



## ASRWC HALF MARATHON BEGINNERS TRAINING PROGRAM

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
<b>DAY 1</b>	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY
<b>DAY 2</b>	30MIN EASY JOGGING	30MIN EASY JOGGING	30MIN EASY JOGGING	40MIN EASY JOGGING	40MIN EASY JOGGING	40MIN EASY JOGGING	35MIN EASY JOGGING	45MIN EASY JOGGING	50MIN EASY JOGGING	50MIN EASY JOGGING	40MIN EASY JOGGING	40MIN EASY JOGGING
<b>DAY 3</b>	30MIN EASY JOGGING	30MIN TEMPO (FASTER PACE RUNNING)	40MIN TEMPO (FASTER PACE RUNNING)	50MIN TEMPO (FASTER PACE RUNNING)	50MIN TEMPO (FASTER PACE RUNNING)	50MIN TEMPO (FASTER PACE RUNNING)	40MIN TEMPO (FASTER PACE RUNNING)	50MIN TEMPO (FASTER PACE RUNNING)	55MIN TEMPO (FASTER PACE RUNNING)	50MIN TEMPO (FASTER PACE RUNNING)	40MIN TEMPO (FASTER PACE RUNNING)	REST DAY
<b>DAY 4</b>	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	30MIN EASY JOGGING
<b>DAY 5</b>	35MIN EASY JOGGING	30MIN EASY JOGGING	35MIN EASY JOGGING	30MIN FAST	40MIN FAST	45MIN FAST	40MIN FAST	45MIN FAST	50MIN FAST	45MIN FAST	40MIN FAST	REST DAY
<b>DAY 6</b>	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	20MIN EASY JOGGING
<b>DAY 7</b>	RUN 5KM CONTINUOUS	40MIN CONTINUOUS	10KM CONTINUOUS	60MIN CONTINUOUS	12KM CONTINUOUS	80MIN CONTINUOUS	70MIN CONTINUOUS	80MIN CONTINUOUS	80MIN CONTINUOUS	90MIN CONTINUOUS	10KM CONTINUOUS	<b>RACE HALF MARATHON. ENJOY</b>

CREATED BY Brad White. ENDORSED BY LEVEL 2 ATHLETIC COACH EMMA KRAFT (emmakraft@hotmail.com)