

JETTY 2 FUN RUN JETTY

EXAMPLE HALF MARATHON PROGRAM - NOVICE LEVEL

Week	Monday	Tuesday*	Wednesday**	Thursday	Friday	Saturday	Sunday
1	Rest	5km run	Rest or cross-train	6km run	Rest	Parkrun / 5km run	Long slow run 8km
2	Rest	5km run	Rest or cross-train	6km run	Rest	Parkrun / 5km run	Long slow run 10km
3	Rest	5km run	Rest or cross-train	6km run	Rest	Parkrun / 5km run	Long slow Run 12km
4	Rest	6km run	Rest or cross-train	6km run	Rest	Parkrun / 5km run	Long slow run 14km
5	Rest	6km run	Rest or cross-train	7km run	Rest	Parkrun / 5km run	Long slow run 16km
6	Rest	6km run	Rest or cross-train	7km run	Rest	Parkrun / 5km run	Long slow run 18km
7	Rest	6km run	Rest or cross-train	7km run	Rest	Parkrun / 5km run	Long slow run 12km
8	Rest	6km run	Rest or cross-train	8km run	Rest	Parkrun / 5km run	Long slow run 14km
9	Rest	5km run	Rest or cross-train	8km run	Rest	Parkrun / 5km run	Long slow run 16km
10	Rest	5km run	Rest or cross-train	8km run	Rest	Parkrun / 5km run	Long slow run 14km
11	Rest	5km run	Rest or cross-train	6km run	Rest	Parkrun / 5km run	Long slow run 12km
12	Rest	5km run	Rest	Easy Run - 5km	Rest	REST	Half Marathon Race Day!

*Include speedwork on Tuesday runs. For example a few sprints throughout the distance.

**Wednesday - while a rest day from running, you could use this day for light exercise such as walking/swimming/fitness class

Prepared by

