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Running room half marathon training plan pdf

Running club gibraltar.

It might seem a stretch goal for you now, but running 13.1 miles is possible for most runners. If you can comfortably complete a 10k, you can certainly do a half. And unlike training for the full 26.2 mile distance, it doesn't take so much energy or eat so much of your time: It's an achievable challenge, as it's easier to fit the training into a busy life than it is for a marathon, says elite runner and RW contributing editor Jo Pavey. However, it is still a big step up if you've never run the distance before, and will require commitment: commitment to a higher weekly mileage, longer long runs and a greater variety of sessions to develop the endurance and speed you'll need. But fear not: whether you're building up to 13.1 miles for the first time, or have plenty under your belt but would love to smash your PB, we've got everything you'll need to get you to the finish line in style. How long is a half marathon? You'll be astonished to learn that a half marathon is half the marathon distance - in other words, 13.1 miles or 21K. Why should I follow a training plan? A good training plan will help you to improve by focussing on all the different aspects that go together to make a successful race day. That will include different types of session during your week, while maintaining enough rest and time between harder efforts to avoid putting your body at risk of becoming injured or overtrained. As with all training plans, remember that nothing is achieved in a day, but rather it's achieved cumulatively over time. And for that reason, the training session within your plan will be written with the entire training plan in mind, not just what you should be doing that day - so do resist the temptation to overdo it during sessions. For example, if you don't run easy enough during an easy run, you won't allow your body time to heal from the quality training you've been doing prior to that. How slow you should be running your easy miles? 'Never run through an injury' explains running coach Paddy McGrath, 'it's better to get to the end of your plan healthy, having missed a week or two, than to have hit all your sessions but in no fit state to race.' Depending on where the injury is, it's possible to cross-train in a way that doesn't put stress on the affected area, for example through swimming, using the cross-trainer, aqua-running or cycling, which will help you retain your fitness without running. Many elite athletes - such as British half marathon record holder Eilish McColgan - use cross-training as a way to add volume to their training without increasing their risk of injury. When to run, when to stop? If you can't run for: One week: Skip that week and simply pick up the schedule the following week. Two weeks: Repeat the previous week's training and continue from there, bearing in mind you may not get to the same point as someone who has been following the programme without interruption. Three weeks: Jump back two weeks, potentially even three, because you'll probably have lost a bit of fitness - though don't panic, and don't attempt to make up for lost time by cramming in more sessions. Four weeks or more: It's probably wise to adjust your goal by aiming for a slower time.



How do I find the best half marathon training plan for me? Our training schedules below are tried and trusted. Not sure on which to choose? Use our race-time predictor for an indication of what target you should set yourself. I don't feel like I'm improving on my half marathon plan, what should I do? Don't despair - it takes time to improve as a runner and it doesn't always follow a nice smooth upward trajectory. You may not feel like it, but rest assured that you are getting better every day, as each run slowly builds your strength and fitness. What kind of strength-training should I be doing? Strength training is an essential supplement to a runner's roadwork because it strengthens muscles and joints, which can improve race times and decrease injury risk. If you're a bit lost about what you should be doing, we've got plenty of strength training workouts for runners, including home workouts that you can do from your living room. What shoes should I be wearing? Of course, if you're going to run a half marathon, having a pair of shoes that will get you round 13.1 miles is important. Running in the wrong shoes for you, or shoes that are too worn down to do their job properly, can lead to injury. Before training, it's a good idea to get your gait checked at a specialist running store. We've rounded up the best men's and women's running shoes here. Beginner Half Marathon Training Plan Getty Images Aimed at getting you round your first half marathon, this 12-week training plan builds you up to running 20.1 miles per week, to get you round your first 13.1 miles comfortably. How to prepare for your first half marathon Aimed at those looking to finish a half marathon in under two hours, this simple schedule gets you to 1:59:59 with two quality sessions per week - a long run and goal-pace (or faster) workout. The Hilly Half Marathon Training Plan Getty Images If you're training for a hilly half marathon, here's the training plan to help you stay running strong as you run up-hill.

