PB PROTOCOL

TRAINING PROGRAM

HALF-MARATHON (BEGINNERS)

BY HOKA

PB PROTOCOL

YOUR 12-WEEK HALF-MARATHON TRAINING PLAN FOR BEGINNERS

This plan is designed for runners who have progressed from
non-runner to 5k to 10k and who are now looking to take on
a half-marathon. This schedule is not targeting a time more that
you are able to complete the half-marathon.

Don't forget your warm-up and warm-down:
Start and end each training session
with a 5 minute walk to help you warm-up and cool-down your
muscles, minimizing the risk of injury.

HALF-MARATHON (BEGINNERS)

BY HOKA

WEEK 1

HALF-MARATHON PROGRAM (BEGINNERS)

MONDAY
Total time: 45 mins

- Easy run 30 mins
- 100m stride, 100m walk Repeat 4x

TUESDAY

Rest

WEDNESDAY
Total time: 40 mins

Jog 30 mins, starting slow and increasing pace as you progress

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THURSDAY

Rest

FRIDAY
Total time: 40 mins

Easy run 30 mins

SATURDAY

Rest

SUNDAY
Total time: 45 mins

Easy run 35 mins

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WEEK 2

HALF-MARATHON PROGRAM (BEGINNERS)

MONDAY
Total time: 45 mins
- Easy run 30 mins
- 100m stride, 100m walk Repeat 4x

TUESDAY
Rest

WEDNESDAY
Total time: 45 mins
Steady jog 35 mins

THURSDAY
Rest

FRIDAY
Total time: 40 mins
Easy run 30 mins

SATURDAY
Rest

SUNDAY
Total time: 50 mins
Easy run 40 mins

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WEEK 3

HALF-MARATHON PROGRAM (BEGINNERS)

MONDAY
Total time: 45 mins

- Easy run 30 mins
- 100m stride, 100m walk Repeat 4x

TUESDAY

Rest

WEDNESDAY
Total time: 45 mins

- Easy run 10 mins
- 100m stride, 100m walk Repeat 2/3x
- 1 min run at 60% pace, 1 min walk Repeat 10x
- Easy run 10 mins

THURSDAY

Rest

FRIDAY
Total time: 45 mins

Easy run 35 mins

SATURDAY

Rest

SUNDAY
Total time: 1 hour

Easy run 50 mins

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WEEK 4

HALF-MARATHON PROGRAM (BEGINNERS)

MONDAY
Total time: 45 mins
- Easy run 30 mins
- 100m stride, 100m walk Repeat 4x

TUESDAY
Rest

WEDNESDAY
Total time: 55 mins
- Easy run 10 mins
- 100m stride, 100m walk Repeat 2/3x
- 5x 1 min run at 60% pace, 30s walk, rest 2 mins Repeat 3x
- Easy run 10 mins

THURSDAY
Rest

FRIDAY
Total time: 40 mins
Easy run 30 mins

SATURDAY
5km run at 60/70% pace

SUNDAY
Total time: 1 hour 10 min
Easy run 60 mins

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WEEK 5

HALF-MARATHON PROGRAM (BEGINNERS)

MONDAY
Total time: 45 mins

- Easy run 30 mins
- 100m stride, 100m walk Repeat 4x

TUESDAY

Rest

WEDNESDAY
Total time: 55 mins

- Easy run 10 mins
- 100m stride, 100m walk Repeat 2/3x
- 2 mins run at 60% pace, 1 min walk Repeat 10x
- Easy run 10 mins

THURSDAY

Rest

FRIDAY
Total time: 45 mins

Easy run 35 mins

SATURDAY

5km run at 60/70% pace

SUNDAY
Total time: 1 hour 10 min

Jog 1 hour: 20 mins easy pace, increase pace steadily to 60% by end

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WEEK 6

HALF-MARATHON PROGRAM (BEGINNERS)

MONDAY
Total time: 45 mins
- Easy run 30 mins
- 100m stride, 100m walk Repeat 4x

TUESDAY
Rest

WEDNESDAY
Total time: 1 hour
- Easy run 10 mins
- 100m stride, 100m walk Repeat 2/3x
- 3 mins run at 60% pace, 1 min walk Repeat 8x
- Easy run 10 mins

THURSDAY
Rest

FRIDAY
Total time: 45 mins
Easy run 35 mins

SATURDAY
Rest

SUNDAY
Total time: 1 hour
10km easy run

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WEEK 7

HALF-MARATHON PROGRAM (BEGINNERS)

