



**2XU**

**BEGINNER**

**HALF MARATHON  
TRAINING PROGRAM**



# ABOUT THE **BEGINNER** HALF MARATHON TRAINING PROGRAM

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

# TRAINING TERMS

## 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.

## KEY ABBREVIATIONS

**W/U**

Warm Up

**W/D**

Warm Down

**TT**

Time Trial

# 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](#)



# GO TO WEEK

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MON	Recovery focus: massage, foam roller, Yoga, etc.	
TUES	Session:	<b>W/U:</b> 10min easy jog <b>Main set:</b> 8 x 2min solid run, min easy walk recovery between <b>W/D:</b> 5min easy jog
WED	X Train:	30mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical
THUR	Rest Day	
FRI	Run:	30mins easy jog
SAT	Recovery focus: massage, foam roller, Yoga, etc.	
SUN	Long Run / Walk:	6 x 9mins run easy / 1min walk easy between

MON	<b>Recovery focus:</b> massage, foam roller, Yoga, etc.	
TUES	<b>Session:</b>	<b>W/U:</b> 10min easy jog <b>Main set:</b> 8 x 3mins solid run, 1min easy walk recovery between <b>W/D:</b> 5min easy jog
WED	<b>X Train:</b>	30mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical
THUR	<b>Rest Day</b>	
FRI	<b>Run:</b>	30mins easy jog
SAT	<b>Recovery focus:</b> massage, foam roller, Yoga, etc.	
SUN	<b>Long Run/ Walk:</b>	7 x 9mins run easy, 1min walk easy between

MON	Recovery focus: massage, foam roller, Yoga, etc.	
TUES	Session:	<b>W/U:</b> 10min easy jog <b>Main set:</b> 5 x 5mins solid run, 2mins easy walk recovery between <b>W/D:</b> 5min easy jog
WED	X Train:	30mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical
THUR	Rest Day	
FRI	Run:	35mins easy jog
SAT	Rest Day	
SUN	Long Run/ Walk:	8 x 9mins run easy, 1min walk easy between



MON	Recovery focus: massage, foam roller, Yoga, etc.	
TUES	Session:	<b>W/U:</b> 10min easy jog <b>Main set:</b> 5 x 6mins solid run, 2mins easy walk recovery between <b>W/D:</b> 10min easy jog
WED	X Train:	30mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical
THUR	Rest Day	
FRI	Run:	35mins easy jog
SAT	Rest Day	
SUN	Long Run/ Walk:	9 x 9mins run easy, 1min walk easy between. Practice nutrition*.

MON	Recovery focus: massage, foam roller, Yoga, etc.	
TUES	Intervals	<b>W/U:</b> 10min easy jog <b>Main set:</b> 3 x 12mins solid run, 3mins easy walk recovery between <b>W/D:</b> 10min easy jog
WED	X Train:	30mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical
THUR	Rest Day	
FRI	Run:	40mins easy jog
SAT	Rest Day	
SUN	Long Run / Walk:	10 x 9mins run easy, 1min walk easy between. Practice nutrition*.

MON	Recovery focus: massage, foam roller, Yoga, etc.	
TUES	Session:	<b>W/U:</b> 5mins easy jog <b>Main set:</b> 2 x 20mins solid run, 5mins easy walk recovery between <b>W/D:</b> 5mins easy jog
WED	X Train:	30mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical
THUR	Rest Day	
FRI	Run:	40min easy jog
SAT	Rest Day	
SUN	Long Run/ Walk:	11 x 9mins run easy, 1min walk easy between. Practice nutrition*.

MON	Recovery focus: massage, foam roller, Yoga, etc.	
TUES	Session:	<b>W/U:</b> 10min easy jog <b>Main set:</b> 6 x 1km solid run, 2mins standing recovery between <b>W/D:</b> 10min easy jog
WED	X Train:	30mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical
THUR	Rest Day	
FRI	Run:	40min easy jog
SAT	Rest Day	
SUN	Continuous Run:	7 x 9mins run, 1min walk between

MON	<b>Recovery focus:</b> massage, foam roller, Yoga, etc.
TUES	<b>Session:</b> <b>W/U:</b> 10mins jog <b>Main set:</b> 8 x 2mins solid run, 1min easy jog recovery between <b>W/D:</b> 5mins jog
WED	<b>Xtrain:</b> 30mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical
THUR	<b>Rest Day</b>
FRI	<b>Run:</b> 30min or 5km easy run + 6 x 20sec hard run / 40sec easy walk recovery
SAT	<b>Rest Day</b>
SUN	<b>Race Day!</b> Good luck today, trust in your training and go out there and enjoy it