



Half Marathon Plan: 12 Weeks

Beginner Plan

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|--------|--------------------|-----------------------------------|------------------|--------|----------|---------------|
| Week 1 | REST | DCR Skills Session | REST/ Gym Session/ Cross Training | 5km Recovery Run | REST | ParkRun | 8km Long Run |
| Week 2 | REST | DCR Skills Session | REST/ Gym Session/ Cross Training | 5km Recovery Run | REST | ParkRun | 10km Long Run |
| Week 3 | REST | DCR Skills Session | REST/ Gym Session/ Cross Training | 6km Recovery Run | REST | ParkRun | 11km Long Run |
| Week 4 | REST | DCR Skills Session | REST/ Gym Session/ Cross Training | 5km Recovery Run | REST | ParkRun | 10km Long Run |



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|--------|--------|--------------------|-----------------------------------|------------------|--------|----------|---------------|
| Week 5 | REST | DCR Skills Session | REST/ Gym Session/ Cross Training | 7km Recovery Run | REST | ParkRun | 13km Long Run |
| Week 6 | REST | DCR Skills Session | REST/ Gym Session/ Cross Training | 7km Recovery Run | REST | ParkRun | 15km Long Run |
| Week 7 | REST | DCR Skills Session | REST/ Gym Session/ Cross Training | 8km Recovery Run | REST | ParkRun | 17km Long Run |
| Week 8 | REST | DCR Skills Session | REST/ Gym Session/ Cross Training | 5km Recovery Run | REST | ParkRun | 15km Long Run |



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|---------|--------|--------------------|-----------------------------------|------------------|--------|---|---------------|
| Week 9 | REST | DCR Skills Session | REST/ Gym Session/ Cross Training | 8km Recovery Run | REST | ParkRun | 19km Long Run |
| Week 10 | REST | DCR Skills Session | REST/ Gym Session/ Cross Training | 8km Recovery Run | REST | ParkRun | 15km Long Run |
| Week 11 | REST | DCR Skills Session | REST/ Gym Session/ Cross Training | 8km Recovery Run | REST | ParkRun | 10km Long Run |
| Week 12 | REST | DCR Skills Session | REST | 5km Recovery Run | REST | 1km W/U and drills 6x45 strides 1km W/D | RACE DAY |



Legend

Long Run

Run between 45 - 60 seconds slower than anticipated race pace. You should be able to hold a conversation comfortably. Key is time on feet not speed!

Recovery Run

An easy 'conversational' pace run to allow your body to actively recover.

DCR Skills Session

Please check Team App for weekly Skills Session info.

HMP (Half Marathon Pace)

The pace you are aiming to run on race day.

10KP (10km Pace)

To find your 10km race pace - look at the time you completed your last 10km race (or PB 10km) and what pace you did to achieve this. Eg; a 60 minutes.

Cross Training

As part of this plan we recommend incorporating rest days and non-impact cross/strength training, on the days you are not running. Pilates, Yoga, bike riding or weights sessions are ideal.



Notes

- These plans are to be treated as weekly not daily. There is no set day each week that we recommend doing these sessions. Training for a half marathon needs to be flexible to accommodate weather conditions (below zero anyone?), how you are feeling and the day-to-day demands of life!
- A key point to remember when training for a half marathon is that you are predominantly training for distance (not speed). This is why long slow runs are so important.
- The DCR Coaching Team are always happy to help. If you have any questions about training for a half marathon, please email dcrcoaching@gmail.com