



# Half Marathon Training Schedule (Beginner)

Have A Heart is an appeal run by Global Charities, registered charity number: 1091657 (England & Wales) and SC041475 (Scotland).

|               | Day 1                                    | Day 2   | Day 3                                    | Day 4   |
|---------------|--|---|--|---|
| <b>Week 1</b> | <b>1</b> 4M slow                         | 3M slow   | 4M                                       | 3M, timed   |
| <b>2</b>      | 3M easy                                  | 3M, with a few 50m bursts   | 3M easy                                  | 5-6M slow   |
| <b>3</b>      | 4M easy                                  | 4M, with a few 100m bursts  | 3M, timed, plus 1M jog                   | 7-8M slow (or 1 hour)                                   |
| <b>4</b>      | 4M easy                                  | 4M, inc several 30-sec bursts                                       | 4M                                       | 8M slow (or 1 hr)                                       |
| <b>5</b>      | 4M or 35 mins easy, off-road if possible | 4-5M of fast-and-slow, with bursts up the hills (but not down them) | 4M or 35 mins easy, off-road if possible | 9-10M steady, or 10K race                               |
| <b>6</b>      | 3-4M easy on soft ground                 | 1M jog, then 2 x 5 mins fast, with 5-min slow jog recovery          | 4M easy on grass                         | 9-10M slow  |
| <b>7</b>      | 3-4M easy, off-road if possible          | 3M, inc a few short bursts  | 3M on grass                              | Warm up, then 10K race, then 10 mins walking or jogging |
| <b>8</b>      | 4-5M easy, off-road                      | 1M jog, then 2 x 7-8 mins fast, with 5-min jog recovery             | 4M on grass, inc several short bursts    | 11-12M, as slow as you like                             |
| <b>9</b>      | 3-4M easy, on soft ground                | 1M jog, then 2 x 5 mins fast, with 5-min slow jog recovery between  | 4M easy on grass                         | 9-10M slow  |
| <b>10</b>     | 3M easy, off-road                        | 1M jog, then 1M at race speed, then 1M jog                          | 2M jog                                   | Race day  |



# Half Marathon Training Schedule (Intermediate)

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|               | Monday                        | Tuesday                             | Wednesday   | Thursday                                     | Friday         | Saturday   | Sunday  |
|---------------|-------------------------------|-------------------------------------|---|--|----------------|--|---|
| <b>Week 1</b> | 5M easy                       | 5M, a little faster than Mon        | 5M, inc 15 mins of 30 secs fast, 60 secs jogging        | 5M easy, off-road                            | Rest           | 5M easy, inc some strides  | 7-8M easy                                     |
| <b>2</b>      | 4M easy                       | 6M steady, on a hilly course        | 5M, inc 16 mins of 1 min fast, 1 min jogging            | 5M easy                                      | Rest           | Warm up, then 3M fast (timed), Warm down                         | 7-8M easy                                     |
| <b>3</b>      | 4M easy                       | 6M steady, finishing faster         | 4M easy   | Warm up, then 8 x 90 secs fast, 90 secs slow | Rest           | Warm up, then 4 x 800m (or 4 x 3 mins), with 3-min recovery jogs | 7-8M slow                                     |
| <b>4</b>      | 4M easy                       | 6M, fairly fast                     | Repetitions: 4 x 3 mins fast, with 2-min recoveries     | 5M easy                                      | Rest           | 1M jog, then 5M fairly fast, then 1M jog                         | 10M slow                                      |
| <b>5</b>      | 5M easy, off-road             | 6M, starting slow, finishing faster | 3 x 5 mins fast, with 5-min jog recoveries              | 5M easy, inc 6 x 150m fast strides           | Rest or 3M jog | 2M slow, then 1M fast, then 2M slow                              | Warm up, then 10K race or 5M pace run (timed) |
| <b>6</b>      | 5M easy                       | 5M, inc 16 x 1 min fast, 1 min slow | 2 x 2M (approx), timed, at threshold pace               | 5-6M easy                                    | Rest or 3M jog | 1M easy, then 4-5M fairly fast, then 1M jog                      | 10M steady                                    |
| <b>7</b>      | 5M easy, off-road if possible | Rest                                | 8M, fairly fast   | 4M easy                                      | Rest or 3M jog | 4M on grass, inc 6 x 200m strides                                | Warm up, then 10K race. Warm down             |
| <b>8</b>      | 5M easy, off-road             | 6M steady, inc bursts up hills      | 3 x 1M (or 3 x 5 mins), with 5-min recoveries           | 5M easy                                      | 5M easy        | 6-7M, inc 10 x 30 secs fast, 30 secs slow                        | 10-12M steady                                 |
| <b>9</b>      | 5M easy                       | 5M, inc 16 x 1 min fast, 1 min slow | Warm up, then 2 x 2M (approx), timed, at threshold pace | 5-6M easy                                    | Rest or 3M jog | 1M easy, then 4-5M fairly fast, then 1M jog                      | 10M steady                                    |
| <b>10</b>     | 5M easy                       | 6-7M at a comfortable pace          | Warm up, then 2M at race pace, then 2M jog              | 5M easy, inc 6 x 30 secs fast                | Rest           | 3M, in race kit  | Race day                                      |



