



Congratulations! Starting a training program is a great accomplishment! We hope this plan helps you accomplish your goals, whatever they may be - getting healthier, having fun, or working towards completing your first of many races to come! We'd love to hear about your progress - email info@race131.com with any questions and to update us on how your training is going! When you're ready to set your next goal, check out Race131.com/races to pick a race to train for!

Remember: You Can & You Will!

About This Training Plan

The Beginner Half Marathon 16-week training plan is designed for the runner who has yet to complete a half marathon race and has a solid base of 4-6 weeks of 4-5 runs per week. This plan places a special emphasis on a steady progression of mileage while touching on several different types of workouts ranging from anaerobic threshold repeats, to hill strides, to VO2 max repeats at race pace coupled with various sessions that focus on speed work. Weekly mileage will start at 27 miles per week and peak at 50 before tapering in preparation for race day, however some optional run days are included that will allow you to lower the overall mileage as needed based on how much you want to run each week. A good portion of the workouts are high in volume and involve continuous running at varied paces to adapt to the race distance.

If off days are needed for recovery, it is recommended those follow the day of a workout. These days are marked as optional on the plan itself.

Who Should Do This Plan

This plan is for anyone who wants to train for their first half marathon or has already completed this distance and is looking to improve. We recommend that you are already comfortable running at least six times a week before beginning this training plan. If you want to add different elements to your training in preparation for running a personal best, then this is the plan for you!

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Half Marathon • Beginner • 16-Week

