

Beginner Half

Distance in Km's						Long Run			
Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total	Milestones
1	3	Rest	5	Rest	3	7	Rest	18	
2	5	Rest	5	Rest	3	8	Rest	21	Distance covered in week 2
3	6	Rest	6	Rest	4	9	Rest	25	
4	7	Rest	6	Rest	5	10	Rest	28	Half the distance covered
5	7	Rest	7	Rest	5	11	Rest	30	Half the distance covered
6	Rest	Rest	7	Rest	5	14	Rest	26	Recovery week (3 days run)
7	7	Rest	7	Rest	5	16	Rest	35	
8	7	Rest	7	Rest	5	17	Rest	36	Longest distance week
9	7	Rest	8	Rest	Rest	18	Rest	33	Longest long run
10	7	Rest	7	Rest	5	14	Rest	33	
11	5	Rest	7	Rest	5	13	Rest	30	
12	5	Rest	Rest	Walk 4 km	Rest	Rest	21.1	26.1	Finished. Celebrate!