

RUN YOUR FIRST HALF MARATHON!

This 10-week half-marathon training plan for novices gradually builds mileage, blending long runs with faster-paced workouts to boost endurance and develop speed

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
1	Rest/XT	5km EZ	Rest/XT	5km EZ	Rest/XT	5km EZ	8km LSD	23
2	Rest/XT	5km EZ	Rest/XT	6km EZ	Rest/XT	5km EZ	8km LSD	24
3	Rest/XT	5km EZ	Rest/XT	8km w/ 1km @ tempo pace	Rest/XT	5km EZ	8km LSD	26
4	Rest/XT	5km EZ	st/XT	8km w/ 5km @ tempo pace	Rest/XT	5km EZ	10km LSD	18
5	Rest/XT	5km EZ	Rest/XT	6km EZ	Rest/XT	6km EZ	13km LSD or 10-K race (+ 2-K warm-up and 2-K cool-down)	30
6	Rest/XT	5km EZ	Rest/XT	7km w/ 5km @ tempo pace	Rest/XT	5km EZ	10km LSD	27
7	Rest/XT	5km EZ	Rest/XT	10km w/ 6km @ tempo pace	Rest/XT	5km EZ	16km LSD	36
8	Rest/XT	5km EZ	Rest/XT	10km w/ 6km @ tempo pace	Rest/XT	5km EZ	19km LSD	39
9	Rest/XT	5km EZ	Rest/XT	10km w/ 6km @ tempo pace	Rest/XT	5km EZ	14km LSD	34
10	Rest/XT	5km EZ	Rest/XT	8km w/ 3km @ tempo pace	Rest/XT	5km EZ	RACE DAY! 21.1 kilometres	39.1

KEY

REST/XT Ideally, do no exercise. Non-impact cross-training like stretching, yoga, or swimming is fine.

EZ RUN Run at a conversational pace or cross-train. When on a bike or rowing or elliptical machine, maintain a sustained aerobic effort.

LSD Long, slow distance run that builds endurance. Run at a conversational pace. LSDs are rehearsals for race day – use them to determine your gear choices and fueling strategies before and during the run.

TEMPO These teach your body how to hold a faster pace over time. Do them at a comfortably hard pace, where you can talk in phrases (visit our [Training Pace Calculator](#) tool to calculate your pace).

10-K RACE This 'tune-up' race is optional. If you choose to do it, use it as a race rehearsal for your half-marathon – practice what you'll wear, eat, and drink, as well as your pacing strategy.