

A woman with her hair in two braids is running towards the right. She is wearing a bright yellow-green sports bra, grey shorts, and white sneakers with a red swoosh. The background is a vibrant, multi-colored blur of orange, yellow, green, blue, and purple, suggesting a city street or a fast-moving environment.

RUN  
CLUB

**2XU**

BEGINNER

**Half Marathon  
Training Program**



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BEGINNER

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# Half Marathon Training Program

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## About the Program

This program has been designed for those who may have **completed a 10km event** and are looking to **step up** and complete the **half marathon distance**.

Developed by professional distance runner & recreational running coach **Riley Cocks**.

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# About Riley

Riley is a professional Australian Distance runner, Physiotherapist & Recreational Running Coach. He is the co-founder and head coach of Adelaide based running group and online coaching service RunAsOne.

He holds personal bests of 1:02.54 for the half-marathon, 28:45 for 10,000m, and 13:50 for 5,000m. As a coach Riley draws on over a decade of running experience combined with his background in physiotherapy and 6 years of working in a running specialty store. He is eager to share his wealth of knowledge in the latest training philosophies, recovery techniques, injury prevention to help runners of all levels to reach their goals.



**LEARN MORE ABOUT**

[RILEY](#)

[RUN AS ONE](#)



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# Training Terms

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## EASY

This level of effort should largely feel easy aerobically but wont always be easy. For example a 10min run at an easy pace vs your first 90min run at easy pace. The pace will be the same however, due to the increase in duration, it will likely not feel easy towards the end until you adapt to the increase. But a good simple test to tell you are in the easy/aerobic zone is the talk test. You should be able to have a conversation. If you cant, you are probably going too hard.

## SOLID

This level of effort is a touch harder than easy. It's more of a tempo effort. A simple test would be you should be able to chat but not at the same level as Easy/aerobic. For example you might be able to have a conversation but it would be very difficult to maintain or would be broken so you could catch your breath.

## HARD

This level of effort should be difficult and uncomfortable to sustain. You wont feel like talking and if you tried it would only be a few words as you should be breathing quite heavily.

## NUTRITION

You should consume fuel roughly every 45-60mins for events longer than 90mins. Consult a sports dietician for a plan specific to your needs.

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## KEY ABBREVIATIONS

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**W/U** Warm Up

**W/D** Warm Down

**TT** Time Trial

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# Recovery is Training

## THE IMPORTANCE OF RECOVERY

The only training you benefit from is the training you recover from.

It's true that pushing your limits makes you perform better. But the closer you get to the edge, the higher the risk of injury or illness.

That's why recovery is so important.

The better you recover, the better you can train. And ultimately, the better you will perform.

Recovery days are scheduled during the week. If this exact schedule doesn't suit your weekly schedule make sure you are scheduling rest and recovery days in between harder efforts to ensure you adapt and recover.

## PRODUCT FEATURE



SHOP RECOVERY

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# Go to Week

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3

4

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MON	<b>Recovery Focus:</b> Massage, Foam Roller, Yoga, etc.
TUES	<b>Session:</b> W/U: 10min Easy Jog Main Set: 8x 2min Solid Run/1min Easy Walk Recovery Between W/D: 5min Easy Jog
WEDS	<b>X Train:</b> 30min Low Impact Aerobic Exercise, Eg. Bike, Swim, Elliptical
THUR	<b>Rest Day</b>
FRI	<b>Run:</b> 30min Easy Jog
SAT	<b>Recovery Focus:</b> Massage, Foam Roller, Yoga, etc.
SUN	<b>Long Run/Walk:</b> 6x 9min Easy Run/1min Walk Recovery Between

MON	<b>Recovery Focus:</b> Massage, Foam Roller, Yoga, etc.
TUES	<b>Session:</b> W/U: 10min Easy Jog Main Set: 8x 3min Solid Run/1min Walk Recovery Between W/D: 5min Easy Jog
WEDS	<b>X Train:</b> 30min Low Impact Aerobic Exercise, Eg. Bike, Swim, Elliptical
THUR	<b>Rest Day</b>
FRI	<b>Run:</b> 30min Easy Jog
SAT	<b>Recovery Focus:</b> Massage, Foam Roller, Yoga, etc.
SUN	<b>Long Run/Walk:</b> 7x 9min Easy Run/1min Walk Between



