



# RUNMUMS

## RUNMUMS Beginners Half Marathon Training Programme

This is a running plan designed to get beginners running a Half Marathon in twelve weeks. At this stage you will probably already be doing a minimum of 10-15 miles a week and comfortably completed our RUNMUMS Beginners to 10k Programme.

Just a few things to bear in mind:

- Follow our RUNMUMS Half Marathon programme and make a commitment to run three times a week for 12 weeks. It does not matter which days you run but allow at least one rest day between each run when you first begin.
- Each of the three runs is designed:
  - One easy run designed to run at a conversational pace. So, if in doubt slow down.
  - One slightly harder session to try and get the heart rate up by including some hills and/or speed work. Try and maintain good form and pace. It will feel harder, but it will make you stronger.
  - One longer run on or off-road. These are designed as slow, steady, gradual increases in your weekly mileage.
- Always start with a 5-minute warm-up jog or walk with some dynamic stretches.
- Always finish with a 5-10 stretching programme.
- There is nothing to suggest you need to run continuously either. If you feel tired, then walk until recovered but try and walk purposefully if you can.
- Rest and recovery days are just as important as run days; without them you will not improve. It allows your muscles to recover and build up strength.
- An option for those in-between rest days is to stretch or cross train such as biking, swimming, walking, Pilates, depending on how your body feels, but do not do too much that you burn yourself out.
- Do not be afraid to repeat a week or drop back a week. Everyone is different.
- You can start at any stage depending on your current level of fitness.
- The programme is only a guide so please feel free to make any minor changes or swap the days around, but just make sure you have that rest day in between those runs.

Why not help with the motivation by entering one of our virtual events here:

<https://shop.runmums.com>

Happy running.  
Love RUNMUMS

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	3-miles steady run	Cross train plus core strength and stretch	3-mile steady run	Core strength and Stretch	Swim, walk or cross train.	4-mile easy/ steady run
2	Rest	3-miles steady run	Cross train plus core strength and stretch	3-mile steady run	Core strength and Stretch	Swim, walk or cross train.	5-mile steady run
3	Rest	4-miles steady run	Cross train plus core strength and stretch	3-mile steady run	Core strength and Stretch	Swim, walk or cross train.	6-mile steady run
4	Rest	4-miles (1 mile easy, 2 miles tempo, 1 mile easy)	Cross train plus core strength and stretch	3-mile steady run	Core strength and Stretch	Swim, walk or cross train.	7-mile steady run
5	Rest	4-miles (inc. some hills).	Cross train plus core strength and stretch	3-mile steady run	Core strength and Stretch	Swim, walk or cross train.	8-mile steady run
6	Rest	4-miles (1 mile easy, 2 miles tempo, 1 mile easy)	Cross train plus core strength and stretch	3-mile steady run	Core strength and Stretch	Cross train.	5k Race
7	Rest	5-miles (inc. some hills)	Cross train plus core strength and stretch	3-mile steady run	Core strength and Stretch	Cross train.	9-mile
8	Rest	5-miles (1 mile easy, 3 miles tempo, 1 mile easy)	Cross train plus core strength and stretch	3-mile steady run	Core strength and Stretch	Cross train.	10-mile
9	Rest	5-miles (inc. some hills)	Cross train plus core strength and stretch	3-mile steady run	Core strength and Stretch	Cross train.	11-mile
10	Rest	5-miles (1 mile easy, 3 miles tempo, 1 mile easy)	Cross train plus core strength and stretch	3-mile steady run	Core strength and Stretch	Cross train.	12-mile
11	Rest	5-miles (inc. some hills).	Cross train plus core strength and stretch	3-mile steady run	Core strength and Stretch	Cross train.	10-mile
12	Rest	3-mile steady run, 4 x 100m strides (walk back to recover)	Cross train plus core strength and stretch	3-mile steady run	Rest	Rest	<b>Half Marathon</b>

**Congratulations on reaching your Half Marathon GOAL!**