



2XU

BEGINNER
HALF MARATHON
TRAINING PROGRAM

BY 2XU ATHLETE, PROFESSIONAL DISTANCE RUNNER
& RECREATIONAL RUNNING COACH

RILEY COCKS

ABOUT RILEY



Riley is a professional Australian Distance runner for 2XU, Physiotherapist & Recreational Running Coach. He is the co-founder and head coach of Adelaide based running group and online coaching service RunAsOne. He holds personal bests of 1:02.54 for the half-marathon, 28:45 for 10,000m, and 13:50 for 5,000m. As a coach Riley draws on over a decade of running experience combined with his background in physiotherapy and 6 years of working in a running specialty store. He is eager to share his wealth of knowledge in the latest training philosophies, recovery techniques, injury prevention to help runners of all levels to reach their goals.

Learn more about [Riley](#) and [RunAsOne](#)

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 won't 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 can't, 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 won't feel like talking and if you tried it would only be a few words as you should be breathing quite heavily.

***NUTRITION**

You should consume fuel roughly every 45-60mins for events longer than 90mins. Consult a sports dietician for a plan specific to your needs.

KEY ABBREVIATIONS

W/U

Warm Up

W/D

Warm Down

TT

Time Trial

RECOVERY IS TRAINING

THE IMPORTANCE OF RECOVERY

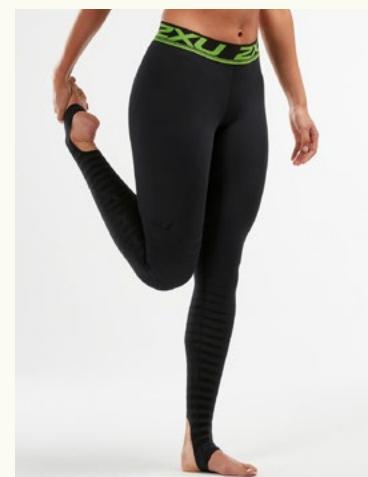
The only training you benefit from is the training you recover from.

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: W/U: 10min easy jog
Main set: 8x 2min solid run, 1 min easy walk recovery between
W/D: 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: 6x 9mins run easy/1min walk easy between

MON

Recovery focus: massage, foam roller, Yoga, etc.

TUES

Session: W/U: 10min easy jog
Main set: 8x 3mins solid run, 1min easy walk recovery between
W/D: 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: 7x 9mins run easy, 1min walk easy between

MON

Recovery focus: massage, foam roller, Yoga, etc.

TUES

Session: **W/U:** 10min easy jog
Main set: 5x 5mins solid run, 2mins easy walk recovery between
W/D: 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: 8x 9mins run easy, 1min walk easy between

MON

Recovery focus: massage, foam roller, Yoga, etc.

TUES

Session: W/U: 10min easy jog
Main set: 5x 6mins solid run, 2mins easy walk recovery between
W/D: 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: 9x 9mins run easy, 1min walk easy between. Practice nutrition*.

MON

Recovery focus: massage, foam roller, Yoga, etc.

TUES

Intervals: W/U: 10min easy jog
Main set: 3x 12mins solid run, 3mins easy walk recovery between
W/D: 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: 10x 9mins run easy, 1min walk easy between. Practice nutrition*.

MON

Recovery focus: massage, foam roller, Yoga, etc.

TUES

Session: W/U: 5mins easy jog
Main set: 2x 20mins solid run, 5mins easy walk recovery between
W/D: 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: 11x 9mins run easy, 1min walk easy between. Practice nutrition*.

MON

Recovery focus: massage, foam roller, Yoga, etc.

TUES

Session: **W/U:** 10min easy jog
Main set: 6x 1km solid run, 2mins standing recovery between
W/D: 10min easy jog

WED

X Train: 30mins low impact aerobic exercise,
Eg. Bike, Swim, Elliptical

THUR

Rest Day

FRI

Run: 40min easy jog

SAT

Recovery focus: massage, foam roller, Yoga, etc.

SUN

Continuous Run: 7x 9mins run, 1min walk between

MON

Recovery focus: massage, foam roller, Yoga, etc.

TUES

Session: W/U: 10mins jog
Main set: 8x 2mins solid run, 1min easy jog recovery between
W/D: 5mins jog

WED

X Train: 30mins low impact aerobic exercise,
Eg. Bike, Swim, Elliptical

THUR

Rest Day

FRI

Run: 30min or 5km easy run + 6×20sec hard run/40sec easy walk recovery

SAT

Rest Day

SUN

Race Day!

Good luck today, trust in your training and go out there and enjoy it



2XU

INTERMEDIATE HALF MARATHON TRAINING PROGRAM

BY 2XU ATHLETE, PROFESSIONAL DISTANCE RUNNER
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ABOUT RILEY



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store. He is eager to share his wealth of knowledge in the latest training philosophies, recovery techniques, injury prevention to help runners of all levels to reach their goals.

Learn more about [Riley](#) and [RunAsOne](#)

ABOUT THE INTERMEDIATE HALF MARATHON TRAINING PROGRAM

This program has been designed for those who have been running consistently 4-5 times per week for the past 12+months and looking to improve on their half marathon time. It is an intermediate program to give you the best chance of running a Personal best Half marathon.

TRAINING TERMS

EASY

This level of effort should largely feel easy aerobically but won't 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 can't, you are probably going too hard.

SOLID

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HARD

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***NUTRITION**

You should consume fuel roughly every 45-60mins for events longer than 90mins. Consult a sports dietician for a plan specific to your needs.

