

Running4Women Novice Half Marathon Training Programme

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Walk for 30 minutes	Rest	Jog for 10 minutes	Rest	Jog for 10 minutes	Rest	Jog for 10 minutes
2	Walk for 40 minutes	Rest	Jog for 10 minutes	Rest	Jog for 15 minutes	Rest	Jog for 10 minutes
3	Rest	Run for 15 minutes	Rest	Run for 10 minutes	Run for 15 minutes	Rest	Run for 20 minutes
On rest days try to do 50 push ups and 50 sit ups per day. This will increase total body strength and help your running.							
1	Rest	20 mins. Run	Rest	5 mins jog 4 x 6 mins quick pace with 3 mins jog/walk between each 5 mins jog	Rest	20 mins easy	Rest
2	30 mins. Slow run	Rest	15 mins quick run	Rest	5 mins jog 4x6 mins quick pace 2 mins jog between 5 mins jog	Rest	20 mins medium pace run
3	Rest	30 mins medium pace	Rest	10 mins jog 8 x 200m fast with 200m jog between each. 10 mins jog	Rest	30 mins easy run	Rest
4	40 mins easy run	Rest	5 mins jog 6 x 5 mins quick pace runs with 3 min jog between each 5 mins jog	Rest	30 mins easy run	Rest	Rest
5	40 mins easy run	Rest	30 mins easy run	Rest	5 mins jog 6 x 5 mins quick pace runs with 3 min jog between each 5 mins jog	Rest	45 mins easy run
6	Rest	5 mins jog 6 x 5 mins quick pace runs with 3 min jog between each 5 mins jog	Rest	45 mins medium pace	Rest	10 mins jog 8 x 200m fast with 200m jog between each. 10 mins jog	30 mins easy run
7	Rest	50 mins. Easy run	Rest	20 mins fast run	Rest	10 mins jog 8 x 200m fast with 200m jog between each. 10 mins jog	Rest
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8	40 mins quick run	Rest	50 mins easy run	Rest	45 mins medium pace	Rest	50 mins easy run
9	Rest	5 mins jog 4 x 6 mins. Medium pace runs. 3 min jog between each 5 mins jog	Rest	45 mins medium pace	Rest	Rest	60 mins easy run
10	Rest	45 mins medium pace	Rest	10 mins jog 1x2mins fast, 1x3 mins fast, 1x4mins fast, 1x5 mins fast, with 1 min 2min, 3min jog between each 10 mins jog	Rest	60 mins easy run	Rest
11	Rest	Rest	70 mins easy run	Rest	10 mins jog 8 x 200m fast with 200m jog between each. 10 mins jog	Rest	70 mins easy run
12	30 mins. Quick run	Rest	50 mins easy run	Rest	45 mins easy run	Rest	80 mins easy run
13	Rest	60 mins easy run	Rest	10 mins jog 4x2 mins quick runs 2 mins jog between each 10 mins jog	20 mins quick pace	Rest	90 mins easy run
14	Rest	Rest	60 mins easy run	Rest	45 mins quick pace	Rest	60 mins easy run
15	Rest	Rest	30 mins easy run	Rest	30 mins easy run	Rest	RACE