

12 Week Half Marathon Running Plan (Base Builder)

This plan is aimed at runners who are training for their first half marathon or are aiming to build their base back up to half marathon distance.

All runs will be ran at conversational pace. There is no set speed but you'll need to think "Can I hold a conversation?", if the answer is no, then slow down until you can.

- Fuel: Practice gels/water every 40-45 minutes during long runs, if you find this is too long and you need energy earlier - try 35, 30 minutes etc until you find your sweet spot.
- Take extra rest if soreness or fatigue builds, it's better to arrive slightly undertrained than over tired.

Weeks 1-4: Base Building

Week	Run 1	Run 2	Run 3	Weekly Total
1	3km easy	3km easy	4km long	10km
2	3km easy	3km easy	5km long	11km
3	4km easy	3km easy	6km long	13km
4	4km easy	7km easy	7km long	14km

Weeks 5-8: Gradual Endurance Growth

Week	Run 1	Run 2	Run 3	Weekly Total
5	4km easy	4km easy	8km long	16km
6	5km easy	4km easy	9km long	18km
7	5km easy	4km easy	10km long	19km
8	5km easy	5km easy	11km long	21km

Weeks 9-11: Strengthen & Prepare

Week	Run 1	Run 2	Run 3	Weekly Total
9	5km easy	5km easy	12km long	22km
10	6km easy	5km easy	14km long	25km
11	6km easy	5km easy	16km long	27km

Week 12: Taper & Race

Week	Run 1	Run 2	Run 3	Weekly Total
12	4km easy	3km easy	21.1km race	28.1km