	1	2	3	4	5	6	7
WEEK 1	<p>Run - Recovery Run: Easy Run - 4 miles 30-45 seconds slower than long run pace</p>	<p>Run - Recovery Run: Easy Run - 4 miles 30-45 seconds slower than long run pace</p>	<p>Run: 4 miles (optional) complete at long run pace You can take a rest day if you need it</p>	<p>Run: 5 miles complete at long run pace</p> <p>Recovery/Rehab: Stretch/Recover (see note 2 below)</p>	<p>Run - Recovery Run: Easy Run - 3 miles 30-45 seconds slower than long run pace</p> <p>Run: Ins & Outs (see note 1 below) 4 laps of Ins/Outs (stride the straight, jog the curve)</p> <p>Run: Cool Down 7 min. easy jog and stretch</p>	<p>Run - Long Run: Easy Run - 6 miles complete at long run pace</p>	<p>Recovery/Rehab: Stretch/Recover (see note 2 below)</p>
WEEK 2	<p>Run - Recovery Run: Easy Run - 3 miles 30-45 seconds slower than long run pace</p>	<p>Run: 4 miles complete at long run pace</p>	<p>Run: 4 miles (optional) complete at long run pace You can take a rest day if you need it</p>	<p>Run: 4 miles complete at long run pace</p> <p>Recovery/Rehab: Stretch/Recover (see note 2 below)</p>	<p>Run - Recovery Run: Easy Run - 2 miles 30-45 seconds slower than long run pace</p> <p>Run: Hill Strides 8 x 150 meters uphill (150 meters or 30 seconds, whichever is shortest. (see note 4 below))</p> <p>Run: Cool Down 7 min. easy jog and stretch</p>	<p>Run - Long Run: Easy Run - 7 miles complete at long run pace</p>	<p>Run - Recovery Run: Easy Run - 3 miles (optional) 30-45 seconds slower than long run pace You can take a rest day if you need it</p> <p>Recovery/Rehab: Stretch/Recover (see note 2 below)</p>
WEEK 3	<p>Run - Recovery Run: Easy Run - 3 miles 30-45 seconds slower than long run pace</p>	<p>Run: Warm Up 5 min. easy jog and stretch</p> <p>Run: 4 x 1 mile Tempo Repeats 4 x 1 mile at Half Marathon Pace 2:30 min. rest (see note 3 below)</p> <p>Run: Cool Down 10 min. easy jog and stretch</p>	<p>Run - Medium-Loq Run: Easy Run - 6 miles complete at long run pace You can take a rest day if you need it</p>	<p>Run: 4 miles complete at long run pace</p> <p>Recovery/Rehab: Stretch/Recover (see note 2 below)</p>	<p>Run - Recovery Run: Easy Run - 4 miles 30-45 seconds slower than long run pace</p> <p>Run: Strides 8 x 300 meters (VO2 max pace) 2 min. rest between strides</p> <p>Run: Cool Down 5 min. easy jog and stretch</p>	<p>Run - Long Run: Easy Run - 7 miles complete at long run pace</p>	<p>Run - Recovery Run: Easy Run - 3 miles (optional) 30-45 seconds slower than long run pace You can take a rest day if you need it</p> <p>Recovery/Rehab: Stretch/Recover (see note 2 below)</p>
WEEK 4	<p>Run - Recovery Run: Easy Run - 2 miles 30-45 seconds slower than long run pace</p>	<p>Run: Warm Up 5 min. easy jog and stretch</p> <p>Run: Tempo Run: 6x5 min. Tempo Sets 6 sets 5 minutes Tempo Pace/3 min easy</p> <p>Run: Cool Down 10 min. easy jog and stretch</p>	<p>Run - Medium-Loq Run: Easy Run - 5 miles complete at long run pace You can take a rest day if you need it</p>	<p>Run - Recovery Run: Easy Run - 5 miles 30-45 seconds slower than long run pace</p> <p>Recovery/Rehab: Stretch/Recover (see note 2 below)</p>	<p>Run - Recovery Run: Easy Run - 4 miles 30-45 seconds slower than long run pace</p> <p>Run: Hill Strides 8 x 150 meters uphill (150 meters or 30 seconds, whichever is shortest. Recovery: jog/walk back down the hill.</p>	<p>Run - Long Run: Easy Run - 8 miles complete at long run pace</p>	<p>Run - Recovery Run: Easy Run - 3 miles (optional) 30-45 seconds slower than long run pace You can take a rest day if you need it</p> <p>Recovery/Rehab: Stretch/Recover (see note 2 below)</p>
