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
6	- Challenging but can sustain for 30 to 60 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

☐ Day 1	Rest day	
☐ Day 2	20 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	
☐ Day 6	20 minutes easy running	
☐ Day 7	20 minutes easy running	

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.

Training Plan - Week 2

☐ 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	
☐ Day 6	20 minutes easy running	
☐ Day 7	Long Run for 40 minutes	

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.

Training Plan - Week 3

☐ 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	
☐ Day 6	20 minutes easy running	
☐ Day 7	Long Run for 50 minutes	

Training Plan - Week 4

☐ 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
☐ Day 6	30 minutes easy running
☐ Day 7	Long Run for 40 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 and allow you to recover.

Training Plan - Week 5

☐ 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
☐ Day 6	30 minutes easy running
☐ Day 7	Long Run for 60 minutes

Training Plan - Week 6

☐ 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
☐ Day 6	30 minutes easy running
☐ Day 7	Long Run for 70 minutes

Training Plan - Week 7

☐ 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
☐ Day 6	30 minutes easy running
☐ Day 7	Long Run for 80 minutes

Training Plan - Week 8

☐ Day 1	Rest day
☐ Day 2	30 minutes easy running
☐ Day 3	30 minutes easy running
☐ Day 4	20 minutes easy running
	4 x 30 seconds strides with two minutes rest
☐ Day 5	Rest day
☐ Day 6	30 minutes easy running
☐ Day 7	Long Run for 60 minutes

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.

Training Plan - Week 9

☐ Day 1	Rest day
☐ Day 2	30 minutes easy running
☐ Day 3	30 minutes easy running
☐ Day 4	20 minutes easy running
	4 x 30 seconds strides with two minutes rest
☐ Day 5	Rest day
☐ Day 6	30 minutes easy running
☐ Day 7	Long Run for 90 minutes

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Training Plan - Week 10

☐	Rest day	Day 1
☐	30 minutes easy running	Day 2
☐	30 minutes easy running	Day 3
☐	20 minutes easy running	Day 4
	4 x 30 seconds strides with two minutes rest	
☐	Rest day	Day 5
☐	30 minutes easy running	Day 6
☐	Long Run for 100 minutes	Day 7

Week 10 of the training plan includes the longest run you will do as part of the training plan. Completing this long run is a big milestone as part of your training, so make sure you take some time to celebrate this.

Training Plan - Week 11

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

Training Plan - Week 11 (cont)

☐	Day 7	Long Run for 60 minutes

As this point of the training plan, it's really important to stay consistent and continue to tick off your training runs...Keep it up, you're almost there.

Training Plan - Week 12

☐	Rest day	Day 1
☐	20 minutes easy running	Day 2
☐	20 minutes easy running	Day 3
	4 x 30 seconds strides with two minutes rest	
☐	Rest day	Day 4
☐	30 minutes easy running	Day 5
☐	Rest day	Day 6
☐	Race day - Have Fun!	Day 7

It's race week and we have added in an extra rest day for you to make sure you are feeling as fresh as possible for your goal race.

Summary

Remember consistency is the key to training for and completing your first half marathon. It's important to make sure you keep up with the plan, expecially the long runs 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 stay safe and have fun.