

# HALF MARATHON FOR NOOBS

A beginner's 8 week guide to 13.1 From pro runner + coach Steph Bruce



*\*build up to 10-15 miles/week before starting\**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	4 miles easy	OFF	4 miles easy	OFF	OFF	6-8 miles easy	OFF
2	4 miles easy + drills and strides	OFF	2 mile w.u. 10 x 1 min tempo, 1 min jog/walk. 2 mile c.d.	OFF	OFF	8 miles easy	OFF or 2-3 miles easy
3	4 miles easy	OFF	4 miles easy	OFF	4 miles + drills and strides	2 mile w.u. 4 miles @ tempo with 90 sec rest. 2 mile c.d.	OFF or 2-3 miles easy
4	4 miles easy + drills and strides	OFF	2 mile w.u. 16 x 200m @ tempo with 200m jog rest. 2 mile c.d.	OFF	4 miles + drills and strides	8-9 miles over hilly terrain	OFF or 2-3 miles easy
5	4 miles easy	OFF	2 mile w.u. 12 x 400m @ tempo with 200m jog rest. 2 mile c.d.	4 miles easy	OFF	8 miles easy	OFF or 2-3 miles easy
6	4 miles easy	OFF	3 mile w.u. 6 x 1000m @ tempo with 90 sec rest. 2 mile c.d.	4 miles easy	OFF	10 miles with last 2 miles progressing	OFF or 2-3 miles easy
7	4 miles easy	OFF	4 miles easy + drills and strides	2 mile w.u. 6 x 800m @ tempo with 1 min rest. 2 mile c.d.	OFF	12 miles easy	OFF or 2-3 miles easy
8	4 miles easy + drills and strides	OFF	2 mile w.u. 3 miles @ tempo. 2 mile c.d.	3-4 miles easy	OFF	3-4 miles easy	<b>RACE DAY: Half Marathon!</b>

w.u. = warm up (easy!)  
c.d. = cool down (easier!)

tempo = half marathon effort pace  
400m = 1/4 mile or 1 lap on a standard track

drills and strides: [click here](#)