WEEK 5	<p>Run - Recovery Run: Easy Run - 3 miles 30-45 seconds slower than long run pace</p>	<p>Run: Warm Up 10 min. easy jog and stretch</p> <p>Run: Track Workout 3 x 2000 meters (at goal race pace) with 3:30 minute rest between intervals</p> <p>Run: Cool Down 10 min. easy jog and stretch</p>	<p>Run - Medium-Loq Run: Easy Run - 6 miles complete at long run pace You can take a rest day if you need it</p>	<p>Run - Recovery Run: Easy Run - 2 miles 30-45 seconds slower than long run pace</p> <p>Recovery/Rehab: Stretch/Recover (see note 2 below)</p>	<p>Run - Recovery Run: Easy Run - 2 miles 30-45 seconds slower than long run pace</p> <p>Run: Strides 8 x 100 meters (mile race pace) 1 min. rest between strides</p> <p>Run: Cool Down 10 min. easy jog and stretch</p>	<p>Run - Long Run: Easy Run - 8 miles complete at long run pace</p>	<p>Run - Recovery Run: Easy Run - 2 miles (optional) 30-45 seconds slower than long run pace You can take a rest day if you need it</p> <p>Recovery/Rehab: Stretch/Recover (see note 2 below)</p>
WEEK 6	<p>Run - Recovery Run: Easy Run - 4 miles 30-45 seconds slower than long run pace</p>	<p>Run: Warm Up 7 min. easy jog and stretch</p> <p>Run - Marathon Pace: 7 miles 1 mile/Easy Long Run Pace 3 miles Half Marathon Pace 1 mile/Easy Long Run Pace 2 miles Half Marathon Pace</p> <p>Run: Cool Down 10 min. easy jog and stretch</p>	<p>Run - Medium-Loq Run: Easy Run - 6 miles complete at long run pace You can take a rest day if you need it</p>	<p>Run - Recovery Run: Easy Run: 3 miles complete at long run pace</p> <p>Run: 200 Meter Repeats: 8 x 200 meters (mile race pace) 1:30 minute rest</p> <p>Run: Cool Down 10 min. easy jog and stretch</p> <p>Recovery/Rehab: Stretch/Recover (see note 2 below)</p>	<p>Run - Recovery Run: Easy Run - 3 miles 30-45 seconds slower than long run pace</p>	<p>Run - Long Run: Easy Run - 9 miles complete at long run pace</p>	<p>Run - Recovery Run: Easy Run - 2 miles (optional) 30-45 seconds slower than long run pace You can take a rest day if you need it</p> <p>Recovery/Rehab: Stretch/Recover (see note 2 below)</p>
WEEK 7	<p>Run - Recovery Run: Easy Run - 3 miles 30-45 seconds slower than long run pace</p>	<p>Run - Recovery Run: Easy Run - 4 miles 30-45 seconds slower than long run pace</p> <p>Run: Hill Strides 8 x 150 meters uphill (150 meters or 30 seconds, whichever is shortest. Recovery: jog/walk back down the hill.</p>	<p>Run - Marathon Pace: Ladder workout: 11 miles 4 miles Half Marathon Pace 1 mile/Easy Long Run Pace 3 miles Half Marathon Pace 1 mile/Easy Long Run Pace 2 miles Tempo Pace</p>	<p>Run - Recovery Run: Easy Run - 5 miles (optional) 30-45 seconds slower than long run pace You can take a rest day if you need it</p> <p>Recovery/Rehab: Stretch/Recover (see note 2 below)</p>	<p>Run - Recovery Run: Easy Run - 5 miles complete at long run pace</p>	<p>Run: Warm Up 7 min. easy jog and stretch</p> <p>Run: Progression - 8 miles (see note 5 below)</p> <p>Run: Cool Down 7 min. easy jog and stretch</p>	<p>Run - Recovery Run: Easy Run - 3 miles (optional) 30-45 seconds slower than long run pace You can take a rest day if you need it</p> <p>Recovery/Rehab: Stretch/Recover (see note 2 below)</p>
WEEK 8	<p>Run - Recovery Run: Easy Run - 3 miles 30-45 seconds slower than long run pace</p>	<p>Run: Warm Up 5 min. easy jog and stretch</p> <p>Run: Temp Run - 5 miles 3 mile tempo 5 minutes easy 2 mile tempo (see note 6 below)</p> <p>Run: Cool Down 15 min. easy jog and stretch</p>	<p>Run - Medium Long Run Run - 6 miles (optional) complete at long run pace You can take a rest day if you need it</p>	<p>Run - Recovery Run: Easy Run - 3 miles 30-45 seconds slower than long run pace</p> <p>Recovery/Rehab: Stretch/Recover (see note 2 below)</p>	<p>Run - Recovery Run: Easy Run - 5 miles (optional) 30-45 seconds slower than long run pace</p>	<p>Run - Long Run: Easy Run - 10 miles complete at long run pace</p>	<p>Run - Recovery Run: Easy Run - 4 miles (optional) 30-45 seconds slower than long run pace You can take a rest day if you need it</p> <p>Recovery/Rehab: Stretch/Recover (see note 2 below)</p>

