

# RELAY TEAM

## 12 Week

# Beginners

## Half Marathon Training Programme



**WATERSIDE  
HALF  
MARATHON**  
01.09. **2024**



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Wk.1</b>	Rest	Run 15 mins	Rest	Run 15 mins	Rest	Rest	Run 15 mins
<b>Wk.2</b>	Rest	Run 20 mins	Rest	Run 20 mins	Rest	Rest	Run 20 mins
<b>Wk.3</b>	Rest	Run 25 mins	Rest	Run 25 mins	Run 20 mins	Rest	Run 25 mins
<b>Wk.4</b>	Rest	Run 25 mins	Rest	Run 25 mins	Run 30 mins	Rest	Run 30 mins
<b>Wk.5</b>	Rest	Run 25 mins	Rest	Run 30 mins (10 at faster pace)	Run 30 mins	Rest	Run 35 mins
<b>Wk.6</b>	Rest	Run 30 mins	Rest	Run 30 mins (10 at faster pace)	Run 30 mins	Rest	Run 40 mins
<b>Wk.7</b>	Rest	Run 30 mins (15 mins faster pace)	Rest	Run 35 mins		Rest	Run 45 mins
<b>Wk.8</b>	Rest	Run 30 mins: 10 easy, 10 quick, 10 easy	Rest	Run 35 mins	Rest	Rest	Run 45 mins
<b>Wk.9</b>	Rest	Run 35 mins: 10 easy, 5 quick, 10 easy, 5 quick, 5 easy	Rest	Run 30 mins	Rest	Rest	Run 45 mins
<b>Wk.10</b>	Rest	As week 9	Rest	Run 30 mins: 10 easy, 5 quick, 5 easy, 5 quick, 5 easy	Rest	Rest	Run 40 mins
<b>Wk.11</b>	Rest	As week 10	Rest	As week 10	Rest	Rest	Run 35 mins
<b>Wk.12</b>	Rest	Run 30 mins: 10 easy, 5 quick, 15 easy	Rest	Run 25 mins easy	Rest	Rest	<b>Half Marathon 1<sup>st</sup> Sept</b>



WITH

The LYCRA Company



WE

**RUN THIS TOWN**

[WWW.DERRYSTRABANE.COM/WHM](http://WWW.DERRYSTRABANE.COM/WHM)