

Beginner's Half Marathon Training Guide

Welcome to Leggit's Half Marathon Training Programme for Beginners.

If you've been contemplating a half marathon – maybe there's a competition in your local area, a charity event which you're keen to be involved in, or perhaps you're just keen to up the ante and take your running to the next level; the Leggit.co.uk training programme could be just what you need to help you reach your goal.

Our training programme gives you a basic structure to help build up your running ability and confidence to a ½ marathon standard. The training programme is step by step guide covering a 12 week period. We have broken the distance down in to small, manageable chunks to help improve at a steady and safe pace.

Now all that's left for you to do... is to get started!!

The Leggit training guides are written and recommended by qualified personal trainers. If you have any enquiries regarding this, or any other programmes featured on leggit.co.uk, please email us at training@leggit.co.uk and mark your email as high importance.

This programme was written by Pete Morton of Summit Personal Training, Bristol. REPs Number R0031850

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Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1		20-30min <i>Easy Pace</i>					3-4miles <i>Easy Pace</i>
2		30-40min <i>Easy Pace</i>					3-4miles <i>Easy Pace</i>
3		30mins <i>Medium Pace</i>		10 min <i>Easy Pace</i> 20 mins <i>Medium</i> 10 mins <i>Hard</i>			5-6miles <i>Easy Pace</i>
4		30mins <i>Medium Pace</i>		10 mins <i>Easy Pace</i> 20 mins <i>Medium</i> 10 mins <i>Hard</i>			5-6miles <i>Easy Pace</i>

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Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
5		30mins Medium Pace		4miles Medium - Hard Pace			6-7miles Easy Pace
6		40mins Medium Pace		4miles Medium - Hard Pace			7-8miles Easy Pace
7		40mins Medium Pace		5miles Medium - Hard Pace			8-9miles Easy Pace
8		40mins Medium Pace		5miles Medium - Hard Pace			9-10miles Easy Pace

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Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
9		40mins <i>Medium Pace</i>		6miles <i>Medium - Hard Pace</i>			10-11miles <i>Easy Pace</i>
10		40mins <i>Medium Pace</i>		6miles <i>Medium - Hard Pace</i>			11-13miles <i>Easy Pace</i>
11		30mins <i>Easy Pace</i>		5miles <i>Medium - Hard Pace</i>			8-9miles <i>Easy Pace</i>
12		4-5miles <i>Easy- Medium Pace</i>		<i>Rest Day</i>			HALF MARATHON