



Running Divas 12 Week Half Marathon Beginner Run Program

NOTE You can change the days of your programmed sessions around to suit you
 This program is for beginner runners with the goal of running a Half Marathon
 Key criteria

- No running more than 2 days in a row
- Break of one day in between each strength session
- Must have one full rest day each week
- If you do Park Run on a Sat change the other runs to ensure that you are not running more than 2 days in a row, this is to make sure you have plenty of recovery & can run each session with fresh legs

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	Running Divas Strength program	Warm up drills Run 5kms Steady pace Stretch & foam roll	Running Divas Strength program	Warm up drills 1km easy run Run 400m steady & 400m faster for 4kms Stretch & foam roll	Xtraining 45mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Warm up drills Run 6kms Steady pace Stretch & foam roll
2	Rest	Running Divas Strength program	Warm up drills Run 5kms Steady pace Stretch & foam roll	Running Divas Strength program	Warm up drills 1km easy run Run 400m steady & 400m faster for 5kms Stretch & foam roll	Xtraining 45mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Warm up drills Run 8kms Steady pace Stretch & foam roll
3	Rest	Running Divas Strength program	Warm up drills Run 5kms Steady pace Stretch & foam roll	Running Divas Strength program	Warm up drills 1km easy run Run 400m steady & 400m faster for 6kms Stretch & foam roll	Xtraining 45mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Warm up drills Run 10kms Steady pace Stretch & foam roll



Running Divas 12 Week Half Marathon Beginner Run Program

NOTE You can change the days of your programmed sessions around to suit you
This program is for beginner runners with the goal of running a Half Marathon

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4	Rest	Running Divas Strength program	Warm up drills Run 5kms Steady pace Stretch & foam roll	Running Divas Strength program	Warm up drills 1km easy run Run 200m steady & 200m faster for 4kms Stretch & foam roll	Xtraining 45mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Warm up drills Run 6kms Steady pace Stretch & foam roll
5	Rest	Running Divas Strength program	Warm up drills Run 5kms Steady pace Stretch & foam roll	Running Divas Strength program	Warm up drills 1km easy run Run 400m steady & 400m faster for 5kms Stretch & foam roll	Xtraining 45mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Warm up drills Run 12kms Steady pace Stretch & foam roll
6	Rest	Running Divas Strength program	Warm up drills Run 5kms Steady pace Stretch & foam roll	Running Divas Strength program	Warm up drills 1km easy run Run 400m steady & 400m faster for 6kms Stretch & foam roll	Xtraining 45mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Warm up drills Run 14kms Steady pace Stretch & foam roll



Running Divas 12 Week Half Marathon Beginner Run Program

NOTE You can change the days of your programmed sessions around to suit you
This program is for beginner runners with the goal of running a Half Marathon

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7	Rest	Running Divas Strength program	Warm up drills Run 5kms Steady pace Stretch & foam roll	Running Divas Strength program	Warm up drills 1km easy run Run 200m steady & 200m faster for 4kms Stretch & foam roll	Xtraining 45mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Warm up drills Run 16kms Steady pace Stretch & foam roll
8	Rest	Running Divas Strength program	Warm up drills Run 5kms Steady pace Stretch & foam roll	Running Divas Strength program	Warm up drills 1km easy run Run 400m steady & 400m faster for 5kms Stretch & foam roll	Xtraining 45mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Warm up drills Run 12kms Steady pace Stretch & foam roll
9	Rest	Running Divas Strength program	Warm up drills Run 5kms Steady pace Stretch & foam roll	Running Divas Strength program	Warm up drills 1km easy run Run 400m steady & 400m faster for 6kms Stretch & foam roll	Xtraining 45mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Warm up drills Run 18kms Steady pace Stretch & foam roll



Running Divas 12 Week Half Marathon Beginner Run Program

NOTE You can change the days of your programmed sessions around to suit you
This program is for beginner runners with the goal of running a Half Marathon

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10	Rest	Running Divas Strength program	Warm up drills Run 5kms Steady pace Stretch & foam roll	Running Divas Strength program	Warm up drills 1km easy run Run 200m steady & 200m faster for 4kms Stretch & foam roll	Xtraining 45mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Warm up drills Run 16kms Steady pace Stretch & foam roll
11	Rest	Running Divas Strength program No Legs	Warm up drills Run 5kms Steady pace Stretch & foam roll	Running Divas Strength program No Legs	Warm up drills 1km easy run Run 200m steady & 200m faster for 4kms Stretch & foam roll	Xtraining 45mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Warm up drills Run 14kms Steady pace Stretch & foam roll
12	Rest	Running Divas Strength program No Legs	Warm up drills Run 5kms Steady pace Stretch & foam roll	Running Divas Strength program No Legs	Xtraining 30mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Rest	Half Marathon