

12-Week Half-Marathon Training Plan for Beginners

Embarking on a new running goal? Gear up for a fruitful journey with our half marathon 12-week training plan for beginners below. Our guide allows you to train while helping you effectively balance your running routine with daily life.

Step 1: Evaluate Your Readiness

First things first, assess your current fitness level. A strong cardio and resistance training foundation will help you adapt to the 12-week beginner half marathon training.

Step 2: Understand the Plan

Before plunging in, familiarize yourself with the steps to this twelve-week half marathon training plan. Ensure you fully comprehend each component and its purpose.

Step 3: Get Your Gear

Invest in a solid pair of running shoes and appropriate exercise attire. Comfort and functionality should be your priority.

Step 4: Begin Training

Start your 12 weeks to train for a marathon. Follow the plan closely, but remember to listen to your body. It's normal to experience some aches and pains, but a health professional should address any severe discomfort.

Week 1-4: Building a Base

Monday: Rest

Tuesday: 3 miles (easy pace)

Wednesday: Cross-training (CT) or rest

Thursday: 3 miles (easy pace)

Friday: Rest or light CT (e.g., walking, cycling)

Saturday: 3 miles (easy pace)

Sunday: 4 miles (long, slow distance - LSD)

Week 5-8: Increasing Distance and Introducing Speed

Monday: Rest

Tuesday: 4 miles (easy pace)

Wednesday: CT or rest

Thursday: 4 miles with some strides or gentle pickups

Friday: Rest or light CT

Saturday: 4-5 miles (easy pace)

Sunday: 5-7 miles (LSD, increase by 1 mile each week)

Week 9-12: Peaking and Tapering

Monday: Rest

Tuesday: 5 miles (include some miles at goal half marathon pace)

Wednesday: CT or rest

Thursday: 4-5 miles (easy pace, include some strides in week 9 & 10)

Friday: Rest or light CT

Saturday: 4 miles (easy pace)

Sunday: 8-10 miles (LSD, peak at 10 miles in week 10, then reduce distance to 8 miles in week 11, and 6-7 miles in week 12 as part of taper)

Step 5: Rest and Recover

Rest days are as crucial as training days. They allow your body time to recover, reducing the risk of potential injuries. Focus on nutrition and adequate sleep during this phase.

Step 6: Monitor Your Progress

Keep track of your progress. This motivates and helps you tweak your plan if required. Celebrate your small victories, whether they're running a little faster or a little longer.

Step 7: Race Day

On the day of the race, believe in your preparation. Start at a pace you're comfortable with, and remember, it's a marathon, not a sprint. Enjoy the experience!

Our 12-week half-marathon training plan for beginners is designed to get you crossing that finish line with pride. With dedication and persistence, you're just 12 weeks away from an achievement that will change your life. So what are you waiting for? It's time to train for a marathon in 12 weeks.