



HALF-MARATHON TRAINING PLAN

12 weeks • 4 runs per week • Build endurance, threshold fitness and race-specific durability

HOW TO USE THIS PLAN

12 weeks, 4 runs per week. Suitable as a generic starting point for a runner with an established base who can comfortably run for around 60 minutes.

Effort guide: Easy = conversational. Threshold = comfortably hard. HM effort = strong but sustainable. Strides = relaxed and fast with full recovery.

12-WEEK PLAN

Week	Run 1	Run 2	Run 3	Long run
1	40 easy	6×3 min threshold / 2 min easy	30 easy	75 easy
2	45 easy + strides	5×5 min threshold / 2 min easy	35 easy	85 easy
3	45 easy	8×2 min HM–10K effort / 2 min easy	35 easy	95 easy
4	40 easy	20–25 min threshold	30 easy	75 easy — cutback
5	50 easy + strides	4×8 min threshold / 3 min easy	40 easy	105 easy
6	45 easy	6×5 min HM effort / 2 min easy	40 easy	115 easy
7	50 easy + strides	3×10 min threshold / 3 min easy	40 easy	125 easy
8	45 easy	5×6 min HM effort / 2 min easy	35 easy	95 easy — cutback
9	50 easy + strides	3×2 km HM effort / 3 min easy	45 easy	135 easy
10	45 easy	2×4 km HM effort / 4 min easy	40 easy	145 easy
11	40 easy + strides	4×5 min HM effort / 2 min easy	30 easy	105 easy
12	35 easy	3×3 min HM effort / 3 min easy	25 easy + strides	Half-marathon race

LONG RUNS & FUELLING

Most long runs should be easy. For runs approaching or exceeding about 90 minutes, practise the carbohydrate, fluid and caffeine strategy you expect to use in your race. Do not introduce new fuelling on race day.

IMPORTANT

Generic example only. Adjust for training history, race date, current load and recovery capacity. Persistent or worsening pain should be assessed rather than ignored.