



Beginner half marathon programme

This programme is for you if it's the first time you've run a half marathon or it's been a while since you ran any longer distances. To get the most out of it, you should be able to run 3 miles (5km) in under 40 minutes – you may have completed one of the other beginner training programmes.

Use this alongside our half marathon training webpage: bupa.co.uk/half-marathon-plan.

The effort levels described here correspond to the 'Activity' column. One mile is equivalent to 1.6 km. For this training programme, distances in km have been rounded to the nearest whole number for simplicity.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	30 mins easy	30 mins easy	Rest	30 mins easy	Rest	Long run: 3 miles (5km)
Week 2	Rest	30 mins easy	30 mins tempo running	Rest	30 mins easy	Rest	Long run: 40 mins
Week 3	Rest	30 mins easy	30 mins tempo running	Rest	30 mins easy	Rest	Long run: 5 miles (8km)
Week 4	Rest	40 mins easy	30 mins tempo running	Rest	40 mins cross training	Rest	Long run: 60 mins
Week 5	Rest	40 mins easy	30 mins tempo running	Rest	40 mins interval running	Rest	Long run: 7 miles (11km)
Week 6	Rest	40 mins easy	30 mins tempo running	Rest	40 mins interval running or cross training	Rest	Long run: 8 miles (13km)
Week 7	Rest	40 mins easy	30 mins tempo running	Rest	40 mins interval running	Rest	Long run: 60 mins
Week 8	Rest	40 mins easy	30 mins tempo running	Rest	50 mins interval running or cross training	Rest	Long run: 10 miles (16km)
Week 9	Rest	40 mins easy	30 mins tempo running	Rest	50 mins interval running	Rest	Long run: 5 miles (8km)
Week 10	Rest	40 mins easy	30 mins tempo running	Rest	40 mins interval running or cross training	Rest	Long run: 12 miles (19km)
Week 11	Rest	40 mins easy	30 mins tempo running	Rest	40 mins interval running	Rest	Long run: 6 miles (10km) at race pace
Week 12	Rest	40 mins easy	30 mins tempo running	Rest	50 mins easy	Rest	RACE

