


Harvest Half Marathon

8 week training plan for beginners



Starts Monday, July 21, 2014
 Goal race: September 13, 2014
RunWaterloo.com/HarvestHalf

WEEK	SUN rest	MON run	TUE strength	WED run	THU rest	FRI crosstrain	SAT run
1	jul 20	jul 21 4 km	jul 22 30 min	jul 23 4 km	jul 24	jul 25 30 min	jul 26 7 km
2	jul 27	jul 28 4 km	jul 29 30 min	jul 30 4 km	jul 31	aug 1 35 min	aug 2 8 km
3	aug 3	aug 4 5 km	aug 5 30 min	aug 6 5 km	aug 7	aug 8 40 min	aug 9 10 km
4	aug 10	aug 11 6 km	aug 12 30 min	aug 13 7 km	aug 14	aug 15 45 min	aug 16 12 km
5	aug 17	aug 18 7 km	aug 19 30 min	aug 20 7 km	aug 21	aug 22 50 min	aug 23 13 km
6	aug 24	aug 25 8 km	aug 26 30 min	aug 27 8 km	aug 28	aug 29 55 min	aug 30 15 km
7	aug 31	sep 1 8 km	sep 2 30 min	sep 3 8 km	sep 4	sep 5 60 min	sep 6 16 km
8	sep 7	sep 8 4 km	sep 9 30 min	sep 10 4 km	sep 11	sep 12	 13 RACE DAY

Legend
run
strength
crosstrain
rest

Key
month Day Workout

Notes

- From base of running 15k per week
- Establish and stick to a weekly routine
- Weekly: 3 runs, 1 strength, 1 crosstrain
- Sample strength: 7-min Scientific Workout
- Sample crosstrain: swimming or cycling
- This is one example of a training plan

Adapted from: <http://www.runnersworld.co.za/training/beginners/half-marathon-training-programme/>