



FREE TRAINING PLAN

8 Week Half Marathon Training Plan

A first half-marathon plan for runners building endurance before choosing a target-time goal.

TARGET

Finish / build endurance

The outcome this plan is built around.

RACE PACE

Comfortable effort

The main rhythm to understand before starting.

BLOCK

8 week endurance build

The training structure for this plan.

IS THIS PLAN RIGHT FOR YOU?

Best suited to runners who are comfortable with 5k or 10k and want to build toward finishing the half marathon distance.



FOLLOW THE PLAN IN THE APP

Scan to get RunningFastr on iPhone

<https://apps.apple.com/gb/app/runningfastr/id6759058880>

<https://www.runningfastr.com/half-marathon-training-plan/8-week-half-marathon-training-plan/>

Weeks 1-2: Build the habit and distance

Keep the effort comfortable and build repeatable weekly rhythm before worrying about target pace.

Monday

REST / CROSS-TRAIN / RECOVERY

Rest or cross-train

Keep this genuinely easy. Bike, swim, mobility or full rest all count if they leave you fresher.

Tuesday

EASY RUN / BREAKEVEN

30mins easy

Comfortable aerobic running. This is the glue of half-marathon training, not a hidden race. | Pace: Comfortable conversational effort

Wednesday

REST / CROSS-TRAIN / RECOVERY

Rest or cross-train

Keep this genuinely easy. Bike, swim, mobility or full rest all count if they leave you fresher.

Thursday

EASY RUN / BREAKEVEN

30-40mins easy

Comfortable aerobic running. This is the glue of half-marathon training, not a hidden race. | Pace: Comfortable conversational effort

Friday

REST / CROSS-TRAIN / RECOVERY

Rest or cross-train

Keep this genuinely easy. Bike, swim, mobility or full rest all count if they leave you fresher.

Saturday

EASY RUN / BREAKEVEN

30mins easy

Comfortable aerobic running. This is the glue of half-marathon training, not a hidden race. | Pace: Comfortable conversational effort

Sunday

LONG RUN / BREAKEVEN

Long run, gentle pace: 45-60 mins

Build the endurance that lets half-marathon pace stay steady in the final miles. | Note: Gentle, controlled effort

Weeks 3-4: Extend the long run

Add endurance gradually while keeping one steady midweek touchpoint under control.

Monday	REST / CROSS-TRAIN / RECOVERY Rest or cross-train Keep this genuinely easy. Bike, swim, mobility or full rest all count if they leave you fresher.
Tuesday	EASY RUN / BREAKEVEN 35-45mins easy Comfortable aerobic running. This is the glue of half-marathon training, not a hidden race. Pace: Comfortable conversational effort
Wednesday	REST / CROSS-TRAIN / RECOVERY Rest or cross-train Keep this genuinely easy. Bike, swim, mobility or full rest all count if they leave you fresher.
Thursday	TEMPO RUN / BREAKEVEN Steady controlled run A steady but comfortable effort. You should finish feeling you could have done a little more. Pace: Comfortable-steady, not a race effort
Friday	REST / CROSS-TRAIN / RECOVERY Rest or cross-train Keep this genuinely easy. Bike, swim, mobility or full rest all count if they leave you fresher.
Saturday	EASY RUN / BREAKEVEN 30mins easy Comfortable aerobic running. This is the glue of half-marathon training, not a hidden race. Pace: Comfortable conversational effort
Sunday	LONG RUN / BREAKEVEN Long run, gentle pace: 60-75 mins Build the endurance that lets half-marathon pace stay steady in the final miles. Note: Gentle, controlled effort

Weeks 5-6: Prepare for the distance

Practise longer time on feet and controlled running without turning the plan into a survival test.

Monday

EASY RUN / BREAKEVEN

30mins easy

Comfortable aerobic running. This is the glue of half-marathon training, not a hidden race. | Pace: Comfortable conversational effort

Tuesday

REST / CROSS-TRAIN / RECOVERY

Rest or cross-train

Keep this genuinely easy. Bike, swim, mobility or full rest all count if they leave you fresher.

