

Half Marathon Trainer

14-Week Beginner Plan

VDOT 33 · Predicted finish: 2:09:48 · 99 workouts · 372 km total

Training Paces

EASY 7:36	LONG RUN 7:46	MARATHON 6:24	TEMPO 6:01
RACE PACE 6:09	INTERVAL 5:38	REPETITION 5:21	

Training Phases

Base Building	4 weeks
Build Phase	6 weeks
Peak Training	2 weeks
Taper	2 weeks
Race Week	1 week

Week 1 — Base Building — 15 km

Building Your Base

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Tue	easy run	Zone 2 Run	6.8 km	7:36
Wed	cross training	Strength Work	—	—
Thu	rest	Day Off	—	—
Fri	rest	Rest Day	—	—
Sat	long run	Long Slow Distance	7 km	7:46
Sun	rest	Day Off	—	—

Week 2 — Base Building — 17 km

Aerobic Foundation

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Relaxed Run	7.6 km	7:36
Tue	easy run	Easy Run	7.6 km	7:36
Wed	cross training	Cycling Session	—	—
Thu	rest	Recovery Day	—	—
Fri	rest	Day Off	—	—
Sat	long run	Endurance Builder	7 km	7:46
Sun	rest	Recovery Day	—	—

Week 3 — Base Building — 19 km

Establishing Routine

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Easy Miles	8.5 km	7:36
Tue	easy run	Relaxed Run	8.5 km	7:36
Wed	cross training	Cross Training	—	—
Thu	rest	Complete Rest	—	—
Fri	rest	Recovery Day	—	—
Sat	long run	Distance Day	7.6 km	7:46
Sun	rest	Complete Rest	—	—

Week 4 — Base Building (Recovery) — 13 km

Easy Miles Foundation

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Zone 2 Run	3 km	7:36
Tue	easy run	Easy Miles	3 km	7:36
Wed	rest	Day Off	—	—
Thu	easy run	Easy Run	3 km	7:36
Fri	rest	Complete Rest	—	—
Sat	long run	Weekly Long Run	7 km	7:46
Sun	rest	Rest Day	—	—

Week 5 — Build Phase — 21 km

Building Endurance

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Easy Run	9.5 km	7:36
Tue	tempo run	Tempo Effort	4 km	6:01
Wed	cross training	Strength Work	—	—
Thu	rest	Day Off	—	—
Fri	rest	Rest Day	—	—
Sat	long run	Long Slow Distance	11 km	7:46
Sun	rest	Day Off	—	—

Week 6 — Build Phase — 23 km

Speed Development

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Relaxed Run	10 km	7:36
Tue	tempo run	Threshold Run	4 km	6:01
Wed	cross training	Cycling Session	—	—
Thu	rest	Recovery Day	—	—
Fri	rest	Day Off	—	—
Sat	long run	Endurance Builder	11 km	7:46
Sun	rest	Recovery Day	—	—

Week 7 — Build Phase — 25 km

Strength Building

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Easy Miles	10 km	7:36
Tue	tempo run	Comfortably Hard	4 km	6:01
Wed	cross training	Cross Training	—	—
Thu	rest	Complete Rest	—	—
Fri	rest	Recovery Day	—	—
Sat	long run	Distance Day	11 km	7:46
Sun	rest	Complete Rest	—	—

Week 8 — Build Phase (Recovery) — 18 km

Pushing Boundaries

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Zone 2 Run	4.1 km	7:36
Tue	easy run	Easy Miles	4.1 km	7:36
Wed	rest	Day Off	—	—
Thu	easy run	Easy Run	4.1 km	7:36
Fri	rest	Complete Rest	—	—
Sat	long run	Weekly Long Run	11 km	7:46
Sun	rest	Rest Day	—	—

Week 9 — Build Phase — 28 km

Endurance Growth

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Easy Run	10 km	7:36
Tue	tempo run	Tempo Effort	4.2 km	6:01
Wed	cross training	Strength Work	—	—
Thu	rest	Day Off	—	—
Fri	rest	Rest Day	—	—
Sat	long run	Long Slow Distance	11.2 km	7:46
Sun	rest	Day Off	—	—

Week 10 — Build Phase — 31 km

Building Endurance

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Relaxed Run	10 km	7:36
Tue	tempo run	Threshold Run	4.6 km	6:01
Wed	cross training	Cycling Session	—	—
Thu	rest	Recovery Day	—	—
Fri	rest	Day Off	—	—
Sat	long run	Endurance Builder	12.4 km	7:46
Sun	rest	Recovery Day	—	—

Week 11 — Peak Training — 34 km

Peak Performance

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Easy Miles	7.6 km	7:36
Tue	tempo run	Comfortably Hard	5.1 km	6:01
Wed	easy run	Easy Run	7.6 km	7:36
Thu	rest	Complete Rest	—	—
Fri	rest	Recovery Day	—	—
Sat	long run	Distance Day	15 km	7:46
Sun	rest	Complete Rest	—	—

Week 12 — Peak Training — 37 km

Race Pace Practice

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Zone 2 Run	8.3 km	7:36
Tue	tempo run	Steady State	5.6 km	6:01
Wed	easy run	Relaxed Run	8.3 km	7:36
Thu	rest	Rest Day	—	—
Fri	rest	Complete Rest	—	—
Sat	long run	Weekly Long Run	15 km	7:46
Sun	rest	Rest Day	—	—

Week 13 — Taper — 28 km

Taper & Sharpen

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Easy Run	6.3 km	7:36
Tue	easy run	Zone 2 Run	6.3 km	7:36
Wed	easy run	Easy Miles	6.3 km	7:36
Thu	rest	Day Off	—	—
Fri	rest	Rest Day	—	—
Sat	long run	Long Slow Distance	11.2 km	7:46
Sun	rest	Day Off	—	—

Week 14 — Taper — 16 km

Fresh Legs Ahead

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Relaxed Run	3.6 km	7:36
Tue	easy run	Easy Run	3.6 km	7:36
Wed	easy run	Zone 2 Run	3.6 km	7:36
Thu	rest	Recovery Day	—	—
Fri	rest	Day Off	—	—
Sat	long run	Endurance Builder	11 km	7:46
Sun	rest	Recovery Day	—	—

Week 15 — Race Week — 29 km

Race Week

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	rest	Recovery Day	—	—
Tue	race	The Big Day	21.1 km	6:09