BEGINNERS TRAINING PLAN

COOPAH

Half

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GLOSSARY

EASY RUNS

During your easy runs, don't worry about targeting a certain pace. Just focus on keeping the run controlled, you should be able to maintain a conversation the entire time you are running.

STEADY RUNS

This pace should feel comfortable, but harder than your easy pace.

TEMPO RUNS

This pace should feel harder than your steady pace, but it is not an all out effort. You should be able to maintain this pace for around 30 minutes.

TARGET PACE

This is the pace you need to run to achieve a specific time during your race. For example, for a 2 hour half marathon you will need to run an average pace of 9.09 minute miles/5.41 minute km.

LONG RUNS

The majority of your long runs should be at an easy, comfortable pace. If this is your first half marathon then just focus on time on feet rather than hitting a certain pace or distance goal.

PROGRESSION RUNS

These runs will start at an easy pace, and during the run you will get progressively faster until you reach your target race pace.

INTERVALS

These are the runs where you will really push yourself, aim for a pace that is similar to your 5k pace.

STRIDES

Aim for 3 x 20s strides at around 85-90% efforts. These are short bursts of faster running + help to improve your form and running economy.

WARM UP + COOL DOWN

Very easy paced run before + after a harder session.

SCAN TO DOWNLOAD COOPAH'S COACHING APP!

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16 WEEK BEGINNER HALF MARATHON TRAINING PLAN

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 01	BUILD UP RUN - 20 MIN	REST	BUILD UP RUN - 20 MIN	REST	REST	BUILD UP RUN - 30 MIN	REST
WEEK 02	EASY 25 MIN	REST	10 MIN WARM UP 6 X 1 MIN ON/OFF 10 MIN COOL DOWN	REST	REST	30 MIN LONG RUN	REST
WEEK 03	EASY 30 MIN	REST	10 MIN EASY 10 MIN TEMPO 10 MIN EASY	REST	REST	40 MIN LONG RUN	REST
WEEK 04	EASY 25 MIN	REST	EASY 30	REST	REST	40 MIN LONG RUN	REST
WEEK 05	EASY 30 MIN	REST	10 MIN WARM UP 5 X 2 MIN ON/90s OFF 10 MIN COOL DOWN	REST	REST	45 MIN LONG RUN	REST
WEEK 06	EASY 35 MIN	REST	10 MIN WARM UP 5 X 3 MIN ON/90S OFF 10 MIN COOL DOWN	REST	REST	50 MIN LONG RUN	REST

NOT SURE HOW TO WORK OUT YOUR PACE? LET COOPAH PROVIDE PERSONALISED PACING FOR EVERY RUN. SCAN THE QR CODE TO START!

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	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 07	EASY 40 MIN	REST	10 MIN WARM UP 8 X 1 MIN ON OFF 10 MIN COOL DOWN	REST	REST	60 MIN LONG RUN	REST
WEEK 08	EASY 30 MIN	REST	10 MIN WARM UP 2 X 10 MIN TEMPO (3 MIN RECOVERY) 10 MIN COOL DOWN	REST	REST	10K RUN	REST
WEEK 09	EASY 40 MIN	REST	10 MIN WARM UP 20 MIN FARTLEK 10 MIN COOL DOWN	REST	REST	70 MIN LONG RUN	REST
WEEK 10	EASY 45 MIN	REST	10 MIN WARM UP 5 X 5 MIN/ 2 MIN OFF 10 MIN COOL DOWN	REST	REST	80 MIN LONG RUN	REST
WEEK 11	EASY 45 MIN	REST	10 MIN WARM UP 8 X 2 MIN ON/OFF 10 MIN COOL DOWN	REST	REST	90 MIN LONG RUN	REST
WEEK 12	EASY 30 MIN	REST	10 MIN WARM UP 3 X 8 MIN TEMPO (3 MIN RECOVERY) 10 MIN COOL DOWN	REST	REST	60 MIN LONG RUN	REST
WEEK 13	EASY 45 MIN	REST	10 MIN WARM UP 25 MIN FARTLEK 10 MIN COOL DOWN	REST	REST	1 HOUR 45 LONG RUN	REST

MISSED A SESSION AND NOT SURE WHAT TO DO? THE COOPAH COACHING APP AUTOMATICALLY UPDATES YOUR PLAN. DOWNLOAD VIA THE QR CODE.

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	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 14	EASY 40 MIN	REST	10 MIN WARM UP 12 X 1 MIN ON/OFF 10 MIN COOL DOWNDOWN	REST	REST	2 HOUR LONG RUN	REST
WEEK 15	EASY 30 MIN	REST	10 MIN WARM UP 20 MIN FARTLEK 10 MIN COOL DOWN	REST	REST	60 MIN LONG RUN	REST
WEEK 16	EASY 30 MIN	REST	30 MIN + STRIDES	REST	REST	20 MIN + STRIDES	RACE DAY!

GETTING FASTER BUT WONDERING HOW TO PROGRESS? SCAN THE QR CODE TO START!

WELL DONE & GOOD LUCK FROM COOPAH

COOPAH.COM