

## Training plans

These training plans will bring you on a progressive path to go from a 5km to a half marathon.  
**If you are a walker** - you can use the plans as a guide substituting the runs for walks.

### Beginner's Half Marathon Plan

Week	Distance in Km's							Total	Milestones/ Mini Targets
	Mon	Tue	Wed	Thu	Fri	Sat	Sun		
1	3	Rest	5	Rest	3	7	Rest	18	
2	5	Rest	5	Rest	3	8	Rest	21	Distance covered in week 2
3	6	Rest	6	Rest	4	9	Rest	25	
4	7	Rest	6	Rest	5	10	Rest	28	Half the distance covered
5	7	Rest	7	Rest	5	11	Rest	30	Half the distance covered
6	Rest	Rest	7	Rest	5	14	Rest	26	Recovery week (3 days run)
7	7	Rest	7	Rest	5	16	Rest	35	
8	7	Rest	7	Rest	5	17	Rest	36	Longest distance week
9	7	Rest	8	Rest	Rest	18	Rest	33	Longest long run
10	7	Rest	7	Rest	5	14	Rest	33	
11	5	Rest	7	Rest	5	13	Rest	30	
12	5	Rest	Rest	Walk 4 km	Rest	Rest	21.1	26.1	Finished

**If you work weekends** - you will need to alter the days to suit your timetable.

\*Make sure you get your long runs/ walks completed as much as possible.

### Suggested Race

Target Race \_\_\_\_\_ Target finishing time \_\_\_\_\_

Race date & location \_\_\_\_\_ Notes on race \_\_\_\_\_

Have you entered ? Y/N \_\_\_\_\_

