

# R U N N I N G   P L A N



## **12-Week Beginner Half Marathon Plan**

**Goal: Comfortably complete a half marathon (21.1 km).**

**For: Total beginners - no pace targets.**



## ✓ **STRUCTURE**

- **3 runs/week (choose your days - avoid back-to-back runs).**
- **3 recovery/mobility sessions/week (included in plan).**
- **1 full rest day/week minimum.**



## **GENERAL GUIDELINES**

**Detailed to take you through a smooth running journey, and minimizing the anxiety that comes with starting a new hobby!**

## What to Wear

**Shoes:** Go to a running store, get fitted. Comfort > brand - Avoid carbon plated shoes.

**Socks:** Synthetic, merino, or any running socks — avoid cotton (blister risk).

**Clothing:** Moisture-wicking shirt and shorts/leggings - if you live in colder weather, layer up so you can remove clothing pieces once warmed up.

**Optional:** Running belt, hat, sunglasses, light gloves...

# Nutrition Tips

## Before a run (30-60 min):

- **Light snack:** banana, toast w/ PB, granola bar...
- **Avoid heavy meals, high-fat foods, dairy, or heavy proteins.** You need to go for easily digestible food.
- **Hydrate well** - water + electrolytes.

## After a run (within 1 hr):

- **Prioritize carbs + protein:** smoothie, eggs + toast, yogurt + fruit, rice and ground beef...
- **Rehydrate with water + electrolytes.**

## Long runs (10km+):

- **Eat a carb-heavy meal the night before.**
- **Try mid-run fuel:** banana pieces, gels, or chews - aim for 5g to 7g of carbs per KG of bodyweight.
- **Practice fuelling before race day.**

# Hydration Tips (with Electrolytes)

- **Daily: Drink 2-3L water.**
- **Before runs: 250-500ml water 1 hr before.**
- **During long runs (10km+): Sip every 15-20 min - mix of electrolytes and water. You need both, not just one or the other.**
- **Add electrolytes: Nuun, salt tabs, or powders — especially in:**
  - **Warm weather.**
  - **Sweaty sessions.**
  - **Long runs (10km+).**
- **After runs: Rehydrate with electrolytes to avoid cramps/headaches.**
- **Signs you need more: Dizziness, cramps, fatigue, headaches, white salt on clothes.**

## Running Form Tips

- **Posture:** Run tall with a slight lean from the ankles — not from the waist.
- **Footstrike:** Land midfoot under your body — avoid loud heel slaps.
- **Cadence:** Short, quick steps (~170–180 steps/min) reduce impact.
- **Arm swing:** Keep elbows at  $\sim 90^\circ$ , swing forward/back, not across the body.
- **Gaze:** Look 10–20 meters ahead, not at your feet.
- **Core:** Lightly brace to reduce hip wobble and support posture.
- **Breathing:** Relaxed, controlled, and find your rhythm.

## **Strides (Starting Week 5)**

- **Do 3–4 strides after easy runs.**
- **Run ~60–80 meters at 80–90% effort (controlled, not all-out).**
- **Focus on relaxed, quick form.**
- **Walk or rest fully between strides.**



## **Common Beginner Mistakes**

- **Doing too much too soon — rest is part of training.**
- **Running too fast — most runs should feel easy.**
- **Skipping warm-ups, mobility, or cooldowns.**
- **Ignoring pain or pushing through small injuries.**
- **Not practicing fuel/hydration before race day.**



## **WEEKLY PLAN**

**Make sure you follow the plan, and if there are any issues, feel free to reach out to me and we can figure it out together!**

# WEEK 1

- **Run 1: 21 min (1 min jog / 2 min walk x7)**
- **Run 2: 21 min (1 min jog / 2 min walk x7)**
- **Long Run: 3 km jog/walk**
- **Stretching & Mobility (3x/week):**
  1. Cat-Cow x10
  2. 90/90 Hip Switches x10
  3. Glute Bridge x15
  4. Ankle Rocks x10/leg
  5. Standing Hamstring Stretch – 30s/leg
  6. Calf Stretch – 30s/leg
  7. Hip Flexor Stretch – 30s/leg

## WEEK 2

- **Run 1: 25 min (1.5 min jog / 2 min walk x7)**
- **Run 2: 25 min (2 min jog / 2 min walk x6)**
- **Long Run: 4 km**
- **Stretching & Mobility:**
  1. Cat-Cow x10
  2. Glute Bridge x15
  3. Seated Hamstring Stretch – 30s
  4. Ankle Rocks x10/leg
  5. Hip Flexor Stretch – 30s/leg
  6. Deep Squat Hold – 30s

