



Half Marathon Training Plan

| Week | Focus | Run 1 (Easy) | Run 2 (Quality) | Run 3 (Long Run) |
|------|-------|--------------|---------------------------------|--|
| 1 | Easy | 4km easy | 5km steady (RPE 6) | 6km easy (flat or very gentle) |
| 2 | Build | 4–5km easy | 6km w/ 3 x 3min @ RPE 7 | 8km easy (gentle rolling terrain) |
| 3 | Build | 5km easy | 7km w/ 4 x 3min @ RPE 7 | 9–10km easy (2–3 small hills) |
| 4 | Hard | 5km easy | 8km w/ 4 x 5min @ RPE 7–7.5 | 10–12km steady (2–3 controlled hills) |
| 5 | Easy | 4–5km easy | 5–6km relaxed (RPE 6) | 8km easy (flat or light hills) |
| 6 | Build | 5km easy | 7–8km w/ 4 x 4min @ RPE 7 | 10–12km steady (rolling hills) |
| 7 | Hard | 5–6km easy | 9km w/ 3 x 6min @ RPE 7.5 | 13–15km steady (3–4 hills, controlled) |
| 8 | Easy | 5km easy | 6km relaxed + x5 20sec strides | 10km easy (light hills only) |
| 9 | Build | 6km easy | 9–10km w/ 4 x 5min @ RPE 7–7.5 | 15–17km steady (rolling hills) |
| 10 | Peak | 6km easy | 10km w/ 3 x 8min @ RPE 7.5 | 18–20km steady (race-style climbs) |
| 11 | Taper | 5km easy | 6km w/ 3 x 3min @ RPE 7 | 8–10km easy (light hills only) |
| 12 | Race | 4–5km easy | 3km shakeout + x5 20sec strides | 21.1km Race |

Training Plan Information

This plan is designed to be flexible - because no two runners (or weeks!) are the same.

If you would like a more personalised plan and to add in some strength training (for power, stamina and injury prevention!) then get in touch below.

Choosing Your Distances

If you can comfortably run 6–8km: Stick to the lower end.

If you can comfortably run 8–10km: Work toward the upper end.

Effort Guide (RPE)

RPE 5–6: Easy / conversational

RPE 6–7: Steady / controlled

RPE 7–7.5: Strong but sustainable

Understanding the Runs

Easy Runs: Keep them relaxed.

Quality Runs: Controlled effort.

Long Runs: Steady and consistent.

Hill Running Guidance

Focus on effort rather than pace.

Keep effort steady on climbs, shorten stride, stay relaxed.

Don't push to win the hill - save energy.

Use downhills to recover and reset rhythm.

Missed a Week?

Don't catch up. Adjust based on feel. Consistency always wins.

Any questions or want to dive deeper into your race goals? We are always here to talk training so reach out anytime!

Your GAS Girls

[Get in Touch](#)