MARATHON

EIGHTEEN WEEKS TO GO

TRAINING PROGRAM: For first-timers aiming to finish in 4:30								
Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total
Jan 28	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	38
Jan 29	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	38
Jan 30	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	41
Jan 31	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	41
Feb 1	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Feb 2	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Feb 3	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Feb 4	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Feb 5	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Feb 6	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Feb 7	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Feb 8	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Feb 9	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Feb 10	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Feb 11	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Feb 12	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Feb 13	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Feb 14	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Feb 15	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Feb 16	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Feb 17	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Feb 18	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Feb 19	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Feb 20	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Feb 21	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Feb 22	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Feb 23	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Feb 24	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Feb 25	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Feb 26	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Feb 27	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Feb 28	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Feb 29	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Mar 1	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Mar 2	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Mar 3	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Mar 4	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Mar 5	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Mar 6	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Mar 7	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Mar 8	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Mar 9	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Mar 10	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Mar 11	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Mar 12	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Mar 13	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Mar 14	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Mar 15	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Mar 16	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Mar 17	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Mar 18	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Mar 19	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Mar 20	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Mar 21	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Mar 22	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Mar 23	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Mar 24	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Mar 25	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Mar 26	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Mar 27	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Mar 28	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Mar 29	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Mar 30	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Mar 31	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Apr 1	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Apr 2	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Apr 3	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Apr 4	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Apr 5	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Apr 6	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Apr 7	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Apr 8	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Apr 9	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Apr 10	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Apr 11	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Apr 12	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Apr 13	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Apr 14	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Apr 15	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42
Apr 16	11.50	Off	Tempo	Tempo	Tempo	Tempo	Steady Run	42

TRAINING SCHEDULE

16 WEEKS
TO MARATHON



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 - Pace	-	-	-	-	-	-
HR Zone	-	-	-	-	-	-
RPE	0	6-7	-	8-9	-	4-5
WORKOUT	VO2	45 min run	Core Strength	Lactate	Workout #1	Rest
	Workout #1					8 miles
2 - WORKOUT	VO2	50 min run	Core Strength	Lactate	Workout #2	Rest
	Workout #2					10 miles
3 - WORKOUT	VO2	55 min run	Core Strength	Lactate	Workout #3	Rest
	Workout #3					12 miles
4 - WORKOUT	Light CT	65 min run	Core Strength	Lactate	Workout #4	Rest
	Workout #4					9 miles
5 - PACE	-	-	-	-	-	-
WORKOUT	VO2	50 min run	Core Strength	Lactate	Workout #5	Rest
	Workout #5					12 miles
6 - WORKOUT	VO2	65 min run	Core Strength	Lactate	Workout #6	Rest
	Workout #6					10 miles
7 - WORKOUT	VO2	75 min run	Core Strength	Lactate	Workout #7	Rest
	Workout #7					15 miles
8 - WORKOUT	Light CT	45 min run	Core Strength	Light CT	Rest	9 miles
	Workout #8					-
9 - PACE	-	-	-	-	-	-
WORKOUT	VO2	60 min run	Core Strength	Lactate	Workout #9	Rest
	Workout #9					18 miles
10 - WORKOUT	VO2	75 min run	Core Strength	Lactate	Workout #10	Rest
	Workout #10					13 miles
11 - WORKOUT	VO2	60 min run	Core Strength	Lactate	Workout #11	Rest
	Workout #11					20 miles
12 - WORKOUT	Light CT	75 min run	Core Strength	Lactate	Workout #12	Rest
	Workout #12					12 miles
13 - PACE	-	-	-	-	-	-
WORKOUT	VO2	90 min run	Core Strength	Lactate	Workout #13	Rest
	Workout #13					22 miles
14 - WORKOUT	VO2	60 min run	Core Strength	Lactate	Workout #14	Rest
	Workout #14					12 miles
15 - WORKOUT	VO2	45 min run	Core Strength	Lactate	Workout #15	Rest
	Workout #15					8 miles
16 - WORKOUT	VO2	30 min run	Light Resistance	Lactate	Workout #16	Rest
	Workout #16					RACE DAY!!

