

Half Marathon Training Plans

Beginner, Intermediate, and Advanced | 12-Week Programs

These 12-week plans prepare you for the half marathon distance (13.1 miles / 21.1 km). Each plan follows a progressive structure with appropriate recovery built in.

Beginner Half Marathon Plan

Goal: Complete 13.1 miles comfortably | **Target time:** 2:15 - 2:45 | **Peak mileage:** ~25 miles/week |

Prerequisite: Can run 2-3 miles continuously

Weeks 1-4: Building Endurance

Day	Workout	Distance
Mon	Rest	
Tue	Easy run	2-3 mi
Wed	Cross-train (walk, bike, swim)	30 min
Thu	Easy run	2-3 mi
Fri	Rest	
Sat	Long run (add 1 mi/week)	4-7 mi
Sun	Easy walk or rest	

Weeks 5-8: Building Stamina

Day	Workout	Distance
Mon	Rest	
Tue	Easy run	3-4 mi
Wed	Cross-train or easy run	30-40 min
Thu	Easy run with strides	3-4 mi
Fri	Rest	
Sat	Long run	7-10 mi
Sun	Recovery walk/jog	20 min

Weeks 9-10: Peak Weeks

Day	Workout	Distance
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Mon	Rest	
Tue	Easy run	3-4 mi
Wed	Tempo run (15-20 min comfortably hard)	4 mi total
Thu	Easy run	3 mi
Fri	Rest	
Sat	Long run (peak: 11-12 mi)	11-12 mi
Sun	Recovery jog	2 mi

Intermediate Half Marathon Plan

For Experienced Runners | 12-Week Program

Goal: PR or break sub-2:00 / sub-1:45 | **Peak mileage:** ~35 miles/week | **Prerequisite:** Half marathon experience, running 15-20 miles/week

Weeks 1-4: Base + Speed Introduction

Day	Workout	Distance
Mon	Rest or cross-train	
Tue	Easy run + 6x strides	4-5 mi
Wed	Tempo: 20 min at half marathon pace + 10 sec/mi	5-6 mi total
Thu	Easy run	4-5 mi
Fri	Rest	
Sat	Long run	8-11 mi
Sun	Recovery run	3 mi

Weeks 5-8: Speed & Endurance

Day	Workout	Distance
Mon	Rest	
Tue	Intervals: 5-6x 800m at 5K pace	6-7 mi total
Wed	Easy run	4-5 mi
Thu	Tempo: 25-30 min at half marathon pace	6-7 mi total
Fri	Rest or easy cross-train	
Sat	Long run (some at HM pace in weeks 7-8)	11-13 mi
Sun	Recovery run	3-4 mi

Weeks 9-10: Peak & Race Prep

Day	Workout	Distance
Mon	Rest	
Tue	VO2max: 4x 1000m at 5K pace	7 mi total
Wed	Easy run	5 mi

Thu	HM-pace run (4-6 mi at goal pace)	7 mi total
Fri	Rest	
Sat	Long run (peak: 14 mi)	12-14 mi
Sun	Recovery run	3 mi

Weeks 11-12: Taper & Race

Day	Workout	Distance
Mon	Rest	
Tue	Easy run + strides	4 mi
Wed	Short tempo at HM pace	3-4 mi
Thu	Easy run	3 mi
Fri	Rest	
Sat	Easy run (6 mi), then RACE	Varies
Sun	Rest	

Advanced Half Marathon Plan

High-Performance Plan | 12-Week Program

Goal: Sub-1:30 or competitive racing | **Peak mileage:** ~45-50 miles/week | **Prerequisite:** Multiple half marathons, 30+ miles/week base

Weeks 1-4: Aerobic Foundation

Day	Workout	Distance
Mon	Easy run + strength	5-6 mi
Tue	Fartlek: 6-8x 2 min hard / 90s easy	7-8 mi
Wed	Easy run	6-7 mi
Thu	Tempo: 4 mi at HM pace	7-8 mi total
Fri	Easy run	4-5 mi
Sat	Long run	12-14 mi
Sun	Recovery run	4-5 mi

Weeks 5-8: Race-Specific Work

Day	Workout	Distance
Mon	Easy run + strength	5-6 mi
Tue	Intervals: 6x 1000m at 5K pace	8-9 mi total
Wed	Easy run	6-7 mi
Thu	HM-pace tempo: 6-8 mi at goal pace	9-10 mi total
Fri	Easy run	4-5 mi
Sat	Long run (last 4-5 mi at HM pace)	14-16 mi
Sun	Recovery run	4-5 mi

Weeks 9-10: Sharpening

Day	Workout	Distance
Mon	Easy run	5 mi
Tue	5K tune-up race or 4x mile at 10K pace	8 mi total
Wed	Easy run	6 mi

Thu	HM-pace run with negative split (6-8 mi)	9 mi total
Fri	Easy run or rest	4 mi
Sat	Long run (peak: 15-16 mi)	15-16 mi
Sun	Recovery run	4 mi

Weeks 11-12: Taper & Race

Day	Workout	Distance
Mon	Easy run	4-5 mi
Tue	4x 400m at 5K pace	5 mi total
Wed	Easy run	4 mi
Thu	15 min at HM pace	4 mi total
Fri	Rest or 2 mi shakeout	
Sat	Easy (5 mi), then RACE	Varies
Sun	Rest	

Training tips: Run your easy days easy (1-2 min/mi slower than race pace). Fuel with 30-60g carbs per hour on runs over 75 minutes. Practice race-day nutrition during long runs. Prioritize sleep - aim for 7-9 hours per night during training.