

HANSONS COACHING SERVICES

Beginner Half Marathon

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest or Cross-Train	Rest or Cross-Train	Rest or Cross-Train	Easy 3 Miles	Rest or Cross-Train	Easy 3 Miles	Easy 4 Miles
Mileage 10				3		3	4
Week 2	Rest or Cross-Train	Easy 2 Miles	Rest or Cross-Train	Easy 3 Miles	Easy 3 Miles	Easy 3 Miles	Easy 4 Miles
Mileage 15		2		3	3	3	4
Week 3	Rest or Cross-Train	Easy 4 Miles	Rest or Cross-Train	Easy 4 Miles	Easy 4 Miles	Easy 4 Miles	Easy 5 Miles
Mileage 21		4		4	4	4	5
Week 4	Rest or Cross-Train	Easy 5 Miles	Rest or Cross-Train	Easy 3 Miles	Easy 3 Miles	Easy 5 Miles	Easy 6 Miles
Mileage 22		5		3	3	5	6

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Week 5	Rest or Cross-Train	Easy 5 Miles	Rest or Cross-Train	1.5M Warm Up 3 Miles @ HMP	Easy 5 Miles	Easy 4 Miles	8 Mile Long Run
Mileage 28		5		1.5M Cool Down 6	5	4	8
Week 6	Easy 4 Miles	1.5M Warm Up 12 x 400m @ 5k-10k pace w. 400m jog rest	Rest or Cross-Train	1.5M Warm Up 3 Miles @ HMP	Easy 4 Miles	Easy 5 Miles	9 Mile Long Run
Mileage 37	4	1.5M Cool Down 9		1.5M Cool Down 6	4	5	9
Week 7	Easy 4 Miles	1.5M Warm Up 8 x 600m @ 5k-10k pace w. 400m jog rest	Rest or Cross-Train	1.5M Warm Up 3 Miles @ HMP	Easy 4 Miles	Easy 6 Miles	10 Mile Long Run
Mileage 37	4	1.5M Cool Down 7		1.5M Cool Down 6	4	6	10
Week 8	Easy 6 Miles	1.5M Warm Up 6 x 800m @ 5k-10k pace w. 400m jog rest	Rest or Cross-Train	1.5M Warm Up 4 Miles @ HMP	Easy 5 Miles	Easy 6 Miles	10 Mile Long Run
Mileage 41	6	1.5M Cool Down 7		1.5M Cool Down 7	5	6	10

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Week 9	Easy 5 Miles	1.5M Warm Up 5 x 1k @ 5k-10k pace w. 600m jog rest	Rest or Cross-Train	1.5M Warm Up 4 Miles @ HMP	Easy 6 Miles	Easy 5 Miles	10 Mile Long Run
Mileage 41	5	1.5M Cool Down 8		1.5M Cool Down 7	6	5	10
Week 10	Easy 6 Miles	1.5M Warm Up 4 x 1200m @ 5k-10k pace w. 600m jog rest	Rest or Cross-Train	1.5M Warm Up 4 Miles @ HMP	Easy 5 Miles	Easy 5 Miles	12 Mile Long Run
Mileage 43	6	1.5M Cool Down 8		1.5M Cool Down 7	5	5	12
Week 11	Easy 5 Miles	1.5M Warm Up 6 x Mile @ HMP -10s w. 400m jog rest	Rest or Cross-Train	1.5M Warm Up 5 Miles @ HMP	Easy 6 Miles	Easy 5 Miles	10 Mile Long Run
Mileage 44	5	1.5M Cool Down 10		1.5M Cool Down 8	6	5	10
Week 12	Easy 5 Miles	1.5M Warm Up 4 x 1.5 Mile @ HMP -10s w. 800m jog rest	Rest or Cross-Train	1.5M Warm Up 5 Miles @ HMP	Easy 5 Miles	Easy 6 Miles	12 Mile Long Run
Mileage 46	5	1.5M Cool Down 10		1.5M Cool Down 8	5	6	12

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Week 13	Easy 6 Miles	1.5M Warm Up 3 x 2 Mile @ HMP -10s w. 800m jog rest	Rest or Cross-Train	1.5M Warm Up 5 Miles @ HMP	Easy 6 Miles	Easy 5 Miles	10 Mile Long Run
Mileage 45	6	1.5M Cool Down 10		1.5M Cool Down 8	6	5	10
Week 14	Easy 5 Miles	1.5M Warm Up 2 x 3 Mile @ HMP -10s w. 1 Mile jog rest	Rest or Cross-Train	1.5M Warm Up 6 Miles @ HMP	Easy 5 Miles	Easy 6 Miles	12 Mile Long Run
Mileage 47	5	1.5M Cool Down 10		1.5M Cool Down 9	5	6	12
Week 15	Easy 7 Miles	1.5M Warm Up 3 x 2 Mile @ HMP -10s w. 800m jog rest	Rest or Cross-Train	1.5M Warm Up 6 Miles @ HMP	Easy 6 Miles	Easy 5 Miles	10 Mile Long Run
Mileage 47	7	1.5M Cool Down 10		1.5M Cool Down 9	6	5	10
Week 16	Easy 5 Miles	1.5M Warm Up 4 x 1.5 Mile @ HMP -10s w. 800m jog rest	Rest or Cross-Train	1.5M Warm Up 6 Miles @ HMP	Easy 5 Miles	Easy 6 Miles	12 Mile Long Run
Mileage 47	5	1.5M Cool Down 10		1.5M Cool Down 9	5	6	12

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Week 17	Easy 5 Miles	1.5M Warm Up 6 x Mile @ HMP -10s w. 400m jog rest	Rest or Cross-Train	1.5M Warm Up 5 Miles @ HMP	Easy 6 Miles	Easy 5 Miles	Easy 8 Miles
Mileage 42	5	1.5M Cool Down 10		1.5M Cool Down 8	6	5	8
Week 18	Easy 5 Miles	Easy 5 Miles	Rest or Cross-Train	Easy 6 Miles	Easy 5 Miles	Easy 3 Miles	Race Day!
Mileage 39	5	5		6	5	3	15

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Half Marathon Training Plan Key

Rest or Cross Train: Can be a rest day (no running), or a cross training day. Cross training can include strength training, flexibility, yoga, or any aerobic activity. These may include elliptical, cycling, swimming, etc.

Paces:

To help you with your training paces I suggest you use our Training Pace Calculator. This will help you find all your appropriate training paces.

Some quick definitions:

M: miles

M: meters

HMP: Half Marathon Pace (Your goal pace)

HMP-10s: Half Marathon Pace minus 10 seconds/mile. For example if you see 4x1.5M @ HMP-10 that means 4 times 1.5 miles at your goal half marathon pace, minus 10 seconds per mile. If your goal half marathon pace is 8:00/mile then your goal pace for this workout would be 7:50 per mile.

Resources: To help you out, we have a number of resources to help you.

Hanson's Coaching Services is a great site to access all of our blogs and podcasts. It's also your first step if you are looking for individualized coaching or a custom training plan.

The Hanson's Half Marathon Method is your best place to start! If you want to dive in more to the training philosophy and methodology. You can purchase from me, but is also available on sites like Amazon, Barnes and Noble, and other book retailers (electronic versions, too).

Facebook Group: The Hansons Marathon Method Community is a FREE close group (just ask for permission) where thousands of members are using or have used the programs to train with. A great opportunity to reach out to fellow runners using the same training plan.

[Hansons Coaching Resource Links](#)

[Training Pace Calculator](#)

[Hansons Coaching Services](#)

[The Book: Hansons Marathon Method](#)

[The Hansons Marathon Method Facebook Community](#)