



Your Guide to Half Marathon Success: 12-Week Training Plan

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	REST	5 KM RUN	3.5 KM RUN OR STRENGTH/CROSS	5 KM RUN	REST	30 MIN CROSS	6.5 KM RUN
2	REST	5 KM RUN	3.5 KM RUN OR STRENGTH/CROSS	5 KM RUN	REST	30 MIN CROSS	6.5 KM RUN
3	REST	6 KM RUN	3.5 KM RUN OR STRENGTH/CROSS	6 KM RUN	REST	30 MIN CROSS	8 KM RUN
4	REST	6 KM RUN	3.5 KM RUN OR STRENGTH/CROSS	6 KM RUN	REST	40 MIN CROSS	8 KM RUN
5	REST	6.5 KM RUN	3.5 KM RUN OR STRENGTH/CROSS	6.5 KM RUN	REST	40 MIN CROSS	10 KM RUN
6	REST	6.5 KM RUN	3.5 KM RUN OR STRENGTH/CROSS	6.5 KM RUN	REST	40 MIN CROSS	5 KM RUN
7	REST	7.5 KM RUN	5 KM RUN OR STRENGTH/CROSS	7.5 KM RUN	REST	50 MIN CROSS	11 KM RUN
8	REST	7.5 KM RUN	5 KM RUN OR STRENGTH/CROSS	7.5 KM RUN	REST	50 MIN CROSS	13 KM RUN
9	REST	8 KM RUN	5 KM RUN OR STRENGTH/CROSS	8 KM RUN	REST	50 MIN CROSS	10 KM RUN
10	REST	8 KM RUN	5 KM RUN OR STRENGTH/CROSS	8 KM RUN	REST	60 MIN CROSS	14.5 KM RUN
11	REST	8 KM RUN	5 KM RUN OR STRENGTH/CROSS	8 KM RUN	REST	60 MIN CROSS	16 KM RUN
12	REST	6.5 KM RUN	5 KM RUN OR STRENGTH/CROSS	3 KM RUN	REST	REST	HALF MARATHON

BEYOND THE RUN: ESSENTIAL RECOVERY AND MANAGEMENT TIPS

Get Enough Sleep

Adequate sleep is vital for recovery and for allowing your body to repair itself. Try to get at least 7-8 hours of sleep each night, and consider taking short naps during the day if you feel tired.



Stretch and Foam Roll

Stretching and foam rolling can help to prevent injuries and reduce soreness. Make sure to stretch before and after each workout, and use a foam roller to massage any tight muscles. This is a vital part of training and keeping up with your stretching/foam rolling can drastically improve your performance.



Eat a Balanced Diet

Eating a balanced diet that includes plenty of protein, healthy fats, and carbohydrates is essential for recovery. Make sure to focus on consuming nutritious foods and drink plenty of water to stay hydrated. No need to hire someone to slap food out of your hand but always remember, what you're eating/drinking is what fuels your body to perform!



Cross/Strength Training

Cross/strength training can help to prevent injuries and improve your overall fitness. Consider adding activities such as swimming, cycling, or yoga to your training program. By incorporating strength training exercises into the training program, you can help to build stronger muscles, improve your running form, reduce your risk of injury, and improve your overall endurance.



Listen to Your Body

Pay attention to how your body feels, and adjust your training program accordingly. If you feel excessively tired or sore, take a rest day or do a lighter workout. This training program is just a template, feel free to adjust accordingly if needed.



Practice Self-Care

In addition to physical recovery, it's important to take care of your mental and emotional well-being. Make sure to prioritize self-care activities such as meditation, relaxation, or spending time with loved ones. This can help to reduce stress and anxiety, and improve your overall recovery and performance.



Rest Days

To add on to the self-care aspect, rest days are an important part of recover as they allow your body to rest and repair itself. Make sure you use these designated rest days effectively. Use this time to relax and recharge by doing something to take your mind off training.



Stay Positive

Finally, remember to stay positive and enjoy the journey. Training for a half marathon is a challenging but rewarding experience, and by taking care of your body and staying motivated, you can achieve your goals. If it was easy, everyone would be doing this!

