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ARE YOU RUN READY?

TRAIN WITH *US* FOR
BRITAIN'S OCEAN CITY
RUNNING FESTIVAL

JOIN OUR 12-WEEK PLANS
FOR THE 10K OR HALF MARATHON



HALF MARATHON

12-WEEK
BEGINNER PLAN



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WEEK 1

PART 1

MONDAY

(REST/RUNNING/STRENGTH)

REST OR EASY 30-45 MINUTE RUN
+ 30 MINUTE STRENGTH TRAINING

TUESDAY

(RUNNING)

45 MINUTE INTERVAL RUN ▾

- > 10 minute brisk walk/easy run (warm up)
- > 10 x 60 second fast runs, 45 second walks in between
- > 2 minute walk
- > 5 x 30 second very fast run (30 second walks in between)
- > 10 minute brisk walk/easy run (cooldown)

WEDNESDAY

(RUNNING/CROSS TRAINING)

EASY 45-60 MINUTE RUN
OR CROSS TRAINING

THURSDAY

(REST/STRENGTH)

REST OR 30 MINUTE
STRENGTH TRAINING



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WEEK 1

PART 2

FRIDAY

(RUNNING/CROSS TRAINING)

EASY 40-50 MINUTE RUN
OR CROSS TRAINING

SATURDAY

(RUNNING)

60 MINUTE FARTLEK RUN ✓

- > 10 minute brisk walk/easy run (warm up)
- > 16 x 45 second fast runs, 75 second easy runs in between
- > 10 minute brisk walk/easy run (cooldown)

SUNDAY

(RUNNING)

EASY 75-90 MINUTE RUN

TIP OF THE WEEK:

Focus on recovery, take it relatively easy, but push yourself with pace in the latter half of your workouts if you're feeling up to it!



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WEEK 2

PART 1

MONDAY

(REST/RUNNING/STRENGTH)

REST OR EASY 30-45 MINUTE RUN
+ 30 MINUTE STRENGTH TRAINING

TUESDAY

(RUNNING)

50 MINUTE LACTATE
THRESHOLD RUN ✓

- > 10-15 minute brisk walk/easy run (warm up)
- > 3 x 5 minute steady runs, 90 second rests in between
- > 10-15 minute brisk walk/easy run (cooldown)

WEDNESDAY

(RUNNING/CROSS TRAINING)

EASY 40 MINUTE RUN OR
CROSS TRAINING

THURSDAY

(REST/STRENGTH)

REST OR 30 MINUTE
STRENGTH TRAINING



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WEEK 2

PART 2

FRIDAY

(RUNNING/CROSS TRAINING)

EASY 30-45 MINUTE RUN
OR CROSS TRAINING

SATURDAY

(RUNNING)

50 MINUTE INTERVAL RUN ▾

- > 10 minute brisk walk/easy run (warm up)
- > 5 x 3 minute fast runs, 90 second brisk walks/easy runs in between
- > 10 minute brisk walk/easy run (cooldown)

SUNDAY

(RUNNING)

80-90 MINUTE EASY/STEADY RUN ▾

- > 60-70 minute brisk walk/easy run
- > 15-20 minute easy run

TIP OF THE WEEK:

Again, keep things nice and relaxed, and up the pace halfway through your runs if you feel like you can.



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WEEK 3

PART 1

MONDAY

(REST/RUNNING/STRENGTH)

REST OR EASY 30-45 MINUTE RUN
+ 30 MINUTE STRENGTH TRAINING

TUESDAY

(RUNNING)

60 MINUTE INTERVAL RUN ▾

- > 10 minute brisk walk/easy run (warm up)
- > 4 minute steady run, 60 second brisk walk/easy run, 1 minute fast run, 2 minute brisk walk/easy run,
- > 10 minute brisk walk/easy run (cooldown)

WEDNESDAY

(RUNNING/CROSS TRAINING)

EASY 45-60 MINUTE RUN OR
CROSS TRAINING

THURSDAY

(REST/STRENGTH)

REST OR 30 MINUTE
STRENGTH TRAINING



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WEEK 3

PART 2

FRIDAY (RUNNING)

50 MINUTE LACTATE THRESHOLD RUN ✓

- > 10-15 minute brisk walk/easy run (warm up)
- > 3 x 5 minute steady runs, 90 second rests in between
- > 10-15 minute brisk walk/easy run (cooldown)

SATURDAY (RUNNING/CROSS TRAINING)

EASY 60-75 MINUTE RUN OR CROSS TRAINING

SUNDAY (RUNNING)

90 MINUTE HALF MARATHON EFFORT RUN ✓

- > 20-30 minute brisk walk/easy run (warm up)
- > 3 x 10 minute steady run, 90 second brisk walks/easy runs in between
- > 10-20 minute brisk walk/easy run (cooldown)

TIP OF THE WEEK:

Depending on how you're feeling, your rests between runs can be static, light jogs, or gentle walks.