Intermountain
Healthcare

Because the half marathon is fairly long, you won't need to shoot off the line – ease into your goal pace over the first mile or two. 10 stretches to do before your next run². Stick to your pace: In general, the best pace strategy is to run even mile or kilometre splits throughout the race. Break the race down into manageable chunks. This is particularly useful if you're a runner who tends to lose focus in the middle miles. 'Mental lapses are common in the middle of races such as the half marathon,' says Scott Douglas, author of *The Little Red Book of Running*. 'If you're really racing the distance – so a minute or more per mile than your normal training pace – you'll have to concentrate to keep the proper effort going. Otherwise, it's common for your mile splits to start being 10 or 15 seconds slower. The benefit of the tempo run – of learning how to keep that concentration going – can't be overstated.'³

Listen to your body: If you're feeling comfortable, persist with the same pace, but don't get too excited yet. If you reach the halfway mark and still feel you're not being stretched, gradually pick up the pace and run by feel. If you're not feeling great, try to distinguish between mental and physical fatigue,' says Tait. 'If it's physical, you'll be cramping or have no power left in your body to keep pushing. If it's mental, your body will feel tired and you'll be looking for a way out.' Focus on short-term goals: if it happens at halfway, tell yourself to continue to the eight-mile point and if you're still feeling bad by then, you can pull out. Feeling better then? Carry on to 10 miles, and so on. 4. Listen to the conditions: If it's really windy or hot on race day, both will cause you to slow down. You'll be more hindered by the slowing-down effect of a headwind. Even a crosswind will sap your energy. In this case, forget your pace plan and run by feel instead. Heat will definitely slow you, because your body will have to work harder to cool you down. Make sure you stay hydrated by drinking to thirst before and during the race. How to handle running in the heat How to run a race in the heat From two months to five months, this half marathon training plan is designed for everyone from beginning to experienced runners, and for every lifestyle. 8-Week Training Plan Sometimes you sign up for a race that's not far off in the future – just a couple of months away, or even less. Here's our eight-week training plan designed for runners who already are in the running habit. 9-Week Half Marathon Training Plan This plan is based on the same schedule and expectations as our eight-week training plan – you're already experienced and maybe even have a few races under your belt, and you're looking to ramp up your training quickly. 10-Week Half Marathon Training Plan If you have more than two but less than three months to train for your next half marathon, this 10-week training plan might be the perfect fit. This one is perfect for experienced runners who might have some scheduling conflicts here and there with their training.

