

Start strong with the 12-week beginner training plan

A half marathon might seem like a big challenge – but with the right mindset and a bit of patience, it's a goal well within your reach. Our free 12-week training plan is for you if you've done a bit of running already but need structure and motivation to go further.

Run at your own pace

This plan isn't about speed – it's about consistency. In the beginning, it's absolutely fine to alternate between walking and running. The plan is designed to fit into everyday life, allowing you to build gradually. Give your body time to adjust and don't hesitate to take an extra rest day when needed.

Small steps – big progress

The plan slowly increases your distance, helping you work up to running 15 km in training. That's more than enough to complete the 21.0975 km on race day – especially with thousands of spectators and an electric race atmosphere cheering you on.

Stay motivated

Running three times a week is enough. You'll get variety, rest days, and the feeling of steady progress. Consider using a running watch to track your development, but don't let the numbers take the joy out of your runs. And remember: It's always more fun to train with a friend who's also signed up.

How to read your program

You'll encounter days with a leisurely pace and days where you need a little more speed in your legs. Use warm-up and cool-down jogs to start and end your runs. You'll find the pace and structure in the program itself – and you'll quickly find out what works for you.

If you want to challenge yourself along the way, you can add a few intervals from the intermediate plan. The most important thing is to stick with it – week by week.

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