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WEEK 4

PART 1

MONDAY

(REST/RUNNING/STRENGTH)

REST OR EASY 30-45 MINUTE RUN
+ 30 MINUTE STRENGTH TRAINING

TUESDAY

(RUNNING)

65 MINUTE INTERVAL RUN ✓

- > 10-15 minute brisk walk/easy run (warm up)
- > 5 x 5 minute fast runs, 2 minute brisk walks/easy runs in between
- > 10 x 15 minute brisk walk/easy run (cooldown)

WEDNESDAY

(RUNNING)

EASY 45-60 MINUTE RUN

THURSDAY

(RUNNING)

40 MINUTE INTERVAL RUN ✓

- > 15-20 minute brisk walk/easy run (warm up)
- > 6 x 20 second high effort runs, 1 minute full rest in between
- > 5-10 minute brisk walk/easy run (cooldown)



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WEEK 4

PART 2

FRIDAY
(REST/STRENGTH)

REST OR 30 MINUTE
STRENGTH TRAINING

SATURDAY
(RUNNING/CROSS TRAINING)

EASY 45-60 MINUTE RUN
OR CROSS TRAINING

SUNDAY
(RUNNING)

60-75 MINUTE STEADY RUN

TIP OF THE WEEK:

For high effort runs, push yourself as hard as you can for those short bursts, and during the full rests, stop entirely to let your body recover.



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WEEK 5

PART 1

MONDAY
(REST/STRENGTH)

REST OR 30 MINUTE
STRENGTH TRAINING

TUESDAY
(RUNNING)

60 MINUTE FARTLEK RUN ✓

- > **10 minute** brisk walk/easy run (warm up)
- > **3 minute** steady run, **90 second** brisk walk/easy run, **2 minute** fast run, **90 second** brisk walk/easy run, **1 minute** very fast run, **2 minute** brisk walk/easy run, **repeat 2 times**
- > **10 minute** brisk walk/easy run (cooldown)

WEDNESDAY
(RUNNING/CROSS TRAINING)

EASY 60-75 MINUTE RUN
OR CROSS TRAINING

THURSDAY
(REST/RUNNING/STRENGTH)

REST OR EASY 30-45 MINUTE RUN
+ 30 MINUTE STRENGTH TRAINING



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WEEK 5

PART 2

FRIDAY (RUNNING)

40 MINUTE INTERVAL RUN ▾

- > 15-20 minute brisk walk/easy run (warm up)
- > 8 x 20 second high effort runs, 1 minute full rest in between
- > 5-10 minute brisk walk/easy run (cooldown)

SATURDAY (RUNNING)

60-75 MINUTE STEADY RUN

SUNDAY (RUNNING)

90 MINUTE HALF MARATHON EFFORT RUN ▾

- > 20-30 minute brisk walk/easy run (warm up)
- > 2 x 15 minute steady run, 2 minute brisk walks/easy runs in between
- > 10-20 minute brisk walk/easy run (cooldown)

TIP OF THE WEEK:

If your body needs to recover on a potential rest day, listen to it.
Don't push it too hard!



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WEEK 6

PART 1

MONDAY
(REST/STRENGTH)

REST OR 30 MINUTE
STRENGTH TRAINING

TUESDAY
(RUNNING/CROSS TRAINING)

EASY 60-70 MINUTE RUN
OR CROSS TRAINING

WEDNESDAY
(RUNNING)

60 MINUTE INTERVAL RUN ▾

- > 10 minute brisk walk/easy run (warm up)
- > 5 minute steady run, 2 minute brisk walk/easy run
- > 14 x 90 second fast runs, 45 second brisk walks/easy runs in between
- > 10 minute brisk walk/easy run (cooldown)

THURSDAY
(RUNNING)

EASY 45-60 MINUTE RUN



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WEEK 6

PART 2

FRIDAY

(RUNNING/STRENGTH)

EASY 60-75 MINUTE RUN
+ 30 MINUTE STRENGTH TRAINING

SATURDAY

(RUNNING)

60 MINUTE LACTATE
THRESHOLD RUN ✓

- > 10-15 minute brisk walk/easy run (warm up)
- > 5 x 5 minute steady runs, 60 second rests in between
- > 10-15 minute brisk walk/easy run (cooldown)

SUNDAY

(RUNNING)

EASY 100-110 MINUTE RUN

TIP OF THE WEEK:

Run as hard as you can on fast runs, but leave enough energy in the tank to finish each workout!