MONDAY
Total time: 45 mins

- Easy run 30 mins
- 100m stride, 100m walk Repeat 4x

TUESDAY

Rest

WEDNESDAY
Total time: 1 hour

- Easy run 10 mins
- 100m stride, 100m walk Repeat 2/3x

- Jog 3 mins, walk 1 min
- Jog 2 mins, walk 1 min
- Jog 1 min, walk 1 min
- Rest 2 mins

Repeat 3x

- Easy run 10 mins

THURSDAY

Rest

FRIDAY
Total time: 45 mins

Easy run 35 mins

SATURDAY

Rest

SUNDAY
Total time: 1 hour 10 mins

Easy run 1 hour

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WEEK 8

HALF-MARATHON PROGRAM (BEGINNERS)

MONDAY
Total time: 45 mins

- Easy run 30 mins
- 100m stride, 100m walk Repeat 4x

TUESDAY

Rest

WEDNESDAY
Total time: 50 mins

- Easy run 10 mins
- 100m stride, 100m walk Repeat 2/3x
- Jog 3 mins (60% pace), walk 1 min
- Jog 2 mins (60% pace), walk 1 min
- Jog 1 min (60% pace), walk 1 min
- Easy jog 3 mins

Repeat 2x

- Easy run 10 mins

THURSDAY

Rest

FRIDAY
Total time: 45 mins

Easy run 35 mins

SATURDAY

Rest

SUNDAY

Easy run 13km

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WEEK 9

HALF-MARATHON PROGRAM (BEGINNERS)

MONDAY
Total time: 45 mins
- Easy run 30 mins
- 100m stride, 100m walk Repeat 4x

TUESDAY

Rest

WEDNESDAY
Total time: 1 hour
- Easy run 10 mins
- 100m stride, 100m walk Repeat 2/3x
- 1km run at 60/70% pace, walk 2 mins Repeat 6x
- 1 min stride, 1 min walk Repeat 6x
- Easy run 10 mins

THURSDAY

Rest

FRIDAY
Total time: 45 mins

Easy run 35 mins

SATURDAY

Rest

SUNDAY
Total time: 1 hour 10 mins

Easy run 60 mins

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WEEK 10

HALF-MARATHON PROGRAM (BEGINNERS)

MONDAY
Total time: 45 mins
- Easy run 30 mins
- 100m stride, 100m walk Repeat 4x

TUESDAY
Rest

WEDNESDAY
Total time: 1 hour 10 mins
- Easy run 10 mins
- 100m stride, 100m walk Repeat 2/3x
- 1km run at 50/60% pace, walk 2 mins Repeat 8x
- Easy run 10 mins

THURSDAY
Rest

FRIDAY
Total time: 45 mins
Easy run 35 mins

SATURDAY
Rest

SUNDAY
Easy run 16km

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WEEK 11

HALF-MARATHON PROGRAM (BEGINNERS)

MONDAY
Total time: 45 mins

- Easy run 30 mins
- 100m stride, 100m walk Repeat 4x

TUESDAY

Rest

WEDNESDAY
Total time: 45 mins

- Easy run 10 mins
- 100m stride, 100m walk Repeat 2/3x
- 1 min run at 60% pace, 1 min walk Repeat 10x
- Easy run 10 mins

THURSDAY

Rest

FRIDAY
Total time: 45 mins

Easy run 35 mins

SATURDAY

5km run at 60/70% pace

SUNDAY
Total time: 1 hour 10 mins

Easy run 60 mins

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WEEK 12

HALF-MARATHON PROGRAM (BEGINNERS)

MONDAY
Total time: 45 mins

- Easy run 30 mins
- 100m stride, 100m walk Repeat 4x

TUESDAY

Rest

WEDNESDAY
Total time: 1 hour 10 mins

- Easy run 10 mins
- 100m stride, 100m walk Repeat 2/3x

- Jog 5 mins (50/60% pace), walk 1 min
- Jog 4 mins (50/60% pace), walk 1 min
- Jog 3 mins (50/60% pace), walk 1 min
- Jog 2 mins (50/60% pace), walk 1 min
- Jog 1 min (50/60% pace), walk 1 min

- Easy run 10 mins

THURSDAY

Rest

FRIDAY
Total time: 35 mins

Easy run 25 mins

SATURDAY

Rest

SUNDAY

Half-Marathon Day!