Half marathon training plan

Twelve weeks. Write your runs in, tick them off, build the long run.

NAME

RACE DATE

WEEK	EASY RUN	EASY RUN	TEMPO OR HILLS	LONG RUN
WEEK 1	☐	☐	☐	8 km ☐
WEEK 2	☐	☐	☐	10 km ☐
WEEK 3	☐	☐	☐	11 km ☐
WEEK 4	☐	☐	☐	13 km ☐
WEEK 5	☐	☐	☐	14 km ☐
WEEK 6	☐	☐	☐	16 km ☐
WEEK 7	☐	☐	☐	11 km ☐
WEEK 8	☐	☐	☐	18 km ☐
WEEK 9	☐	☐	☐	19 km ☐
WEEK 10	☐	☐	☐	21 km ☐
WEEK 11	☐	☐	☐	13 km ☐
WEEK 12	☐	☐	☐	Race ☐

Never add more than about 10% a week. Week 7 and week 11 are easier on purpose.

Not medical advice. Get your doctor's OK before you start.