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WEEK 7

PART 1

MONDAY
(REST/STRENGTH)

REST OR 30 MINUTE
STRENGTH TRAINING

TUESDAY
(RUNNING)

55 MINUTE INTERVAL RUN ✓

- > 10 minute brisk walk/easy run (warm up)
- > 6 minute fast run, 2 minute brisk walk/easy run
- > 5 x 2 minute fast runs, 90 second brisk walks/easy runs in between
- > 6 minute fast run
- > 10 minute brisk walk/easy run (cooldown)

WEDNESDAY
(RUNNING)

EASY 70-80 MINUTE RUN

THURSDAY
(REST/RUNNING)

REST OR EASY 45-60 MINUTE RUN



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WEEK 7

PART 2

FRIDAY

(REST/RUNNING/STRENGTH)

REST OR EASY 30-45 MINUTE RUN
+ 30 MINUTE STRENGTH TRAINING

SATURDAY

(RUNNING)

90 MINUTE HALF MARATHON
EFFORT RUN ✓

- > **20-30 minute** brisk walk/easy run (warm up)
- > **15 minute** steady run, then **10 minute** steady run, then **5 minute** fast run, with **90 second** brisk walks/easy runs in between
- > **10-20 minute** brisk walk/easy run (cooldown)

SUNDAY

(RUNNING)

EASY 60-75 MINUTE RUN

TIP OF THE WEEK:

Add a few strides at a really fast pace at the end of your Sunday run if you feel up to it.



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WEEK 8

PART 1

MONDAY
(REST/STRENGTH)

REST OR 30 MINUTE
STRENGTH TRAINING

TUESDAY
(RUNNING/CROSS TRAINING)

EASY 45-60 MINUTE RUN
OR CROSS TRAINING

WEDNESDAY
(RUNNING)

50 MINUTE LACTATE
THRESHOLD RUN ✓

- > **10 minute** brisk walk/easy run (warm up)
- > **10 minute** steady run, then **8 minute** fast run, then **6 minute** fast run, with **2 minute** rests in between
- > **10 minute** brisk walk/easy run (cooldown)

THURSDAY
(REST/RUNNING)

REST OR EASY 30-45 MINUTE RUN



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WEEK 8

PART 2

FRIDAY

(REST/RUNNING/STRENGTH)

REST OR EASY 30-45 MINUTE RUN
+ 30 MINUTE STRENGTH TRAINING

SATURDAY

(RUNNING)

50 MIN FARTLEK RUN ✓

- > 10 minute brisk walk/easy run (warm up)
- > 12-15 x 60 second fast runs, 60 second easy runs in between
- > 10 minute brisk walk/easy run (cooldown)

SUNDAY

(RUNNING)

EASY 80-90 MINUTE RUN

TIP OF THE WEEK:

Make sure you keep moving at an easy pace between your fast run periods on your fartlek run!



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WEEK 9

PART 1

MONDAY
(REST/STRENGTH)

REST OR 30 MINUTE
STRENGTH TRAINING

TUESDAY
(RUNNING/CROSS TRAINING)

EASY 60-75 MINUTE RUN
OR CROSS TRAINING

WEDNESDAY
(RUNNING)

50 MINUTE LACTATE
THRESHOLD RUN ✓

- > 10-15 minute brisk walk/easy run (warm up)
- > 20 minute steady run
- > 10-15 minute brisk walk/easy run (cooldown)

THURSDAY
(RUNNING)

EASY 70-80 MINUTE RUN



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WEEK 9

PART 2

FRIDAY

(REST/RUNNING/STRENGTH)

REST OR EASY 45-60 MINUTE RUN
+ 30 MINUTE STRENGTH TRAINING

SATURDAY

(RUNNING)

90 MINUTE HALF MARATHON
EFFORT RUN ✓

- > **20-30 minute** brisk walk/easy run (warm up)
- > **8 x 4 minute** steady runs, with **60 second** brisk walks/easy runs in between
- > **10-20 minute** brisk walk/easy run (cooldown)

SUNDAY

(RUNNING)

EASY 120-135 MINUTE RUN

TIP OF THE WEEK:

The long warmups are an important element of the half marathon effort runs, so make sure you put enough time into this before you break into a steady run.