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 - Rest Day	Speedwork	Tempo Run - 45 min run, other cross about 6.5 miles	Spinning or other cross about 6.5 miles	Tempo Run - 45 min run, other cross about 6.5 miles	Spinning or other cross about 6.5 miles	Tempo Run - 45 min run, other cross about 6.5 miles	Long Run - 6 miles
2 - Rest Day	Speedwork	Tempo Run - 45 min run, other cross about 6.5 miles	Spinning or other cross about 6.5 miles	Tempo Run - 45 min run, other cross about 6.5 miles	Spinning or other cross about 6.5 miles	Tempo Run - 45 min run, other cross about 6.5 miles	Long Run - 6 miles
3 - Rest Day	Speedwork	Tempo Run - 45 min run, other cross about 6.5 miles	Spinning or other cross about 6.5 miles	Tempo Run - 45 min run, other cross about 6.5 miles	Spinning or other cross about 6.5 miles	Tempo Run - 45 min run, other cross about 6.5 miles	Long Run - 6 miles
4 - Rest Day	Speedwork	Tempo Run - 45 min run, other cross about 6.5 miles	Spinning or other cross about 6.5 miles	Tempo Run - 45 min run, other cross about 6.5 miles	Spinning or other cross about 6.5 miles	Tempo Run - 45 min run, other cross about 6.5 miles	Long Run - 6 miles
5 - Rest Day	Speedwork	Tempo Run - 30 min run, other cross about 7 miles	Spinning or other cross about 7 miles	Tempo Run - 30 min run, other cross about 7 miles	Spinning or other cross about 7 miles	Tempo Run - 30 min run, other cross about 7 miles	Long Run - 6 miles
6 - Rest Day	Speedwork	Tempo Run - 30 min run, other cross about 7 miles	Spinning or other cross about 7 miles	Tempo Run - 30 min run, other cross about 7 miles	Spinning or other cross about 7 miles	Tempo Run - 30 min run, other cross about 7 miles	Long Run - 6 miles
7 - Rest Day	(Parties 4)	Speedwork	Tempo Run - 30 min run, other cross about 7 miles	Spinning or other cross about 7 miles	Tempo Run - 30 min run, other cross about 7 miles	Spinning or other cross about 7 miles	Long Run - 6 miles
8 - Rest Day	(Parties 4)	Speedwork	Tempo Run - 30 min run, other cross about 7 miles	Spinning or other cross about 7 miles	Tempo Run - 30 min run, other cross about 7 miles	Spinning or other cross about 7 miles	Long Run - 6 miles
9 - Rest Day	(Parties 5)	Speedwork	Tempo Run - 30 min run, other cross about 7.5 miles	Spinning or other cross about 7.5 miles	Tempo Run - 30 min run, other cross about 7.5 miles	Spinning or other cross about 7.5 miles	Long Run - 7 miles
10 - Rest Day	(Parties 5)	Speedwork	Tempo Run - 30 min run, other cross about 7.5 miles	Spinning or other cross about 7.5 miles	Tempo Run - 30 min run, other cross about 7.5 miles	Spinning or other cross about 7.5 miles	Long Run - 7 miles
11 - Rest Day	(Parties 5)	Speedwork	Tempo Run - 30 min run, other cross about 7.5 miles	Spinning or other cross about 7.5 miles	Tempo Run - 30 min run, other cross about 7.5 miles	Spinning or other cross about 7.5 miles	Long Run - 7 miles
12 - Rest Day	(Parties 5)	Speedwork	Tempo Run - 20 min run, other cross about 8.5 miles	Spinning or other cross about 8.5 miles	Tempo Run - 20 min run, other cross about 8.5 miles	Spinning or other cross about 8.5 miles	Stretching
13 - RACE DAY							

12-Week Half Marathon Training Plan Designed for beginning runners or anyone who is planning to run the half marathon distance for the first time, this training plan is based on five days of running per week, with the once-a-week long run set on Sundays and days off on Mondays and Fridays.

The Ultimate Beginner's Half Marathon Training Plan

mon	tues	wed	thurs	fri	sat	sun
Week One	Lower Body Strength Training	Walk -2 Run - 1 30 min. total	Upper Body Strength Training	Walk -2 Run - 1 30 min. total	Rest Day	Walk -2 Run - 1 2 miles
Week Two	Lower Body Strength Training	Walk -1.5 Run - 1 30 min. total	Upper Body Strength Training	Walk -1.5 Run - 1 30 min. total	Rest Day	Walk -1.5 Run - 1 2.5 miles
Week Three	Lower Body Strength Training	Walk -2 Run - 1 (Speed) 30 min. total	Upper Body Strength Training	Walk -2 Run - 2 (Easy Pace) 30 min. total	Rest Day	Walk -2 Run - 1 3 miles
Week Four	Lower Body Strength Training	Walk -2 Run - 1 (Speed) 30 min. total	Upper Body Strength Training	Walk -2 Run - 2 (Easy Pace) 30 min. total	Rest Day	Walk -2 Run - 1 4 miles

14-Week Half Marathon Training Plan Need a little extra time to get your training in, or just want to start early?