MON	<b>Recovery Focus:</b> Massage, Foam Roller, Yoga, etc.
TUES	<b>Session:</b> W/U: 10min Easy Jog Main Set: 5x 5min Solid Run/2min Walk Recovery Between W/D: 5min Easy Jog
WEDS	<b>X Train:</b> 30min Low Impact Aerobic Exercise, Eg. Bike, Swim, Elliptical
THUR	<b>Rest Day</b>
FRI	<b>Run:</b> 35min Easy Jog
SAT	<b>Rest Day</b>
SUN	<b>Long Run/Walk:</b> 8x 9min Easy Run/1min Walk Between



MON	<b>Recovery Focus:</b> Massage, Foam Roller, Yoga, etc.
TUES	<b>Session:</b> W/U: 10min Easy Jog Main Set: 5x 6min Solid Run/2min Walk Recovery Between W/D: 10min Easy Jog
WEDS	<b>X Train:</b> 30min Low Impact Aerobic Exercise, Eg. Bike, Swim, Elliptical
THUR	<b>Rest Day</b>
FRI	<b>Run:</b> 35min Easy Jog
SAT	<b>Rest Day</b>
SUN	<b>Long Run/Walk:</b> 9x 9min Easy Run/1min Walk Between. Practice Nutrition.



MON	<b>Recovery Focus:</b> Massage, Foam Roller, Yoga, etc.
TUES	<b>Session:</b> W/U: 10min Easy Jog Main Set: 3x 12min Solid Run/3min Walk Recovery Between W/D: 10min Easy Jog
WEDS	<b>X Train:</b> 30min Low Impact Aerobic Exercise, Eg. Bike, Swim, Elliptical
THUR	<b>Rest Day</b>
FRI	<b>Run:</b> 40min Easy Run
SAT	<b>Rest Day</b>
SUN	<b>Long Run/Walk:</b> 10x 9min Easy Run/1min Walk Between. Practice Nutrition.



MON	<b>Recovery Focus:</b> Massage, Foam Roller, Yoga, etc.
TUES	<b>Session:</b> W/U: 5min Easy Jog Main Set: 2x 20min Solid Run/5min Walk Recovery Between W/D: 5min Easy Jog
WEDS	<b>X Train:</b> 30min Low Impact Aerobic Exercise, Eg. Bike, Swim, Elliptical
THUR	<b>Rest Day</b>
FRI	<b>Run:</b> 40min Easy Run
SAT	<b>Rest Day</b>
SUN	<b>Long Run/Walk:</b> 11x 9min Easy Run/1min Walk Between. Practice Nutrition.

MON	<b>Recovery Focus:</b> Massage, Foam Roller, Yoga, etc.
TUES	<b>Session:</b> W/U: 10min Easy Jog Main Set: 6x 1km Solid Run/2min Standing Recovery Between W/D: 10min Easy Jog
WEDS	<b>X Train:</b> 30min Low Impact Aerobic Exercise, Eg. Bike, Swim, Elliptical
THUR	<b>Rest Day</b>
FRI	<b>Run:</b> 40min Easy Run
SAT	<b>Recovery Focus:</b> Massage, Foam Roller, Yoga, etc.
SUN	<b>Continuous Run:</b> 7x 9min Run/1min Walk Between



MON	<b>Recovery Focus:</b> Massage, Foam Roller, Yoga, etc.
TUES	<b>Session:</b> W/U: 10min Jog Main Set: 8x 2min Solid Run/1min Easy Jog Recovery Between W/D: 5min Jog
WEDS	<b>X Train:</b> 30min Low Impact Aerobic Exercise, Eg. Bike, Swim, Elliptical
THUR	<b>Rest Day</b>
FRI	<b>Run:</b> 30min or 5km Easy Run + 6x 20sec Hard Run/40sec Walk Between
SAT	<b>Rest Day</b>
SUN	<b>Race Day:</b> Good luck today, trust in your training and go out there and enjoy it!



BACK TO START

**2XU**