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WEEK 10

PART 1

MONDAY
(REST/STRENGTH)

REST OR 30 MINUTE
STRENGTH TRAINING

TUESDAY
(RUNNING/CROSS TRAINING)

EASY 60-75 MINUTE RUN
OR CROSS TRAINING

WEDNESDAY
(RUNNING)

65 MINUTE INTERVAL RUN ✓

- > 10-15 minute brisk walk/easy run (warm up)
- > 12 x 3 minute fast runs, 60 second brisk walks/easy runs in between
- > 10-15 minute brisk walk/easy run (cooldown)

THURSDAY
(RUNNING)

EASY 60-75 MINUTE RUN



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WEEK 10

PART 2

FRIDAY

(REST/RUNNING/STRENGTH)

REST OR EASY 45-60 MINUTE RUN
+ 30 MINUTE STRENGTH TRAINING

SATURDAY

(RUNNING)

95 MINUTE HALF MARATHON
EFFORT RUN ✓

- > 20-30 minute brisk walk/easy run (warm up)
- > 2 x 20 minute steady runs, with 3 minute brisk walks/easy runs in between
- > 10-20 minute brisk walk/easy run (cooldown)

SUNDAY

(RUNNING)

EASY 90-105 MINUTE RUN

TIP OF THE WEEK:

Put together a good playlist or download some episodes of a podcast to make the time fly by.



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WEEK 11

PART 1

MONDAY
(REST/STRENGTH)

REST OR 30 MINUTE
STRENGTH TRAINING

TUESDAY
(RUNNING)

EASY 45-60 MINUTE RUN

WEDNESDAY
(RUNNING)

80 MINUTE MARATHON
EFFORT RUN ✓

- > **10-15 minute** brisk walk/easy run (warm up)
- > **10 minute** easy run, then **10 minute** steady run, then **8 minute** fast run, then **4 minute** fast run, with **2 minute** brisk walk/easy runs in between
- > **10-15 minute** brisk walk/easy run (cooldown)

THURSDAY
(RUNNING/CROSS TRAINING)

EASY 60-75 MINUTE RUN
OR CROSS TRAINING



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WEEK 11

PART 2

FRIDAY

(REST/RUNNING/STRENGTH)

REST OR EASY 30-45 MINUTE RUN
+ 30 MINUTE STRENGTH TRAINING

SATURDAY

(RUNNING)

60 MINUTE LACTATE
THRESHOLD RUN ✓

- > 10-15 minute brisk walk/easy run (warm up)
- > 5 x 5 minute steady runs, with 60 second rests in between
- > 10-15 minute brisk walk/easy run (cooldown)

SUNDAY

(RUNNING)

EASY 50-60 MINUTE RUN

TIP OF THE WEEK:

The rests during the lactate threshold run can be either static or a nice, gentle jog -- depending on what you're feeling up to!



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WEEK 12

PART 1

MONDAY

(REST/RUNNING/STRENGTH)

REST OR EASY 30-45 MINUTE RUN
+ 30 MINUTE STRENGTH TRAINING

TUESDAY

(RUNNING)

EASY 30-45 MINUTE RUN

WEDNESDAY

(RUNNING)

45 MIN HALF MARATHON
EFFORT RUN ▾

- > 10 minute brisk walk/easy run (warm up)
- > 4 x 5 minute steady runs, with 60 second brisk walks/easy runs in between
- > 10 minute brisk walk/easy run (cooldown)

THURSDAY

(RUNNING/CROSS TRAINING)

EASY 30-45 MINUTE RUN
OR CROSS TRAINING



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WEEK 12

PART 2

FRIDAY
(REST)

REST DAY

SATURDAY
(RUNNING)

EASY 20-30 MINUTE RUN

SUNDAY
(RACE DAY)

RACE DAY! GOOD LUCK!

OUR LAST TIP OF THE WEEK:

By the time you reach race day, you should be ready to take on the challenge. If you've reached the end of the 12-week plan, well done, and best of luck on your half marathon.