

12 weeks training program for beginners

Almost everyone can complete a half marathon. However, not everyone can run a half marathon and still feel good afterwards.

The beginners program is aimed at those who can do a short run, but it's not something you do regularly.

So you need to be very careful when you start regular training. Make sure you listen to your body and the signals it sends you. If regular exercise makes you sore, take a day off and run a little shorter the next time you head out the door. You can also alternate between running and walking so that you slowly get used to running regularly.

The idea is to slowly increase the kilometers in the long run to reach 15 kilometers in a row.

If you can run 15 kilometers in training alone, you can also complete the half marathon distance with a bib-number on your stomach and the roar from the crowd to push you forward.

Good advice

- Run in normal running shoes as much as possible, save any carbon shoes for the competition (if you have carbon shoes, they should be tested before the race for some runs. But avoid them as your daily running shoes).

- The training plan for intermediate and advanced runners are set on three running days, while the advanced program is set with four days. You can always swap the days around, but you should not have two hard days in a row. You also need to make sure you recover enough. In other words, remember to take a day off between runs.

- Pace. Be realistic with your half marathon goal. If you've never run before, try testing yourself. If you have a GPS watch, see how long it takes to run 3 kilometers at an "elevated" pace - you may be a little out of breath.

About calculations

- Intervals are included to help you get used to your half-marathon pace.

- If you want to try a faster pace to see if you can run faster, try breaking it up into smaller chunks than what is written in the program and run about 3-5 seconds faster per kilometer.

- You can buy many different gadgets and things, but running is a simple and low-equipment sport. However, we can recommend a GPS watch to keep track of distance and, to some extent, pace. Keep in mind that you can teach your body to maintain a certain pace within your capacity.

How to read the programme

All training days in the beginner programme are listed with runs at 'easy pace'. Here you run at a pace where you can control your breathing and keep a steady heart rate at a pace that you can maintain throughout the training.

If you want to include intervals to boost your half marathon pace (time pr. kilometer) you can get inspiration in the programme for intermediate runners. Find information in the description for the intermediate programme. Always begin running in an easy pace to warm up and make sure to take a 90-second break between intervals. End each run with 1 or 2 kilometres in an easy pace.

Take care and enjoy your progress - we believe in you.

Beginners

WEEK 1

Monday:
 Tuesday: 4 km. easy
 Wednesday:
 Thursday: 4 km. easy
 Friday:
 Saturday: 7 km. easy
 Sunday:

WEEK 4

Monday:
 Tuesday: 6 km. easy
 Wednesday:
 Thursday: 5 km. easy
 Friday:
 Saturday: 10 km. easy
 Sunday:

WEEK 7

Monday:
 Tuesday: 7 km. easy
 Wednesday:
 Thursday: 5 km. easy
 Friday:
 Saturday: 11 km. easy
 Sunday:

WEEK 10

Monday:
 Tuesday: 10 km. easy
 Wednesday:
 Thursday: 5 km. easy
 Friday:
 Saturday: 14 km. easy
 Sunday:

WEEK 2

Monday:
 Tuesday: 5 km. easy
 Wednesday:
 Thursday: 5 km. easy
 Friday:
 Saturday: 8 km. easy
 Sunday:

WEEK 5

Monday:
 Tuesday: 6 km. easy
 Wednesday:
 Thursday: 5 km. easy
 Friday:
 Saturday: 10 km. easy
 Sunday:

WEEK 8

Monday:
 Tuesday: 8 km. easy
 Wednesday:
 Thursday: 5 km. easy
 Friday:
 Saturday: 13 km. easy
 Sunday:

WEEK 11

Monday:
 Tuesday: 10 km. easy
 Wednesday:
 Thursday: 5 km. easy
 Friday:
 Saturday: 15 km. easy
 Sunday:

WEEK 3

Monday:
 Tuesday: 5 km. easy
 Wednesday:
 Thursday: 5 km. easy
 Friday:
 Saturday: 8 km. easy
 Sunday:

WEEK 6

Monday:
 Tuesday: 7 km. easy
 Wednesday:
 Thursday: 5 km. easy
 Friday:
 Saturday: 11 km. easy
 Sunday:

WEEK 9

Monday:
 Tuesday: 8 km. easy
 Wednesday:
 Thursday: 5 km. easy
 Friday:
 Saturday: 13 km. easy
 Sunday:

RACEWEEK

Monday:
 Tuesday: 5 km. easy
 Wednesday:
 Thursday: 5 km. easy
 Friday:
 Saturday:
 Sunday: CPH Half