

12-WEEK ROCK HALL HALF MARATHON Beginner Training Schedule

WK	TUESDAY	THURSDAY	FRIDAY	SUNDAY (LONG)
1	Easy Run - 2 mi	Tempo Run - 2 mi	Recovery Run - 1 mi	4 mi
2	Easy Run - 2-3 mi	Tempo Run - 2 mi	Recovery Run - 1 mi	5 mi
3	Easy Run - 3 mi	Tempo Run - 3 mi	Recovery Run - 1-2 mi	6 mi
4	Easy Run - 3 mi	Tempo Run - 3 mi	Recovery Run - 2 mi	7 mi
5	Easy Run - 3-4 mi	Tempo Run - 4 mi	Recovery Run - 2 mi	8 mi
6	Easy Run - 4 mi	Race Pace Run - 4 mi	Recovery Run - 2 mi	9 mi
7	Easy Run - 4-5 mi	Race Pace Run - 4 mi	Recovery Run - 2 mi	10 mi
8	Easy Run - 5 mi	Race Pace Run - 5 mi	Recovery Run - 2 mi	10-11 mi
9	Easy Run - 5 mi	Tempo Run - 5 mi	Recovery Run - 2 mi	11 mi
10	Easy Run - 4-5 mi + strides x 4	Race Pace Run - 5 mi	Recovery Run - 2 mi	12 mi
11	Easy Run - 4 mi	Easy Run - 3 mi	Recovery Run - 1-2 mi	8 mi
12	Easy Run - 3 mi	Easy Run - 2 mi	Rest	Race Day - 13.1 mi

Beginner Training Guide

WEEKLY SCHEDULE

Monday	Rest or cross-train
Tuesday	Easy run
Wednesday	Strength or mobility
Thursday	Tempo or race pace run
Friday	Recovery run
Saturday	Rest
Sunday	Long run

PACE GUIDELINES

Easy Runs	Comfortable conversational pace.
Tempo Runs	Steady effort that feels "comfortably hard."
Race Pace Runs	Practice your likely half marathon pace.
Long Runs	Run these slow. The goal is endurance, not speed.

BEGINNER NOTES

- Walk breaks are completely acceptable.
- If overly fatigued, repeat a week instead of increasing mileage.
- Prioritize finishing healthy over running every mile fast.
- Long runs are the most important workout each week.

OPTIONAL RUN/WALK STRATEGY

New beginner	2 min run / 1 min walk
Beginner	4 min run / 1 min walk
Intermediate beginner	9 min run / 1 min walk

SIMPLE STRENGTH ROUTINE (1-2x WEEKLY)

- Squats
- Lunges
- Calf raises
- Glute bridges
- Planks

Keep sessions short (15-25 minutes).

12-WEEK ROCK HALL HALF MARATHON Intermediate Training Schedule

WK	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Easy Run - 4 mi	Recovery Run - 3 mi	Tempo Run - 4 mi	Recovery Run - 2 mi	Easy Run - 3 mi	7 mi
2	Easy Run - 4-5 mi	Recovery Run - 3 mi	Tempo Run - 5 mi	Recovery Run - 2 mi	Easy Run - 3 mi	8 mi
3	Easy Run - 5 mi	Recovery Run - 3 mi	Tempo Run - 5 mi	Recovery Run - 2 mi	Easy Run - 4 mi	9 mi
4	Easy Run - 5 mi	Recovery Run - 3 mi	Tempo Run - 6 mi	Recovery Run - 2 mi	Easy Run - 4 mi	10 mi
5	Easy Run - 5-6 mi	Recovery Run - 3 mi	Race Pace Run - 6 mi	Recovery Run - 2-3 mi	Easy Run - 4 mi	10 mi
6	Easy Run - 6 mi	Recovery Run - 3 mi	Race Pace Run - 6 mi	Recovery Run - 3 mi	Easy Run - 4-5 mi	11 mi
7	Easy Run - 6 mi	Recovery Run - 4 mi	Tempo Run - 7 mi	Recovery Run - 3 mi	Easy Run - 5 mi	12 mi
8	Easy Run - 5 mi + strides x 4	Recovery Run - 3 mi	Race Pace Run - 7 mi	Recovery Run - 3 mi	Easy Run - 5 mi	12-13 mi
9	Easy Run - 6 mi	Recovery Run - 4 mi	Tempo Run - 7 mi	Recovery Run - 3 mi	Easy Run - 5 mi	11 mi
10	Easy Run - 5-6 mi + strides x 6	Recovery Run - 3 mi	Race Pace Run - 8 mi	Recovery Run - 3 mi	Easy Run - 4 mi	10 mi
11	Easy Run - 5 mi	Recovery Run - 3 mi	Tempo Run - 5 mi	Recovery Run - 2 mi	Easy Run - 3 mi	8 mi
12	Easy Run - 4 mi	Recovery Run - 2 mi	Easy Run - 3 mi	Rest	Shakeout Run - 2 mi	Race Day - 13.1 mi

Intermediate Training Guide

Weekly Schedule

Monday	Rest or cross-train
Tuesday	Easy run
Wednesday	Recovery run
Thursday	Tempo or race pace run
Friday	Recovery run
Saturday	Easy run
Sunday	Long run

Pace Guidelines

Easy Runs	Comfortable conversational pace.
Tempo Runs	Comfortably hard effort; improves endurance
Race Pace Runs	Practice your goal half marathon pace.
Long Runs	Slow steady effort; focused on aerobic endurance

Intermediate Notes

- Most runs should still feel easy - avoid racing training runs.
- Long-run fueling becomes important beyond 8-9 miles.
- Consider practicing race nutrition during weeks 6-10.
- Taper weeks are important – trust the reduced mileage before race day

Optional Speed Additions

Tuesday	4-6 strides (20-30 seconds fast with full recovery)
Saturday	4-6 strides (20-30 seconds fast with full recovery)
Every other week	Hills 6 x 45-60 seconds uphill

SIMPLE STRENGTH ROUTINE (1-2x WEEKLY)

- Squats
- Lunges
- Calf raises
- Glute bridges
- Core work
- Hip Mobility
- Planks

Keep harder sessions away from long run day