Beginning and experienced runners can both use this 14-week training plan, which starts off slow with only four runs per week and then ramps up to five days later in the schedule.

16-Week Half Marathon Training Plan Spread out over four months instead of three, this training plan is designed for runners who've run a half marathon already and are in need of a training plan that can fit into a busy schedule — with four training days each week vs. five. 18-Week Half Marathon Training Plan Designed for beginners and even experienced runners, this plan mimics our 16-week training plan with two extra weeks added in, and features a few changes to the long runs. This plan eases you into training with a longer runway at the beginning, to get you used to running 4 to 5 days per week over a longer period. 20-Week Half Marathon Training Plan For runners who are looking for an even more gradual buildup to the half marathon than the 16-week plan offers, this five-month training plan starts slowly and builds toward the 13.1-mile race day, with both four- and five-day-a-week runs later in the plan. Training tips & help © Ammentop | Dreamtime What every beginner needs to know Slowly add mileage to increase your base – an easy-to-follow rule is to increase your long run by one mile every 1-2 weeks and take a rest day in its place every month.

The slow increase as well as not "always increasing" allows your body ample time to recover. Injury prevention for runners If done too quickly or with improper form, increasing mileage and speed can result in injuries – from shin splints to runner's knee and beyond. The most important factor in completing any training plan is staying consistent. In addition to following a half marathon training plan, it's important to include structured strength training you can do yourself or follow a guided strength training program. You can find examples of reliable injury prevention programs online or by downloading free apps like Exakt Health. 5 obstacles you'll face in your half marathon training plan (and how to overcome them) Most runners are very excited to start a new training program. But as the newness wears off, there will be bouts of feeling unmotivated. Workouts will get tougher and the miles will get longer.

There will be days that it will be struggle to get out the door. Speed work and tempo runs get you faster. Recovery runs keep you from getting injured. Shorter races prepare you for the overall experience. But the long run is the most important element in making it to the finish line feeling great. The 4 hardest things about half marathon training

Whether you are a beginner looking to run for the first time, a runner returning from an injury or break, or simply a runner starting a new half marathon training plan, it can take weeks before the habit forms. Once you stick with the plan for 4-8 weeks, however, it begins to feel normal to lace up and run a few (or more) times a week. Ready to run 26.2? Here's what training for a (full) marathon is really like. If you respect the distance and take the appropriate time to prepare, the finish line will feel more victorious and less torturous. The length of time it takes varies widely; some runners can tack onto an existing base and be ready in just 12 weeks. Others take longer... How to pick the right training plan for you In the running world, there are so many different and effective training plans out there. That's because everyone starts at a different level and responds to training differently. Marathon training plans 12-week marathon training plan for experienced runners Are you an experienced runner who needs a tune-up before your next marathon? Here's a plan to get you ready for 26.2 miles in 3 months. 18-week marathon training plan for first-timers The more miles you can get to before starting this plan, the better. Walk, run, or do a walk/run/combo. You should be able to complete 15 miles a week without any problems before starting. 20-week marathon training plan for 'comeback' runners Are you an experienced runner who has taken some time off from the marathon, but are ready to come back to 26.2? Here's a plan that might be perfect to get you back in form. (Even) more half marathon training plans Check out this 12-week training plan that's perfect for beginners, this 12-week plan for intermediate runners, and this 12-week plan for advanced runners. What is the average time for a half marathon? For men, the average finishing time for a half marathon is 1:55. This is approximately 8:49 minutes per mile pace. For women, the average finishing time for a half marathon is 2:11. This is approximately 10:02 minutes per mile pace. How many days per week should I train for a half marathon? The exact days per week will vary depending on how many weeks your training plan is designed for, most plans will budget between 8 and 20 weeks. More experienced runners could safely run between three and five days training for a half marathon. Beginner runners should expect to run between three and four days per week over their entire training plan. We independently produce all the content associated with training plans we feature on HalfMarathons.net. If you buy or sign up for services through the links on our site, we may receive an affiliate commission – which in turn supports our work.