## WEEK 3

- **Run 1: 30 min (3 min jog / 2 min walk x6)**
- **Run 2: 30 min (4 min jog / 1 min walk x6)**
- **Long Run: 5 km**
- **Stretching & Mobility:**
  1. Glute Bridge x15
  2. Bird Dog x10/side
  3. Couch Stretch – 30s/leg
  4. Seated Forward Fold – 30s
  5. Standing Hamstring Stretch – 30s
  6. Deep Squat Hold – 30s

## WEEK 4

- **Run 1: 35 min jog**
- **Run 2: 30 min jog**
- **Long Run: 6 km**
- **Stretching & Mobility:**
  1. Glute Bridge March x10
  2. Side-Lying Clamshells x15/side
  3. Ankle Rocks x10/leg
  4. Deep Squat Hold – 30s
  5. Pigeon Pose – 30s/leg
  6. Hip Flexor Lunge Stretch – 30s/leg

## WEEK 5

- **Run 1: 35 min jog**
- **Run 2: 30 min jog + 3 strides**
- **Long Run: 7 km**
- **Stretching & Mobility:**
  1. Glute Bridge March x15
  2. Monster Walks x10 steps each way
  3. Fire Hydrants x10/side
  4. Pigeon Pose – 30s/leg
  5. Standing Hamstring Stretch – 30s
  6. Calf Stretch – 30s/leg

## WEEK 6

- **Run 1: 40 min jog**
- **Run 2: 35 min jog**
- **Long Run: 8 km**
- **Stretching & Mobility:**
  1. Single-Leg Glute Bridge x10/leg
  2. Bird Dog x10/side
  3. Couch Stretch – 30s/leg
  4. Seated Hamstring Fold – 30s
  5. Deep Squat Hold – 30s
  6. Calf Stretch – 30s/leg



## WEEK 7

- **Run 1: 40 min jog**
- **Run 2: 30 min jog + 4 strides**
- **Long Run: 10 km**
- **Stretching & Mobility:**
  - 1.Monster Walks x10 each way
  - 2.Fire Hydrants x10/side
  - 3.Pigeon Pose – 30s/leg
  - 4.Glute Bridge March x15
  - 5.Deep Lunge Stretch + Twist – 30s/leg
  - 6.Seated Forward Fold – 30s

## WEEK 8

- **Run 1: 45 min jog**
- **Run 2: 35 min jog + 5 strides**
- **Long Run: 12 km**
- **Stretching & Mobility:**
  1. Side-Lying Clamshells x15/side
  2. Hip CARs x5/side
  3. World's Greatest Stretch x2/side
  4. Single-Leg Glute Bridge x10/leg
  5. Deep Squat Hold – 30s
  6. Standing Calf Stretch – 30s/leg

## WEEK 9

- **Run 1: 40 min jog**
- **Run 2: 30 min jog + 6 strides**
- **Long Run: 14 km**
- **Stretching & Mobility:**
  1. Monster Walks x10 each way
  2. Pigeon Pose – 30s/leg
  3. Glute Bridge March x15
  4. Hip Flexor Stretch – 30s/leg
  5. World's Greatest Stretch x2/side
  6. Seated Hamstring Fold – 30s

## WEEK 10 - Peak Week

- **Run 1: 45 min jog**
- **Run 2: 35 min jog**
- **Long Run: 17 km**
- **Stretching & Mobility:**
  1. Single-Leg Glute Bridge x10
  2. Deep Lunge + Twist – 30s/leg
  3. Fire Hydrants x10/side
  4. Monster Walks x10 each way
  5. Standing Hamstring Stretch – 30s
  6. Legs-up-the-wall – 2 min

## WEEK 11 - Reduced Volume

- **Run 1: 35 min jog**
- **Run 2: 25 min jog + 5 strides**
- **Long Run: 12 km**
- **Stretching & Mobility:**
  1. Glute Bridge x15
  2. Couch Stretch – 30s/leg
  3. Bird Dog x10/side
  4. Standing Calf Stretch – 30s
  5. Seated Forward Fold – 30s
  6. Deep Squat Hold – 30s

## WEEK 12 - Taper Week

- **Run 1: 25 min jog**
- **Run 2: 20 min jog + 3 strides**
- **Race Day: Half Marathon (21.1 km) — finish at your own pace**
- **Stretching & Mobility (2x only):**
  1. Cat-Cow x10
  2. Glute Bridge x15
  3. Seated Hamstring Stretch – 30s
  4. Legs-up-the-wall – 3 min
  5. Box Breathing – 2 min



**and now, CELEBRATE!!**

**You've just achieved something you once thought was impossible.**

**Be proud of yourself, keep your head up high, and enjoy the high of it all!**

**To many more!**

**Much love, Karim :)**