

HALF MARATHON

TRAINING PLAN



WITH TEAM AMNESTY

BEGINNER

fullpotential 

AMNESTY
INTERNATIONAL



HALF MARATHON TRAINING PLAN



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YOU'VE NEVER RUN
A HALF MARATHON



YOU ARE COMFORTABLE
RUNNING AROUND 15
MINUTES STRAIGHT



THIS 16-WEEK PLAN WILL TAKE YOU
TO EVENT DAY AS SAFELY AS POSSIBLE.

We'll slowly build the volume of the long runs up each week to have you half marathon ready. We use regular walk breaks in the plan to make this happen. You'll also start to run at different intensities during the training, building some gears for you to run at.



THE TALK TEST

It's important to run at the right effort level and intensity to reach your full potential. Most people think that training 'harder is better' but pushing yourself to run too quickly can result in feeling tired, getting ill or picking up an injury.

Understanding the purpose and feel of each training session we give you is the way to train smart. Here's our guide to the sessions mentioned in our training plan and how they should feel as a 'talk test'.

TYPE OF SESSION	PERCEIVED EFFORT LEVEL (1-10)	HOW IT SHOULD FEEL: THE TALK TEST
RECOVERY/ EASY RUN	6-6.5	You can speak in complete sentences, totally conversational, you're running relaxed, enjoying it and not worrying about the watch.
EASY CROSS TRAINING (GYM CLASS)	6-7	We have plenty of cross training in the plan. It enables us to get the cardiovascular gains without the impact of running. Please use gym classes if you want to, just aim for easy/steady effort level so it compliments the running you are doing.
LONG RUN	6.5-7	You're in control, running fluidly and very much at a conversational level but you'll feel slightly flushed with a gradual build up of muscular fatigue. We recommend trying some run/walk intervals for this run. Feel free to adjust the suggested run/walk intervals.
STEADY EFFORT RUN	7-8	You can speak in short sentences but have a slight pause on your breath. It sits between easy and threshold running.
THRESHOLD RUN	8-8.5	You could speak four to five words if somebody asked you a question. Your breathing is more laboured and you know you're working, we call this 'controlled discomfort'.

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MAKE THE TRAINING PLAN WORK FOR YOU

You probably won't be able to follow the training plan exactly as it is set out, so we've written it with this in mind:

- Key sessions for each week are highlighted in yellow. These are non-negotiable sessions that you need to fit into your diary to run your best race.
- Avoid key sessions on back-to-back days. You need to recover after the harder sessions, they can't be crammed into a few days within your week. The only exception to this is a key session followed by an easy long run, but this is for more advanced runners.
- All other training sessions are supplementary. Drop them into your week if you can't fit everything in although we hope you can find the time.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	30 minutes conditioning work	 15 minutes easy run	30 minutes easy cross training/ gym class	 Rest day	30 minutes easy cross training/ gym class	 Rest day	 40 minutes easy long run: Split – 4 minutes running, 1 minute walking.
2	30 minutes conditioning work	 20 minutes easy run	 Rest day	30 minutes easy cross training/ gym class	 Rest day	30 minutes easy cross training/ gym class	 45 minutes easy long run: Split – 4 minutes running, 1 minute walking
3	30 minutes conditioning work	 10 minutes warm up, 4 x 2 minutes at steady effort with a 60 second recovery, 10 minutes cool down	 Rest day	30 minutes easy cross training/ gym class	 15 minutes easy run	 Rest day	 50 minutes easy long run: Split – 4 minutes running, 1 minute walking
4	30 minutes conditioning work	 Rest day	 10 minutes warm up, 5 x 2 minutes at steady effort with a 60 second recovery, 10 minutes cool down	30 minutes easy cross training/ gym class	 Rest day	20 minutes easy run	 55 minutes easy long run: Split – 4 minutes running, 1 minute walking

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WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
5	30 minutes conditioning work	 Rest day	 10 minutes warm up, 4 x 3 minutes at steady effort with a 60 second recovery, 10 minutes cool down	 Rest day	30 minutes easy cross training/ gym class	 5km park run	 Rest day
6	30 minutes conditioning work	 Rest day	 10 minutes warm up, 4 x 3 minutes at steady effort with a 60 second recovery, 10 minutes cool down	30 minutes easy cross training/ gym class	 20 minutes easy run	 Rest day	 60 minutes easy long run: Split – 4 minutes running, 1 minute walking
7	 Rest day	 10 minutes warm up, 5 x 3 minutes at steady effort with a 60 second recovery, 10 minutes cool down	45 minutes easy cross training/ gym class	30 minutes conditioning work	 15 minutes easy run	 Rest day	 75 minutes easy long run: Split – 4 minutes running, 1 minute walking
8	30 minutes conditioning work	45 minutes easy cross training/ gym class	 10 minutes warm up, 5 x 2 minutes at steady effort with a 60 second recovery, 10 minutes cool down	 Rest day	 25 minutes easy run	 Rest day	 60 minutes easy long run: Split – 4 minutes running, 1 minute walking

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WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
9	30 minutes conditioning work	 10 minutes warm up, 4 x 2 minutes at steady effort with a 60 second recovery, 10 minutes cool down	 Rest day	30 minutes easy cross training/ gym class	 Rest day	 5km park run	 Rest day
10	30 minutes conditioning work	 10 minutes warm up, 6 x 3 minutes at steady effort with a 90 second recovery, 10 minutes cool down	 Rest day	30 minutes easy cross training/ gym class	 20 minutes easy run	 Rest day	 75 minutes easy long run: Split – 4 minutes running, 1 minute walking
11	30 minutes conditioning work	 10 minutes warm up, 4 x 2 minutes at threshold effort with a 90 second recovery, 10 minutes cool down	 Rest day	 25 minutes easy run	30 minutes easy cross training/ gym class	 Rest day	 90 minutes easy long run: Split – 4 minutes running, 1 minute walking
12	30 minutes conditioning work	45 minutes easy cross training/ gym class	 Rest day	 10 minutes warm up, 5 x 2 minutes at threshold effort with a 90 second recovery, 10 minutes cool down	45 minutes easy cross training/ gym class	 Rest day	 105 minutes easy long run: Split – 4 minutes running, 1 minute walking

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WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
13	30 minutes conditioning work	 Rest day	 10 minutes warm up, 4 x 3 minutes at threshold effort with a 90 second recovery, 10 minutes cool down	40 minutes easy cross training/gym class	 30 minutes easy run	 Rest day	 90 minutes easy long run: Split - 4 minutes running, 1 minute walking
14	30 minutes conditioning work	30 minutes easy cross training/gym class	 10 minutes warm up, 5 x 3 minutes at threshold effort with a 90 second recovery, 10 minutes cool down	 Rest day	45 minutes easy cross training/gym class	 Rest day	 120 minutes easy long run: Split - 4 minutes running, 1 minute walking
15	30 minutes conditioning work	 10 minutes warm up, 6 x 3 minutes at threshold effort with a 60 second recovery, 10 minutes cool down	30 minutes easy cross training/gym class	 Rest day	 30 minutes easy run	 Rest day	 60 minutes easy long run: Split - 4 minutes running, 1 minute walking
16	 Rest day	 10 minutes warm up, 3 x 2 at threshold effort with a 90 second recovery, 10 minutes cool down	 Rest day	30 minutes easy cross training/gym class	 Rest day	 Rest day	 HALF MARATHON RACE DAY