Cheatography

Beginners Half Marathon Training Plan Cheat Sheet

by vinces (vinces) via cheatography.com/136733/cs/29055/

Introduction

A half marathon is a pretty impressive challange to take on as a runner but is definately something that is acheavable for most people. This cheat sheet has been made to help you get started running with the goal in mind to complete or race your first half marathon. If you are completely new to running, you might want to look at our 5km run training plan which runs for 8 weeks, and then progress to this training plan: https://cheatography.com/vinces/cheat-sheets/beginners-5km-running-training-plan/.

Running Effort Scale 1-10

- 10 Maximum effort
- 9 Very hard intensity
- 8 Hard intensity
- 7 Requires constant effort
- Challenging but can sustain for 30 to
 minutes
- 5 Still requires effort
- 4 Slight effort to maintain pace
- 3 Able to maintain a conversation
- 2 Gentle and easy to maintain
- 1 Very easy pace

Effort Required For Running

For all the runs, you should be maintaining an effort between 2 and 3. This means they are easy runs and you are limiting the chance of injuring yourself and still enjoying the process. The only exception is where you see "Strides" listed in the plan. These are 30 second bouts of higher intensity running, where you should be running at approximately 8 on the effort scale.

About "Strides"

"Strides" listed in the plan in some of your training days. These are 30 second bouts of higher intensity running, where you should be running at approximately 8 on the effort scale.

DISCLAIMER

Please make sure you are being safe in all aspects of your training and running. Please use appropriate safety equipment when needed and ensure you consult a Doctor if you are unfit or have not recently taken on a physical fitness program recently.

Training Plan - Week 1

- □ Rest day
- Day 1
- ☐ 20 minutes easy running
- Day 2
- ☐ 20 minutes easy running
- Day 3
- ☐ 20 minutes easy running
- Day 4
- 4 x 30 seconds strides with two
- minutes rest

Rest day

- ☐ Day 5
- ☐ 20 minutes easy running
- Day 6
- ☐ 20 minutes easy running
- Day 7

Remember all running is between an effort of 2 and 3. Remember there is no issue with walking if you need to. In the first week or so, when you are doing 20 minutes of easy running, you may want to start with one minute of running, followed by a minute or walking, continuing until you make up the full 20 minutes.

Rest day Day 1 30 minutes easy running Day 2 20 minutes easy running Day 3 20 minutes easy running Day 4 4 x 30 seconds strides with two minutes rest Rest day Day 5 20 minutes easy running Day 6

Training Plan - Week 2

Week 2 introduces your first long run. We start at 40 minutes and will build up from this, make sure you take your time and pace your long runs.

Long Run for 40 minutes

Training Plan - Week 3

Day 7

Training	Tiali - Week o
□ Day 1	Rest day
□ Day 2	30 minutes easy running
□ Day 3	20 minutes easy running
□ Day 4	20 minutes easy running
	4 x 30 seconds strides with two minutes rest
□ Day 5	Rest day
	20 minutes easy running

