



# 10K to Half-Marathon (21K) Training Plan

*"Small steps everyday lead to big results!"*

Ready to take on the half-marathon challenge? This plan will gradually build your endurance — and if you're aiming for a better finish time, it adds quality sessions too. Pick your pathway and let's go!

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## How to Use This Plan

- **Path 1: Complete the Distance** — Focuses on safe weekly mileage increases.
- **Path 2: Improve Your Time** — Adds steady tempo and interval work for performance.

Consistency is key. Recovery is part of training!

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## Weekly Structure Key

- **Easy Run:** Relaxed pace
- **Threshold Run:** Challenging but controlled
- **Intervals:** Short fast efforts with rest periods
- **Long Slow Run (LSR):** Comfortable long distance
- **Strength & Mobility:** Core work, resistance, stretching **Strength + Easy:** Short strength session (20–30 min) followed by a relaxed easy-paced run (3–5km).
- **Rest:** Essential recovery time

## Quick Tips:

- Long runs: **slow and steady wins!**
- Prioritise good recovery after speed sessions.
- Strength and flexibility days are key for injury prevention.
- Adjust according to how you feel.

# 12-Week Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	4km Run Easy	Strength	4km Run Easy	Flexibility	6km LSR	Recovery Walk
2	Rest	5km Run + Strides	Strength	5km Run Easy	Flexibility	7km LSR	Rest
3	Rest	5km Tempo	Strength + Easy	5km Run	Flexibility	8km LSR	Recovery Walk
4	Rest	6km Intervals (3x1km)	Strength	6km Run Easy	Flexibility	9km LSR	Rest
5	Rest	6km Tempo	Strength	7km Run	Flexibility	10km LSR	Optional Cross-Train
6	Rest	7km Intervals (4x1km)	Strength + Easy	7km Run Easy	Flexibility	12km LSR	Recovery Walk
7	Rest	7km Tempo	Strength	8km Run	Flexibility	14km LSR	Rest

8	Rest	8km Tempo	Strength + Easy	8km Run Easy	Flexibility	16km LSR	Recovery Walk
9	Rest	8km Intervals (5x1km)	Strength	9km Run Easy	Flexibility	18km LSR	Rest
10	Rest	9km Tempo	Light Strength	6km Easy	Flexibility	12km LSR	Recovery Walk
11	Rest	6km Tempo	Flexibility	4km Easy	Flexibility	8km LSR	Rest
12	Rest	3km Easy	Rest	2km Easy	Rest	Half Marathon Race!	Celebrate!