KEY ABBREVIATIONS

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W/D

Warm Down

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Time Trial

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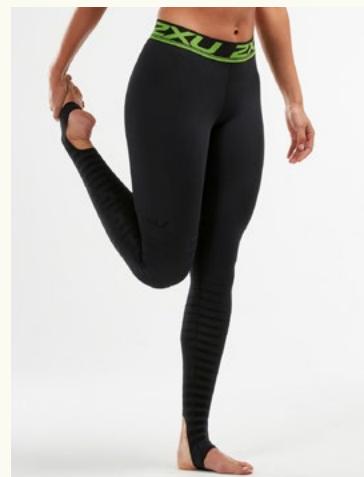
The only training you benefit from is the training you recover from.

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.

As a guide, the training program is broken down into AM and PM, with recovery suggested every PM. Though when you train is totally up to you, we just recommend following any training session up with a solid recovery focus to get you prepped for the next day's session.

PRODUCT FEATURE



[SHOP RECOVERY](#)

GO TO WEEK

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MON

Recovery focus: massage, foam roller, Yoga, etc.

TUES

Session: W/U: 3km easy
Main set: 6x 1km solid run with 1min standing recovery between
W/D: 3km easy

WED

Run: 40mins easy

THUR

Recovery focus: massage, foam roller, Yoga, etc.

FRI

Session: W/U: 20mins easy
Main set: 20mins solid run
W/D: 10mins easy

SAT

X Train: 30-60mins low impact aerobic exercise,
Eg. Bike, Swim, Elliptical

SUN

Long Run: 80mins easy

MON

Recovery focus: massage, foam roller, Yoga, etc.

TUES

Session: W/U: 3km easy
Main set: 8x 600m hard run with 90secs standing recovery between
W/D: 3km easy

WED

Run: 40mins easy

THUR

Recovery focus: massage, foam roller, Yoga, etc.

FRI

Session: W/U: 3km easy
Main set: 4x 5mins solid run with 2mins easy jog recovery between
W/D: 3km easy

SAT

X Train: 30-60mins low impact aerobic exercise,
Eg. Bike, Swim, Elliptical

SUN

Long Run: 90mins easy

MON

Recovery focus: massage, foam roller, Yoga, etc.

TUES

Session: W/U: 3km easy
Main set: 8x 800m hard run with 90secs standing recovery between
W/D: 3km easy

WED

Run: 40mins easy

THUR

Recovery focus: massage, foam roller, Yoga, etc.

FRI

Session: W/U: 3km easy
Main set: 3x 8mins solid run with 2mins easy jog recovery between
W/D: 3km easy

SAT

X Train: 30-60mins low impact aerobic exercise,
Eg. Bike, Swim, Elliptical

SUN

Long Run: 105mins easy

MON

Recovery focus: massage, foam roller, Yoga, etc.

TUES

Session: W/U: 3km easy
Main set: 12x 400m hard run with 60secs standing recovery between
W/D: 3km easy

WED

Run: 40mins easy

THUR

Recovery focus: massage, foam roller, Yoga, etc.

FRI

Session: W/U: 3km easy
Main set: 2x 15mins solid run with 3mins easy jog recovery between
W/D: 3km easy

SAT

Rest Day

SUN

Long Run: 2hrs easy run. Practice nutrition*.

MON

Recovery focus: massage, foam roller, Yoga, etc.

TUES

Session: W/U: 3km easy
Main set: 10x 1min hard run with 1min solid jog recovery between
W/D: 3km easy

WED

Run: 45mins easy

THUR

X Train: 30-60mins low impact aerobic exercise,
Eg. Bike, Swim, Elliptical

FRI

Run: 40mins easy + 4x 100m hard walk
back recovery between

SAT

Rest Day

SUN

Long Run: 90mins easy run last 30mins @ goal half marathon pace. Practice nutrition*.

MON

Recovery focus: massage, foam roller, Yoga, etc.

TUES

Session: W/U: 3km easy
Main set: 4x 1.6km solid run, 2mins standing recovery between
W/D: 3km easy

WED

Run: 40mins easy

THUR

X Train: 30-60mins low impact aerobic exercise,
Eg. Bike, Swim, Elliptical

FRI

Session: W/U: 3km easy
Main set: 3x 12mins solid run, 3mins easy jog recovery between
W/D: 10min easy jog

SAT

Rest Day

SUN

Long Run: 2hrs easy run. Practice nutrition*.

MON

Recovery focus: massage, foam roller, Yoga, etc.

TUES

Session: **W/U:** 3km easy
Main set: 3km, 2km, 1km solid with 2mins standing recovery between
W/D: 3km easy

WED

Run: 40mins easy

THUR

X Train: 30-60mins low impact aerobic exercise,
Eg. Bike, Swim, Elliptical

FRI

Session: **W/U:** 3km easy
Main set: 30mins solid, 4mins easy jog between, 6mins hard to finish
W/D: 3km easy. Practice nutrition*.

SAT

Rest Day

SUN

Taper Long Run: 70mins easy run.

MON

Recovery focus: massage, foam roller, Yoga, etc.

TUES

Session: W/U: 3km easy
Main set: 8x 400m hard with 200m easy jog recovery between
W/D: 3km easy

WED

Run: 40mins easy

THUR

X Train: 30-60mins low impact aerobic exercise,
Eg. Bike, Swim, Elliptical

FRI

Run: 30mins easy + 6x 100m hard walk back to start for recovery

SAT

Rest Day

SUN

Race Day!

Good luck today, trust in your training and go out there and enjoy it