



HALF MARATHON BEGINNER RUNNING PLAN

Orange Running Festival

WEEK 1

Day 1

REST

Day 2

20mins easy

Day 3

30mins cross training e.g. bike or swim

Day 4

REST

Day 5

20mins easy

Day 6

REST

Day 7

6km easy run

WEEK 2

Day 1

REST

Day 2

30mins easy

Day 3

30mins cross training

Day 4

REST

Day 5

5min WU, 3x800m (2min rest between each), 10min CD

Day 6

REST

Day 7

6km run at targeted race pace

WEEK 3

Day 1

REST

Day 2

30mins easy

Day 3

30mins cross training e.g. Yoga

Day 4

REST

Day 5

10min WU, 6x400m (90sec rest between each), 5min CD

Day 6

REST

Day 7

8KM EASY RUN

WEEK 4

Day 1

REST

Day 2

40mins easy

Day 3

30mins cross training

Day 4

REST

Day 5

10min WU, 3x1km (2min rest between), 5min CD

Day 6

REST

Day 7

8km at targeted race pace





HALF MARATHON BEGINNER RUNNING PLAN

Orange Running Festival

WEEK 5

Day 1
REST

Day 2
40mins easy

Day 3
45mins cross
training

Day 4
REST

Day 5
5min WU,
20min tempo,
5min CD

Day 6
REST

Day 7
10km easy run

WEEK 6

Day 1
REST

Day 2
30mins easy

Day 3
45mins cross
training

Day 4
REST

Day 5
5min WU, 6x200m
(1min rest between),
10min CD

Day 6
REST

Day 7
10km run at
race pace

WEEK 7

Day 1
REST

Day 2
30mins easy

Day 3
45mins cross
training

Day 4
REST

Day 5
5min WU, 5x1km
(2min rest between
each), 5min run

Day 6
REST

Day 7
13KM EASY RUN

WEEK 8

Day 1
REST

Day 2
40mins easy

Day 3
45mins cross
training

Day 4
REST

Day 5
5min WU, 4x
1600m (2min
rest between)
10min CD

Day 6
REST

Day 7
13km at race
pace





HALF MARATHON BEGINNER RUNNING PLAN

Orange Running Festival

WEEK 9

Day 1
REST

Day 2
30mins easy

Day 3
30mins cross
training

Day 4
REST

Day 5
10min WU,
3x2km (2min
rest between),
10min CD

Day 6
REST

Day 7
16km easy run

WEEK 10

Day 1
REST

Day 2
30mins easy

Day 3
30mins cross
training

Day 4
REST

Day 5
10min WU, 6x400m
(1;30min rest
between), 10min CD

Day 6
REST

Day 7
19km easy run

WEEK 11

Day 1
REST

Day 2
40mins easy

Day 3
45mins cross
training

Day 4
REST

Day 5
10min WU, 4x1km
(2min rest
between), 10min
CD

Day 6
REST

Day 7
10KM AT RACE
PACE

WEEK 12

Day 1
REST

Day 2
30mins easy

Day 3
30min cross
training

Day 4
REST

Day 5
5min WU, 1min
on 1min off for
15mins, 10min
CD

Day 6
ORF Shake-out
Run!

Day 7
Race Day