Wednesday

EASY RUN / BREAKEVEN

45mins easy

Comfortable aerobic running. This is the glue of half-marathon training, not a hidden race. | Pace: Comfortable conversational effort

Thursday

PACED RUN / BREAKTHROUGH

Comfortable 10k effort

Use this as a confidence check, not an all-out test. | Note: Comfortable 10k completion check

Friday

REST / CROSS-TRAIN / RECOVERY

Rest or cross-train

Keep this genuinely easy. Bike, swim, mobility or full rest all count if they leave you fresher.

Saturday

EASY RUN / BREAKEVEN

30mins easy

Comfortable aerobic running. This is the glue of half-marathon training, not a hidden race. | Pace: Comfortable conversational effort

Sunday

LONG RUN / BREAKEVEN

Long run, gentle pace: 75-90 mins

Build the endurance that lets half-marathon pace stay steady in the final miles. | Note: Gentle, controlled effort

Weeks 7-8: Freshen up and finish

Reduce the pressure, keep the legs ticking over, and arrive fresh enough to enjoy the event.

Monday	REST / CROSS-TRAIN / RECOVERY Rest or cross-train Keep this genuinely easy. Bike, swim, mobility or full rest all count if they leave you fresher.
Tuesday	EASY RUN / BREAKEVEN 30mins easy Comfortable aerobic running. This is the glue of half-marathon training, not a hidden race. Pace: Comfortable conversational effort
Wednesday	REST / CROSS-TRAIN / RECOVERY Rest or cross-train Keep this genuinely easy. Bike, swim, mobility or full rest all count if they leave you fresher.
Thursday	EASY RUN / BREAKEVEN 30mins easy with a few relaxed strides Comfortable aerobic running. This is the glue of half-marathon training, not a hidden race. Pace: Comfortable conversational effort
Friday	REST / CROSS-TRAIN / RECOVERY Rest or cross-train Keep this genuinely easy. Bike, swim, mobility or full rest all count if they leave you fresher.
Saturday	EASY RUN / BREAKEVEN 20-30mins very easy Comfortable aerobic running. This is the glue of half-marathon training, not a hidden race. Pace: Comfortable conversational effort
Sunday	RACE / LONG RUN / BREAKTHROUGH Half marathon effort Run controlled from the start. The goal is to finish well, not win mile one.

Paces and session guide

RACE PACE

Comfortable effort

Required rhythm for Finish / build endurance.

KILOMETRE PACE

Comfortable effort

Useful for GPS watches and kilometre markers.

TREADMILL EQUIVALENT

Easy aerobic effort

Approximate treadmill conversion where relevant.

800M SPLIT

N/A

Used for faster repeat work on target-time plans.

2KM SPLIT

N/A

Useful for race-pace repetition sessions.

10K CHECKPOINT

Comfortable 10k

A helpful benchmark for half-marathon readiness.

Breakeven sessions

These sessions maintain aerobic fitness, build durability and help you recover for the harder work.

Easy runs

Keep these at Comfortable conversational effort. The point is to arrive fresher, not to collect medals on Strava.

Long runs

Build time on feet gradually. The long run supports the race target, but should not turn every Sunday into a war story.

Rest / cross-training

Use easy cycling, swimming, mobility or full rest to absorb the impact of the running.

Breakthrough sessions

These are the harder touchpoints that move the target from dream pace to controlled rhythm.

Tempo runs

Run these at Comfortable-steady, not a race effort. Strong, controlled and sustainable.

2km reps

Use N/A per 2km as a race-pace rhythm check with jogged recovery.

10k paced effort

Comfortable 10k completion check. This gives a useful readiness check before a half-marathon PB attempt.

1km / 800m reps

Use Controlled 10k-style effort for faster work, but keep the final reps tidy rather than desperate.

How to use this plan

1. Start from current fitness, not the dream target. If the target pace already feels impossible in short controlled efforts, bridge first.
2. Keep easy runs easy. Half-marathon progress depends on absorbing the work, not making every session medium-hard.
3. Use the long run to build confidence and durability. Do not race it every week.
4. Repeat the cycle or sharpen toward race day once the key sessions feel controlled and your recovery is stable.
5. If injury risk rises, reduce the load before the plan starts making decisions for you.

YOUR NEXT PB

Sub 2 Hour Half Marathon Training Plan

<https://www.runningfastr.com/half-marathon-training-plan/sub-2-hour-half-marathon-training-plan/>

Free plan. No subscription required. Pick your target, follow the plan, run faster.

Training guidance is general information, not personalised medical advice. Reduce or stop training if pain changes your stride or worsens.