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WEEK 9	<p>Run - Recovery Run: Easy Run -4 miles 30-45 seconds slower than long run pace</p>	<p>Run: Tempo Run 2 miles easy 3 sets: 12 min. tempo run 2 min jog recovery 2 miles easy</p>	<p>Run - Medium Long Run Run -7 miles (optional) complete at long run pace You can take a rest day if you need it</p>	<p>Run - Recovery Run: Easy Run -4 miles 30-45 seconds slower than long run pace Recovery/Rehab: Stretch/Recover (see note 2 below)</p>	<p>Run -5 miles complete at long run pace Run: Ins & Outs (see note 1 below) 4 laps of Ins/Outs (stride the straight, jog the curve) (see note 8 below)</p>	<p>Run - Long Run: Easy Run -10 miles complete at long run pace</p>	<p>Run - Recovery Run: Easy Run -4 miles (optional) 30-45 seconds slower than long run pace You can take a rest day if you need it Recovery/Rehab: Stretch/Recover (see note 2 below)</p>
WEEK 10	<p>Run - Recovery Run: Easy Run -4 miles 30-45 seconds slower than long run pace</p>	<p>Run: Marathon Pace 1 mile Easy Pace 5 sets: 7 min. at Half Marathon Pace 3 min. easy pace 1 mile Easy Pace</p>	<p>Run - Medium Long Run Run -7 miles (optional) complete at long run pace You can take a rest day if you need it</p>	<p>Run - Recovery Run: Easy Run -4 miles 30-45 seconds slower than long run pace Recovery/Rehab: Stretch/Recover (see note 2 below)</p>	<p>Run: 5 miles complete at long run pace</p>	<p>Run - Long Run: Easy Run -11 miles complete at long run pace</p>	<p>Run - Recovery Run: Easy Run -5 miles (optional) 30-45 seconds slower than long run pace You can take a rest day if you need it Recovery/Rehab: Stretch/Recover (see note 2 below)</p>
WEEK 11	<p>Run - Recovery Run: Easy Run -4 miles 30-45 seconds slower than long run pace</p>	<p>Run: Marathon Pace 1 mile jog 3 miles Easy Pace 2 miles Half Marathon Pace 1 mile Easy Pace Run: Hill Strides 8 x 150 meters uphill, recovery: jog/walk back (see note 4 below)</p>	<p>Run - Medium Long Run Run -8 miles (optional) complete at long run pace You can take a rest day if you need it</p>	<p>Run - Recovery Run: Easy Run -4 miles 30-45 seconds slower than long run pace Recovery/Rehab: Stretch/Recover (see note 2 below)</p>	<p>Run: 7 miles complete at long run pace</p>	<p>Run - Long Run: Easy Run -11 miles complete at long run pace</p>	<p>Run - Recovery Run: Easy Run -5 miles (optional) 30-45 seconds slower than long run pace You can take a rest day if you need it Recovery/Rehab: Stretch/Recover (see note 2 below)</p>
WEEK 12	<p>Run - Recovery Run: Easy Run -4 miles 30-45 seconds slower than long run pace</p>	<p>Run: Fartlek 2 miles Easy Pace 4 sets (1 mile tempo pace/1 min. jog) 1 mile Easy Pace 2 sets (1 mile tempo pace/1 min. jog) 1 mile Easy Pace</p>	<p>Run - Medium Long Run Run -8 miles (optional) complete at long run pace You can take a rest day if you need it</p>	<p>Run - Recovery Run: Easy Run -4 miles 30-45 seconds slower than long run pace Recovery/Rehab: Stretch/Recover (see note 2 below)</p>	<p>Run: 6 miles complete at long run pace Run: Strides 8 x 300 meters (VO2 max pace) 1:30 min. rest between strides Recovery/Rehab: Stretch/Recover (see note 2 below)</p>	<p>Run - Long Run: Easy Run -12 miles complete at long run pace</p>	<p>Run - Recovery Run: Easy Run -5 miles (optional) 30-45 seconds slower than long run pace You can take a rest day if you need it Recovery/Rehab: Stretch/Recover (see note 2 below)</p>
WEEK 13	<p>Run - Recovery Run: Easy Run -5 miles 30-45 seconds slower than long run pace</p>	<p>Run - Track Workout: 2 miles easy (can be off the track) 5 x (800 meters Tempo Pace / 800 meters Easy Pace) 1 mile easy (should be off the track) switch directions on the track Run: 200 meter repeats 8 x 100 meters (Mile Race Pace) 1:30 min. rest between strides</p>	<p>Run - Medium Long Run Run -5 miles (optional) complete at long run pace You can take a rest day if you need it</p>	<p>Run - Recovery Run: Easy Run -4 miles 30-45 seconds slower than long run pace Recovery/Rehab: Stretch/Recover (see note 2 below)</p>	<p>Run - 6 miles complete at long run pace</p>	<p>Run - Long Run: Easy Run -11 miles complete at long run pace</p>	<p>Run - Recovery Run: Easy Run -5 miles (optional) 30-45 seconds slower than long run pace You can take a rest day if you need it Recovery/Rehab: Stretch/Recover (see note 2 below)</p>
WEEK 14	<p>Run - Recovery Run: Easy Run -5 miles 30-45 seconds slower than long run pace</p>	<p>Run: Tempo Repeats 2 miles easy pace 8 sets: tempo pace / 30 seconds rest) 5 min. tempo pace / 30 seconds rest 2 miles easy pace</p>	<p>Run -4 miles (optional) complete at long run pace You can take a rest day if you need it</p>	<p>Run - Recovery Run: Easy Run -5 miles 30-45 seconds slower than long run pace Recovery/Rehab: Stretch/Recover (see note 2 below)</p>	<p>Run - 6 miles complete at long run pace Run: Hill Strides 8 x 150 meters uphill, recovery: jog/walk back (see note 4 below)</p>	<p>Run - Long Run: Easy Run -10 miles complete at long run pace</p>	<p>Run - Recovery Run: Easy Run -4 miles (optional) 30-45 seconds slower than long run pace You can take a rest day if you need it Recovery/Rehab: Stretch/Recover (see note 2 below)</p>
WEEK 15	<p>Run - Recovery Run: Easy Run -5 miles 30-45 seconds slower than long run pace</p>	<p>Run: Split Half Marathon 5.5 miles Half Marathon Pace 1 mile easy jog 5.5 miles Half Marathon Pace 1 mile cool down recovery</p>	<p>Run - Medium Long Run Run -5 miles (optional) complete at long run pace You can take a rest day if you need it</p>	<p>Run - Recovery Run: Easy Run -4 miles 30-45 seconds slower than long run pace Recovery/Rehab: Stretch/Recover (see note 2 below)</p>	<p>Run - 3 miles complete at long run pace</p>	<p>Run - Long Run: Easy Run -10 miles complete at long run pace</p>	<p>Run - Recovery Run: Easy Run -3 miles (optional) 30-45 seconds slower than long run pace You can take a rest day if you need it Recovery/Rehab: Stretch/Recover (see note 2 below)</p>
WEEK 16	<p>Run - Recovery Run: Easy Run -4 miles 30-45 seconds slower than long run pace</p>	<p>Run - Medium Long Run Run -5 miles (optional) complete at long run pace</p>	<p>Run - Recovery Run: Easy Run -5 miles (optional) 30-45 seconds slower than long run pace (optional run, take a rest day if you need it.</p>	<p>Run - Recovery Run: Easy Run -4 miles 30-45 seconds slower than long run pace Recovery/Rehab: Stretch/Recover (see note 2 below)</p>	<p>Run - 4 miles complete at long run pace You can take a rest day if you need it Recovery/Rehab: Stretch/Recover (see note 2 below)</p>	<p>Run - Recovery Run: Easy Run -3 miles 30-45 seconds slower than long run pace Recovery/Rehab: Stretch/Recover (see note 2 below)</p>	<p>Run: Warm Up 5 min. easy jog and stretch Run: Race Day: Be confident in your training, have fun and don't leave anything out on the course. Run: Cool Down 5 min. easy jog and stretch</p>

