

Brooks 12-Week Half Marathon Training Schedule



Make the commitment

Before you even run your kilometre off a training plan, map out the next few months to make sure you have the time and energy to complete it. Half-marathon training is not a small commitment, and you should consider your current lifestyle before undertaking it. Is this a particularly busy time at work, requiring extra hours of your time? Are your kids involved in heavy travel sports schedules? Look at your calendar, map out your training program, and make sure it doesn't tip your life balance because that will only lead to burnout and/or injury.

Once you're sure you've got the bandwidth for half-marathon training, make a mental commitment. These next few months might require earlier bedtimes, less socializing, and the ability to hit the roads in pre-dawn hours. It's only temporary, of course, but you should want to complete a half-marathon badly enough to make the small sacrifices it requires.

Practice your nutrition

Even if you follow your half-marathon training plan to perfection, if you don't practice good nutrition and fuelling during your long runs, your race day may go off the rails. Start by ensuring you are filling up every day with lots of wholes, nutrient-dense foods. You don't need to count out how many calories come from what food group but do a well-rounded job of including fruits and vegetables, proteins, and yes, carbohydrates, to allow your body to keep up with the demands you're placing on it.

During your long runs, try a variety of different race-ready supplements to rapidly replace the precious glycogen you'll be using during your half-marathon. Try gels, drinks, chews, and other products every week during your long runs. Eventually, you will land on the right formula for your personal needs and tastes. A good, rough guideline is to aim for taking in some calories around the 45-minute mark of each hour, averaging around 30 to 90 grams of carbohydrates per hour. Once you've got your fuelling strategy dialled in, stick with it on race day.



Recover and respect your body

Half-marathon training is a long grind and will take its toll on your muscles and energy. That's why it's so important to pay attention to the little aches and pains that pop up, rest on rest days, and prioritize recovery. The adage "listen to your body" rings very true during half-marathon training. Most injuries don't come out of nowhere, so if you feel a little pain creeping up, take a couple of days of rest right away to try to settle it down. Often that's all it takes, and you can be back to the plan right away. However, if not, seek out a physical therapist or doctor for an evaluation.

When it comes to rest days, most runners aren't big fans, but rest is every bit as important as the actual kilometres of your log. Don't neglect rest or try to squeeze in extra miles — this will only lead to trouble. Instead, think of rest as the reward for all your hard work. Treat your body kindly, and it will do the same in return.



It won't always be perfect

Every runner goes into half-marathon training with the idea that they'll hit each run, and there's nothing wrong with that goal. But the reality is, you will miss some runs, and that's OK. Life will get in the way, and if you hit about 90% of the training, you should be fine.

The best approach may just be focusing on consistency. A missed run here or there will not make a bit of difference to your ability to finish a half-marathon, but a lack of consistency can derail your training plan. What does consistency look like?

Regularly hitting your long runs, the cornerstone of marathon training. Doing the interval or half-marathon race pace training most weeks. Showing up and getting in most of your runs, week after week. That's where the training magic happens.

Following a half-marathon training plan can be a map to race success, but it will only get you so far. Make sure you take care of all the back-end items, too, for the best race-day experience. Rest, nutrition, commitment, and consistency will carry the day.



Week 1 – 15KM Week

Monday: Rest or Cross train
Tuesday: 3.5K run (easy pace), General stretching
Wednesday: Rest or Cross train
Thursday: 4.5K easy run, General stretching
Friday: Rest or Cross train
Saturday: Rest / Strength Train
Sunday: 7K easy run, Stretching and active recovery

Week 2 – 20KM Week

Monday: Rest or Cross train
Tuesday: 4.5K easy run, General stretching
Wednesday: Rest or Cross train
Thursday: 5K easy run, General stretching
Friday: Rest / Strength Training
Saturday: Rest or Cross train
Sunday: 9.5K easy run, Stretching and active recovery

Week 3 – 23.5KM Week

Monday: Rest or Cross train
Tuesday: 5K easy run, General stretching
Wednesday: Rest
Thursday: 7.5K easy run, General stretching
Friday: Rest
Saturday: Rest / Cross Train
Sunday: 11K easy pace, Stretching and active recovery

Week 4 – 22KM Week

Monday: Rest / Cross Train
Tuesday: 8K easy run, General stretching
Wednesday: Rest
Thursday: 5K easy run, General stretching
Friday: Rest
Saturday: 5K easy run, General stretching
Sunday: 4K long run, Stretching and active recovery

Week 5 – 25KM Week

Monday: Rest / Cross Train
Tuesday: 6K easy run, General stretching
Wednesday: Rest / Cross Train
Thursday: 3K easy run, General stretching
Friday: Rest
Saturday: 6K long run, General stretching
Sunday: 10K easy run, Stretching and active recovery

Week 6 – 30KM Week

Monday: Rest
Tuesday: 6K easy run, General stretching
Wednesday: 3K easy run, 6K half goal pace, 3K easy run
Thursday: Rest / Cross Train
Friday: Rest
Saturday: Rest / Cross Train
Sunday: 12K easy run, Stretching and active recovery

Week 7 – 32KM Week

Monday: 8K easy run, General stretching
Tuesday: Rest
Wednesday: 10K easy run (include hill running), General stretching
Thursday: Rest / strength training
Friday: Rest
Saturday: Rest / Cross Train
Sunday: 14K easy run, Stretching and active recovery

Week 8 – 34KM Week

Monday: Rest
Tuesday: 4K easy run, General stretching
Wednesday: Rest
Thursday: 2-3K moderate pace
Friday: 2K easy run, 5K half goal pace, 2K easy run
Saturday: Rest / Cross Train
Sunday: 18K easy run, Stretching and active recovery

Week 9 – 42KM Week

Monday: Rest
Tuesday: 6K easy run, General stretching
Wednesday: Rest
Thursday: 12K easy run (include hill running), General stretching
Friday: 4K moderate pace
Saturday: Rest / Cross Train
Sunday: 20K easy run, Stretching and recovery

Week 10 - 36KM Week

Monday: Rest
Tuesday: 7K easy run, Active stretching
Wednesday: Rest / Cross Train
Thursday: 2K easy run, 6K half goal pace, 2K easy run
Friday: 3K moderate pace
Saturday: Rest / Cross Train
Sunday: 16K easy run, Stretching and active recovery

Week 11- 38KM Week

Monday: Rest
Tuesday: 4K easy run, Active stretching
Wednesday: Rest
Thursday: 2K easy run, 8K half goal pace, 2K easy run
Friday: 4K moderate pace
Saturday: Rest / Cross Train
Sunday: 18K easy run, Stretching and recovery

Week 12 – 12KM Week/ Race Week

Monday: 3K easy run, General stretching
Tuesday: Rest
Wednesday: 6K easy run, General stretching
Thursday: Rest / Cross Train
Friday: 2-3K moderate pace
Saturday: Rest / Cross Train
Sunday: Race Day!

