

12-week beginner training plan for Great West Run - Half Marathon

Week	GWR Timeline	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
1	w/c 01 March	Rest	3 mile run	2 mile run or Cross	3 mile run	Rest	30 min cross	4 mile run
2	w/c 08 March	Rest	3 mile run	2 mile run or Cross	3 mile run	Rest	30 min cross	4 mile run
3	w/c 15 March	Rest	3.5 mile run	2 mile run or Cross	3.5 mile run	Rest	40 min cross	5 mile run
4	w/c 22 March	Rest	3.5 mile run	2 mile run or Cross	3.5 mile run	Rest	40 min cross	5 mile run
5	w/c 29 March	Rest	4 mile run	2 mile run or Cross	4 mile run	Rest	40 min cross	6 mile run
6	w/c 05 April	Rest	4 mile run	2 mile run or Cross	4 mile run	Rest or easy run	Rest	5k Race/Park run
7	w/c 12 April	Rest	4.5mile run	3 mile run or Cross	4.5mile run	Rest	50 min cross	7 mile run
8	w/c 19 April	Rest	5 mile run	3 mile run or Cross	5 mile run	Rest	50 min cross	8 mile run
9	w/c 26 April	Rest	5 mile run	3 mile run or Cross	5 mile run	Rest or easy run	Rest	10K Race/10K time trial
10	w/c 03 May	Rest	5 mile run	3 mile run or Cross	5 mile run	Rest	60 min cross	9 mile run
11	w/c 10 May	Rest	5 mile run	3 mile run or Cross	5 mile run	Rest	60 min cross	10 mile run
12	w/c 17 May	Rest	4 mile run	3 mile run or Cross	4 mile run	Rest	Rest	Half Marathon 24 May

Things to consider

Rest

Rest is as important a part of your training as the runs. You will be able to run the long runs on the weekend better if you rest before, and rest after.

Long Runs

The key to half marathon training is the long run, progressively increasing in distance each weekend. Over a period of 12 weeks, your longest run will increase from 3 to 10 miles. Then, after a brief taper, you jump to 13.1. The schedule below suggests doing your long runs on Sundays, but you can do them Saturdays, or any other convenient day.

Cross Train

On the schedule below, this is identified simply as “cross.” What form of cross-training? Aerobic exercises work best. It could be swimming, cycling, walking (see below), cross-country skiing, snowshoeing, or even some combination that could include strength training. Cross train on Wednesdays and/or Saturdays. Cross-training days should be considered easy days that allow you to recover from the running you do the rest of the week.

Walking

Walking is an excellent exercise that a lot of runners overlook in their training. I don't specify walking breaks, but feel free to walk during your running workouts any time you feel tired. Be aware that I also offer a separate half marathon training program for those who plan to walk all the way

Strength Training

If you never have lifted weights before, now might not be the best time to start. Wait until after completing this program. If you are an experienced lifter, continue, although you may want to cut back somewhat as the mileage builds near the end. Tuesdays and Thursdays after your run would be good days on which to lift.

Racing

Consider doing a couple of races to familiarize yourself with the sport. I have suggested a 5-K race at the end of Week 6 and a 10-K race at the end of Week 9. If you can't find races at those distances on the weeks suggested, feel free to modify the schedule.

Juggling

Don't be afraid to juggle the workouts from day to day and week to week. Be consistent with your training, and the overall details won't matter.