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Training Notes

- 1) Best performed on a standard, 400-meter oval track. Straightaways = 100 meters. Curves = 100 meters. Workout is designed to be a continuous run. Stride pace should be equal to your VO2 max threshold pace, while the curves are jogged at an easy run pace. [Click here](#) to calculate your VO2 max click the 'training tab' and use the 'threshold' pace.
- 2) **Stretch/Recover:** Foam Roll IT Band, quadriceps, hamstrings, calves, hip flexors, glute muscles and spend extra time on sore areas. Stretch these muscles and spend extra time on sore areas. Icing sore areas can also speed recovery but should not be overused (2x/day for 12 minutes is sufficient). [Click here](#) for more information on how to use a foam roller.
- 3) **Tempo Repeats** by definition: This is an easier form of the tempo run, typically used when first establishing tempo days early in a training plan or on weeks (i.e. race week) when a tempo workout is called for. Tempo repeat workouts are usually the same volume as the run but broken up into smaller bouts of work. For example, 4 x 1 mile at your tempo pace with 1 minute recovery is a good substitute for a 4-mile tempo run. The recovery is not active, meaning you do not need to be running/jogging between repetitions, as is the case with a Fartlek workout. [Click here](#) to learn more about what a fartlek workout is.
- 4) 150 meters or 30 seconds-whichever is shortest; each repetition should be completed at mile race pace. Recovery: jog or walk back down the hill. Note your VO2 max 'race paces' on the '[race paces](#)' tab if you do not know your one mile race pace.
- 5) It will be helpful to begin first mile at around 1 minute above your threshold pace (note your pace for #1) and slowly chip down to that pace by the last mile. A progression run by definition: Typically, an ideal progression run will average about 20-25 seconds per mile slower than a tempo (anaerobic threshold) run and be 2 to 2 ½ times the length. For example, someone doing their 3-mile tempo runs at 5:00 per mile (15:00) should be able to do a 6 mile progression run at 5:25 per mile (32:05).
- 6) **Track Workout:** 2 miles easy (can be off the track), 8 x (800 meters tempo pace (note VO2 max 'race paces')/800 meters easy pace), 2 miles easy (should be off the track). Switch directions on the track to ease stress on inside leg.