 Minute Warm Up, Mona Fartlek, 12 Minute Cool Down	Rest Day	35 Minutes Easy with 4 x 30 Seconds Strides	Rest Day	12 Minute Warm Up, 30 Minute Tempo, 12 Minute Cool Down	13km Easy
3 20/5/19 - 26/5/19	20 Minute Walk	30 Minutes Easy	Rest Day	40 Minutes Easy with 4 x 30 Seconds Strides	Rest Day	12 Minute Warm Up, 3 x 1600m with 400m Jog Recovery, 12 Minute Cool Down	13km Easy
4 27/5/19 - 2/6/19	Rest Day	30 Minutes Easy	Rest Day	40 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	45 Minutes Easy with 5 x 30 Seconds Strides	12km Easy

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5 3/6/19 - 9/6/19	25 Minute Walk	12 Minute Warm Up, 35 Minute Tempo, 12 Minute Cool Down	Rest Day	40 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	12 Minute Warm Up, 8 x 400m with 200m Jog Recovery, 12 Minute Cool Down	13km Easy
6 10/6/19 - 16/6/19	25 Minute Walk	12 Minute Warm Up, 6 x 1km with 200m Jog Recovery, 12 Minute Cool Down	Rest Day	45 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	12 Minute Warm Up, 5km Time Trial, 12 Minute Cool Down	14km Easy
7 17/6/19 - 23/6/19	25 Minute Walk	12 Minute Warm Up, Mona Fartlek, 12 Minute Cool Down	Rest Day	45 Minutes Easy with 5x 30 Seconds Strides	Rest Day	12 Minute Warm Up, 35 Minute Tempo, 12 Minute Cool Down	14km Easy
8 24/6/19 - 30/6/19	Rest Day	30 Minutes Easy	Rest Day	40 Minutes Easy with 4 x 30 Seconds Strides	Rest Day	45 Minutes Easy with 5 x 30 Seconds Strides	13km Easy

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9 1/7/19 - 7/7/19	30 Minute Walk	12 Minute Warm Up, 4 x 1600m with 400m Jog Recovery, 12 Minute Cool Down	Rest Day	45 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	12 Minute Warm Up, 8 x 400m with 200m Float Recovery, 12 Minute Cool Down	15km Easy
10 8/7/19 - 14/7/19	30 Minute Walk	12 Minute Warm Up, 35 Minute Tempo, 12 Minute Cool Down	Rest Day	50 Minutes Easy with 5 x 30 Seconds Strides	Rest Day	12 Minute Warm Up, 6 x 700m with 300m Float Recovery, 12 Minute Cool Down	16km Easy
11 15/7/19 - 21/7/19	30 Minute Walk	30 Minutes Easy	Rest Day	50 Minutes Easy with 6 x 30 Seconds Strides	Rest Day	12 Minute Warm Up, 10km Time Trial, 12 Minute Cool Down	14km Easy
12 22/7/19 - 28/7/19	Rest Day	30 Minutes Easy	Rest Day	40 Minutes Easy with 4 x 30 Seconds Strides	Rest Day	50 Minutes Easy with 5 x 30 Seconds Strides	16km Easy

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13 29/7/19 - 4/8/19	30 Minute Walk	12 Minute Warm Up, 7 x 1km with 200m Jog Recovery, 12 Minute Cool Down	Rest Day	45 Minutes Easy with 6 x 30 Seconds Strides	Rest Day	12 Minute Warm Up, 8 x 400m with 200m Float Recovery, 12 Minute Cool Down	18km Easy
14 5/8/19 - 11/8/19	30 Minute Walk	12 Minute Warm Up, 4 x 1600m with 400m Jog Recovery, 12 Minute Cool Down	Rest Day	40 Minutes Easy with 6 x 30 Seconds Strides	Rest Day	12 Minute Warm Up, 40 Minute Tempo, 12 Minute Cool Down	18km Easy
15 12/8/19 - 18/8/19	15 Minute Walk	12 Minute Warm Up, Mona Fartlek, 12 Minute Cool Down	Rest Day	35 Minutes Easy with 4 x 30 Seconds Strides	Rest Day	12 Minute Warm Up, 5 x 700m with 300m Float Recovery, 12 Minute Cool Down	15km Easy
16 19/8/19 - 25/8/19	Rest Day	10 Minute Warm Up, 6 x 1 Minute On with 1 Minute Jog Recovery, 10 Minute Cool Down	Rest Day	35 Minutes Easy with 4 x 30 Seconds Strides	Rest Day	15 Minutes Easy	Shepparton Running Festival - 21km Run

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