We Run Ultras

Starter Half Marathon Plan

Free one-page sample

A calm 12-week half marathon build for runners who want their first proper block to feel clear, manageable, and genuinely sustainable. 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:** Starter **Duration:** 12 weeks
Weekly load: 150–255 minutes across three to four runs per week
Longest run: Up to 110 minutes

Who it is for

- Runners with a stable base who can already manage three to four runs per week.
- Athletes preparing for a first serious half marathon block and wanting more structure than vague completion plans provide.
- People who want half marathon preparation to fit around real life rather than dominate the whole week.

Typical week rhythm

Monday / Friday	Rest, walking, or short mobility so recovery stays part of the plan.
Tuesday	Primary support session: steady reps, short hills, or simple aerobic work.
Thursday	Half-marathon-support or steady running that teaches rhythm without forcing the week upward.
Saturday	Easy support run or optional rest when recovery needs more room.
Sunday	Long-run progression that builds patiently toward race-day durability.

Three real sessions from the plan

Week 1 Tue	40 min, RPE 5	3 x 4 min steady with 2 min easy jog between reps.
Week 7 Thu	50 min, RPE 5	2 x 10 min at half marathon effort with 4 min easy between.
Week 11 Sun	110 min, RPE 4–5	Long run with 3 x 8 min at half marathon effort and relaxed recoveries.

Inside the full PDF

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

What this plan emphasizes: Clarity, repeatability, patient long-run growth, and enough recovery to arrive at race day trained rather than wrung out.

Full plan: Visit the Starter Half Marathon Plan page