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Visit trailandkale.com/tips/12-week-half-marathon-training-plan-for-beginners/ for your companion **guide** containing training advice & motivation to keep you on track for half marathon success.

Week ▼	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Weekly Distance ▼
1	Rest	ZONE 2  5 km	Rest	ZONE 3  3 km	CORE  30 mins	Rest	ZONE 2  7 km	15 km
2	Rest	ZONE 2  5 km	Rest	ZONE 3  3 km	CORE  30 mins	Rest	ZONE 2  8 km	16 km
3	Rest	ZONE 2  5 km	Rest	ZONE 3  5 km	CORE  30 mins	Rest	ZONE 2  8 km	18 km
4	Rest	ZONE 2  7 km	Rest	ZONE 3  5 km	CORE  30 mins	Rest	ZONE 2  10 km	22 km
5	Rest	ZONE 2  7 km	Rest	ZONE 3  5 km	CORE  30 mins	Rest	ZONE 2  11 km	23 km
6	Rest	ZONE 2  7 km	Rest	ZONE 3  5 km	CORE  30 mins	Rest	ZONE 2  15 km	27 km
7	Rest	ZONE 2  5 km	Rest	ZONE 3  5 km	CORE  30 mins	Rest	ZONE 2  13 km	23 km
8	Rest	ZONE 2  5 km	Rest	ZONE 3  5 km	CORE  30 mins	Rest	ZONE 2  16 km	26 km
9	Rest	ZONE 2  7 km	Rest	ZONE 3  5 km	CORE  30 mins	Rest	ZONE 2  18 km	30 km
10	Rest	ZONE 2  8 km	Rest	ZONE 3  7 km	CORE  30 mins	Rest	ZONE 2  18 km	33 km
11	Rest	ZONE 2  8 km	Rest	ZONE 3  7 km	CORE  30 mins	Rest	ZONE 2  15 km	30 km
Race Week 12	Rest	ZONE 2  7 km	Rest	ZONE 3  5 km	CORE  30 mins	Rest	HALF MARATHON  ZONE 3 21.2 km 	33 km

Tips for core sessions: Aim for around 20-30 minutes of core/abs work. Examples of good core/abs movements you can incorporate are the following (repeat circuit 2-3x):

- Dying bugs - 30 seconds
- Cat-cows - 30 seconds
- Static plank - 60 seconds
- Diagonal toe touches - 30 seconds
- Glute bridges (static or dynamic) - 60 seconds

Also consider incorporating yoga or pilates into your weekly core session - both are great for strengthening!