

21.1K BEGINNER

You might be an experienced 10K or 5K runner, but now you want to step it up. This is the perfect guide to take you from running/walking a 21.1K to running to the finish line in 12 weeks.

GOAL = TO RUN A HALF MARATHON!

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY LONG RUN
1	Rest	20min run + 10min walk	Rest	Warm up: 7min run 6 x 2min moderate run + 1min walk Cool down: 5min easy run	Rest	Cross training/Gym	5-6K
2	Rest	20min run + 10min walk	Rest	Warm up: 15min run 6 x 2min moderate run + 1min walk Cool down: 2min easy run	Rest	Cross training/Gym	6-7K
3	Rest	20min run + 10min walk	Rest	Warm up: 6min run 6 x 3min moderate run + 1min walk Cool down: 5min easy run	Rest	Cross training/Gym	8-10K
4	Rest	20min run + 10min walk	Rest	Warm up: 11 min run 6 x 3min moderate run + 1min walk Cool down: 5min easy run	Rest	Cross training/Gym	10-12K
5	Rest	30min easy run	Rest	Warm up: 10min run 5 x 4min moderate run + 1min walk Cool down: 5min easy run	Rest	Cross training/Gym	12-14K
6	Rest	30min easy run	Rest	Warm up: 15min run 5 x 4min moderate run + 1min walk Cool down: 5min easy run	Rest	Cross training/Gym	14-16K
7	Rest	30min easy run	Rest	Warm up: 10min run 8 x 2min mod/hard run + 1min easy run Cool down: 6min easy run	Rest	Cross training/Gym	10K
8	Rest	35min easy run	Rest	Warm up: 10min run 5 x 1K mod/hard run + 2min walk Cool down: 5min easy run	Rest	Cross training/Gym	16-18K.
9	Rest	35min easy run	Rest	Warm up: 10min run 5 x 1.2K mod/hard run + 2min walk Cool down: 5min easy run	Rest	Cross training/Gym	18-20K
10	Rest	40min easy run	Rest	Warm up: 10min run 4 x 1.6K mod/hard run + 2min walk Cool down: 5min easy run	Rest	Cross training/Gym	20-21K
11	Rest	35min easy run	Rest	Warm up: 10min run 5 x 800m moderate/hard run + 2min rest Cool down: 5min easy run	Rest	Cross training/Gym	12K
12	Rest	30min easy run	Rest	Warm up: 10min run 5 x 2min moderate run + 1min easy run Cool down: 5min easy run	Rest	Warm up: 5min walk 15min run Cool down: 5min easy run	RACE DAY

LONG RUN:

This is a long, slow distance run to build endurance. These should be done at an easy conversational pace. It's okay to walk if you need to, just focus on covering the distance for the day.

EFFORT KEY:

EASY - You can hold a conversation | **MODERATE** - You can say short phrases
HARD - Speaking is virtually impossible