

Half Marathon Training Schedule

To successfully complete a half marathon, you should have run a 10k and have that as a basis for preparing for the longer distance.

For guidance on this training plan please visit www.scottishrunningguide.com

12 WEEKS UNTIL RACE

Monday:	Tuesday:	Wednesday:	Thursday:	Friday:	Saturday:	Sunday:
Steady Run 6 miles	Rest	6 mile run with intervals	Rest or Cross Train	Rest	Long Run 8 miles	Rest or Cross Train

11 WEEKS UNTIL RACE

Monday:	Tuesday:	Wednesday:	Thursday:	Friday:	Saturday:	Sunday:
Steady Run 6 miles	Rest	6 mile run with intervals	Recovery Run 2 miles	Rest	Long Run 8 miles	Rest or Cross Train

10 WEEKS UNTIL RACE

Monday:	Tuesday:	Wednesday:	Thursday:	Friday:	Saturday:	Sunday:
Steady Run 6 miles	Rest	6 mile run with intervals	Recovery Run 3 miles	Rest	Long Run 9 miles	Rest or Cross Train

9 WEEKS UNTIL RACE

Monday:	Tuesday:	Wednesday:	Thursday:	Friday:	Saturday:	Sunday:
Steady Run 7 miles	Rest	7 mile run with intervals	Recovery Run 4 miles	Rest	Long Run 10 miles	Rest or Cross Train

8 WEEKS UNTIL RACE

Monday:	Tuesday:	Wednesday:	Thursday:	Friday:	Saturday:	Sunday:
Steady Run 7 miles	Rest	6 mile run with intervals	Recovery Run 5 miles	Rest	Long Run 11 miles	Rest or Cross Train

7 WEEKS UNTIL RACE

Monday:	Tuesday:	Wednesday:	Thursday:	Friday:	Saturday:	Sunday:
Steady Run 6 miles	Rest	7 mile run with intervals	Recovery Run 3 miles	Rest	Long Run 9 miles	Rest or Cross Train

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6 WEEKS UNTIL RACE

Monday:	Tuesday:	Wednesday:	Thursday:	Friday:	Saturday:	Sunday:
Steady Run 7 miles	Rest	7 mile run with intervals	Recovery Run 5 miles	Rest	Long Run 11 miles	Rest or Cross Train

5 WEEKS UNTIL RACE

Monday:	Tuesday:	Wednesday:	Thursday:	Friday:	Saturday:	Sunday:
Steady Run 7 miles	Rest	7 mile run with intervals	Recovery Run 4 miles	Rest	Long Run 12 miles	Recovery Run 3 miles

4 WEEKS UNTIL RACE

Monday:	Tuesday:	Wednesday:	Thursday:	Friday:	Saturday:	Sunday:
Steady Run 8 miles	Rest	7 mile run with intervals	Recovery Run 5 miles	Rest	Long Run 13 miles	Recovery Run 4 miles

3 WEEKS UNTIL RACE

Monday:	Tuesday:	Wednesday:	Thursday:	Friday:	Saturday:	Sunday:
Steady Run 9 miles	Rest	7 mile run with intervals	Recovery Run 5 miles	Rest	Long Run 14 miles	Recovery Run 4 miles

2 WEEKS UNTIL RACE

Monday:	Tuesday:	Wednesday:	Thursday:	Friday:	Saturday:	Sunday:
Steady Run 6 miles	Rest	6 mile run with intervals	Recovery Run 3 miles	Rest	Long Run 9 miles	Rest or Cross Train

1 WEEKS UNTIL RACE

Monday:	Tuesday:	Wednesday:	Thursday:	Friday:	Saturday:	Sunday:
Easy Run 4 miles	Rest	Rest or Cross Train	Recovery Run 4 miles	Rest	Rest	RACE DAY