Long Run for 50 minutes



By **vinces** (vinces) cheatography.com/vinces/

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Day 6

Day 7



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Training Plan - Week 4		Training Plan - Week 6		Training Plan - Week 8	
□ Day 1	Rest day	□ Day 1	Rest day	□ Day 1	Rest day
□ Day 2	30 minutes easy running	□ Day 2	30 minutes easy running	□ Day 2	30 minutes easy running
□ Day 3	20 minutes easy running	□ Day 3	20 minutes easy running	□ Day 3	30 minutes easy running
□ Day 4	20 minutes easy running	□ Day 4	20 minutes easy running	□ Day 4	20 minutes easy running
	4 x 30 seconds strides with two minutes rest		4 x 30 seconds strides with two minutes rest		4 x 30 seconds strides with two minutes rest
□ Day 5	Rest day	□ Day 5	Rest day	□ Day 5	Rest day
□ Day 6	30 minutes easy running	□ Day 6	30 minutes easy running	□ Day 6	30 minutes easy running
□ Day 7	Long Run for 40 minutes	□ Day 7	Long Run for 70 minutes	□ Day 7	Long Run for 60 minutes
In weeks 4, 8 and 11 of the training plan, the long run scales back a little to allow you to get your body accustomed to the training			g Plan - Week 7 Rest day	We scale our long run back just a little this week to make sure you are ready for the final 4 weeks of the training plan.	
and allow you to recover.		Day 1			
and allo	w you to recover.	-	30 minutes easy running	Trainin	g Plan - Week 9
	g Plan - Week 5	Day 1 Day 2	30 minutes easy running	Trainin	g Plan - Week 9 Rest day
			30 minutes easy running 20 minutes easy running		Rest day
Trainin	g Plan - Week 5	Day 2		Day 1 Day 2	Rest day 30 minutes easy running
Training Day 1 Day 2	g Plan - Week 5 Rest day	Day 2 Day 3	20 minutes easy running	□ Day 1	Rest day
Training Day 1 Day 2 Day 3	g Plan - Week 5 Rest day 30 minutes easy running 20 minutes easy running	Day 2 Day 3 Day 4	20 minutes easy running 20 minutes easy running 4 x 30 seconds strides with two minutes rest	Day 1 Day 2 Day 3	Rest day 30 minutes easy running
Training Day 1 Day 2	g Plan - Week 5 Rest day 30 minutes easy running	Day 2 Day 3	20 minutes easy running 20 minutes easy running 4 x 30 seconds strides with two	Day 1 Day 2 Day 3	Rest day 30 minutes easy running 30 minutes easy running 20 minutes easy running
Training Day 1 Day 2 Day 3	g Plan - Week 5 Rest day 30 minutes easy running 20 minutes easy running 20 minutes easy running 4 x 30 seconds strides with two	Day 2 Day 3 Day 4	20 minutes easy running 20 minutes easy running 4 x 30 seconds strides with two minutes rest	Day 1 Day 2 Day 3	Rest day 30 minutes easy running 30 minutes easy running
Training Day 1 Day 2 Day 3 Day 4	g Plan - Week 5 Rest day 30 minutes easy running 20 minutes easy running 20 minutes easy running 4 x 30 seconds strides with two minutes rest	Day 2 Day 3 Day 4 Day 5 Day 6	20 minutes easy running 20 minutes easy running 4 x 30 seconds strides with two minutes rest Rest day 30 minutes easy running	Day 1 Day 2 Day 3 Day 4	Rest day 30 minutes easy running 30 minutes easy running 20 minutes easy running 4 x 30 seconds strides with two
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Training Plan - Week 10 Training Plan - Week 11 (cont) Rest day ☐ Day 7 Long Run for 60 minutes Day 1 As this point of the training plan, it's really 30 minutes easy running important to stay consistent and continue to Day 2 tick off your training runs...Keep it up, you're almost there. 30 minutes easy running Day 3 **Training Plan - Week 12** 20 minutes easy running Day 4 Rest day Day 1 4 x 30 seconds strides with two minutes rest 20 minutes easy running Day 2 Rest day Day 5 20 minutes easy running Day 3 30 minutes easy running Day 6 4 x 30 seconds strides with two minutes rest Long Run for 100 minutes Rest day Day 7 Day 4 Week 10 of the training plan includes the 30 minutes easy running longest run you will do as part of the training Day 5 plan. Completing this long run is a big milestone as part of your training, so make Rest day sure you take some time to celebrate this. Day 6 Race day - Have Fun! Training Plan - Week 11 Day 7 Rest day It's race week and we have added in an Day 1 extra rest day for you to make sure you are 30 minutes easy running feeling as fresh as possible for your goal Day 2 race. 30 minutes easy running **Summary** Day 3 20 minutes easy running Remember consistency is the key to training for and completing your first half marathon. Day 4 It's important to make sure you keep up 4 x 30 seconds strides with two with the plan, expecially the long runs minutes rest



Day 5

Day 6

Rest day

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30 minutes easy running

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stay safe and have fun.

scheduled for each week. Try your best to

limit the speed and try to pace appropriately

to allow yourself to keep running for as long

as possible. Good luck and remember to

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