# Half Marathon Training Schedule (Advanced)

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|               | Monday                  | Tuesday  | Wednesday   | Thursday  | Friday         | Saturday                                | Sunday   |
|---------------|-------------------------|--|---|---|----------------|---|--|
| <b>Week 1</b> | 5M easy                 | 7M steady  | 4 x 1200m (or 4 x 4 mins), with 3-min recoveries. Warm down | 6M easy   | Rest or 3M jog | 6-8M steady, inc a few strides          | 8-10M easy   |
| <b>2</b>      | 5M easy                 | 7M hilly run, working hard on the hills              | 5M easy   | 6-7M, inc 8 x 1 min fast, 1 min slow in the middle                        | Rest or 3M jog | Warm up, then 5M fairly fast. Warm down | 8-10M steady   |
| <b>3</b>      | 6M easy                 | 6M fairly fast, then 1M easy                         | 4 x 5 mins, with 4-min recovery jogs                        | 5M easy   | Rest or 3M jog | 8M, inc fast bursts                     | 10-11M steady  |
| <b>4</b>      | 6M easy bursts up hills | 6-7M hilly run, with hard                            | 6M easy   | 6-7M, inc 10 x 1 min fast, 1 min slow, and 6 x 30 secs fast, 30 secs slow | Rest or 3M jog | 1M jog, then 6M fairly fast,            | 10-12M slow then 1M jog                                    |
| <b>5</b>      | 6M easy, off-road       | Warm up, then 6-7M, inc 6 x 2 mins fast, 2 mins slow | 6M, starting slow, finishing faster                         | Intervals: 12 x 400m, with 90-sec recoveries                              | 3M slow jog    | Warm up, then 5M fairly fast. Warm down | 10M steady   |
| <b>6</b>      | 6M easy                 | 3 x 2M at threshold pace, with 6-min recoveries      | 6M easy   | 8M fartlek on grass, inc 20 x 30 secs (approx)                            | 3M jog         | 5M, no pressure                         | 3M warm-up, then 5-6M race (not flat-out)                  |
| <b>7</b>      | 5M easy, off-road       | Rest   | 2M jog, then 5-6M at half-marathon pace, then 1M jog        | 5M easy, inc 8 x 200m strides   | Rest or 3M jog | Rest                                    | Warm up, then race 6-10M. Warm down                        |
| <b>8</b>      | 6M easy, off-road       | 7-8M, inc bursts up hills                            | 6M easy   | 6 x 1M with 3-min recoveries  | 3M easy jog    | 5-6M on grass                           | 14-15M slow  |
| <b>9</b>      | 6M easy                 | 3 x 2M at threshold pace, with 6-min recoveries      | 6M easy   | 8M fartlek on grass, inc 20 x 30 secs (approx)                            | 3M jog         | 5M, no pressure                         | 3M warm-up, then 5-6M race (not flat-out) or 13-15M steady |
| <b>10</b>     | 5M easy, off-road       | 6-8M at a comfortable pace                           | 2 x (8 x 200m) fast, on grass, with 1-min recoveries        | 6M easy, inc 1M at race pace  | Rest or 3M jog | 4M easy, in race kit                    | Race day   |