



















































# 12-WEEK HALF MARATHON TRAINING PLAN FOR BEGINNERS

Visit [trailandkale.com/tips/12-week-half-marathon-training-plan-for-beginners/](http://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 ↓
<b>1</b>	Rest	ZONE 2  3 miles	Rest	ZONE 3  2 miles	CORE  30 mins	Rest	ZONE 2  4 miles	<b>9 miles</b>
<b>2</b>	Rest	ZONE 2  3 miles	Rest	ZONE 3  2 miles	CORE  30 mins	Rest	ZONE 2  5 miles	<b>10 miles</b>
<b>3</b>	Rest	ZONE 2  3 miles	Rest	ZONE 3  3 miles	CORE  30 mins	Rest	ZONE 2  5 miles	<b>11 miles</b>
<b>4</b>	Rest	ZONE 2  4 miles	Rest	ZONE 3  3 miles	CORE  30 mins	Rest	ZONE 2  6 miles <b>10k</b>	<b>13 miles</b>
<b>5</b>	Rest	ZONE 2  4 miles	Rest	ZONE 3  3 miles	CORE  30 mins	Rest	ZONE 2  7 miles	<b>14 miles</b>
<b>6</b>	Rest	ZONE 2  4 miles	Rest	ZONE 3  3 miles	CORE  30 mins	Rest	ZONE 2  9 miles	<b>16 miles</b>
<b>7</b>	Rest	ZONE 2  3 miles	Rest	ZONE 3  3 miles	CORE  30 mins	Rest	ZONE 2  8 miles	<b>14 miles</b>
<b>8</b>	Rest	ZONE 2  3 miles	Rest	ZONE 3  3 miles	CORE  30 mins	Rest	ZONE 2  10 miles	<b>16 miles</b>
<b>9</b>	Rest	ZONE 2  4 miles	Rest	ZONE 3  3 miles	CORE  30 mins	Rest	ZONE 2  11 miles	<b>18 miles</b>
<b>10</b>	Rest	ZONE 2  5 miles	Rest	ZONE 3  4 miles	CORE  30 mins	Rest	ZONE 2  11 miles	<b>20 miles</b>
<b>11</b>	Rest	ZONE 2  5 miles	Rest	ZONE 3  4 miles	CORE  30 mins	Rest	ZONE 2  9 miles	<b>18 miles</b>
Race Week <b>12</b>	Rest	ZONE 2  4 miles	Rest	ZONE 3  3 miles	CORE  30 mins	Rest	<b>HALF MARATHON</b>  ZONE 3  13.1 miles 	<b>20 miles</b>

**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!