

Pacific Square Physiotherapy's

BASIC HALF MARATHON TRAINING GUIDE

10 Week Half Marathon Training Schedule

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
1	4km	Rest	4	4	Rest	6	Rest	18
2	5	Rest	5	5	Rest	8	Rest	23
3	5	Rest	6	5	Rest	10	Rest	26
4	5	Rest	8	5	Rest	13	Rest	31
5	5	Rest	8	5	Rest	16	Rest	34
6	6	Rest	8	6	Rest	18	Rest	38
7	6	Rest	10	7	Rest	20	Rest	43
8	7	Rest	8	6	Rest	15	Rest	36
9	5	Rest	7	5	Rest	13	Rest	30
10	5	Rest	4	Walk 3	Rest	Walk 4	RACE	16.1

(all distances are in kilometres)

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
1	24mins	Rest	24	24	Rest	36	Rest	108
2	30	Rest	30	30	Rest	48	Rest	138
3	30	Rest	36	30	Rest	60	Rest	156
4	30	Rest	48	30	Rest	78	Rest	186
5	30	Rest	48	30	Rest	96	Rest	204
6	36	Rest	48	36	Rest	108	Rest	228
7	36	Rest	60	42	Rest	120	Rest	258
8	42	Rest	48	36	Rest	90	Rest	216
9	30	Rest	42	30	Rest	78	Rest	180
10	30	Rest	24	Walk 18	Rest	Walk 30	RACE	96.6

(As a rough estimate, these are the times you need to be running in minutes)