

Builder Half Marathon Plan

Free one-page sample

A steadier 12-week half marathon build for runners who want stronger sustained work, clearer progression, and a week that still feels manageable. This sample shows the rhythm of the week, the flavour of the sessions, and the kind of runner the plan is written for.

Distance: Half Marathon	Level: Builder	Duration: 12 weeks
Weekly load: 180–315 minutes across four runs per week		
Longest run: Up to 120 minutes		

Who it is for

- Runners already comfortable with four runs per week and looking for clearer half-specific work.
- Athletes moving beyond basic completion plans into steadier, more purposeful race preparation.
- People who want the race to matter without needing the whole week to feel brittle.

Typical week rhythm

Monday / Friday	Rest, walking, mobility, or short strength that supports the running.
Tuesday	Threshold support, hills, or stronger steady reps.
Wednesday	Easy run that keeps volume moving without crowding recovery.
Thursday	Sustained steady or half-marathon-support work.
Saturday / Sunday	Easy support run plus long run progression with occasional race-rhythm segments.

Three real sessions from the plan

Week 1 Tue	50 min, RPE 6	4 x 4 min strong aerobic work with 2 min easy jog.
Week 7 Thu	60 min, RPE 5	2 x 15 min at half marathon effort with 4 min easy between.
Week 10 Sun	120 min, RPE 4–5	Long run finishing with 25 min steady under control.

Inside the full PDF

- Full 12-week day-by-day schedule with duration, RPE, and notes for every session.
- RPE guide, glossary, sustained-work progression, and practical session descriptions.
- Strength routines, fueling principles, taper guidance, and adjustment notes.

What this plan emphasizes: Steadier progression, stronger sustained work, and enough structure to improve without turning the week chaotic.

Full plan: Visit [the Builder Half Marathon Plan page](#)