

COO:PAH

ROYAL PARKS HALF MARATHON  
TRAINING PLAN: BEGINNER



## GLOSSARY

### EASY RUNS

Controlled pace where you can maintain a conversation. Focus on comfort, not speed.

### STEADY RUNS

Comfortable but harder than easy pace.

### TEMPO RUNS

Harder than steady pace but sustainable for ~30 mins. Not all-out.

### TARGET PACE

Specific pace for goal race time (e.g., 2-hour half marathon = 9.09 min/mile or 5.41 min/km).

### FARTLEK RUN

Continuous run alternating 2:30 at 5K pace with 2:30 steady pace, repeated.

### LONG RUNS

Easy, comfortable pace. Focus on time on feet rather than distance or pace.

### PROGRESSION RUNS

Start easy, gradually increase to target race pace.

### INTERVALS

High effort, aim for 5K pace.

### STRIDES

3 × 20s at 85–90% effort. Improves form and running economy.

### WARM UP + COOL DOWN

Very easy pace before and after harder sessions.

[CLICK HERE OR SCAN THE QR CODE TO ACCESS YOUR PERSONALISED ROYAL PARKS TRAINING PLAN POWERED BY COOPAH. USE THE CODE 'ROYALPARKS' FOR TWO WEEKS FREE.](#)



## HALF MARATHON: BEGINNER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 01	Build Up Run: 20min	Rest	Build Up Run: 20min	Strength & Conditioning	Rest	Long Run: 30min	Rest
WEEK 02	Easy Run: 25min	Rest	The Berlin: 6 × 1min effort with 1 minute off between each	Strength & Conditioning	Rest	Long Run: 40min	Rest
WEEK 03	Easy Run: 30min	Rest	Tempo Run: 30min (10min @ Tempo)	Strength & Conditioning	Rest	Long Run: 50min	Rest
WEEK 04	Easy Run: 25min	Rest	Easy Run: 30min	Strength & Conditioning	Rest	Long Run: 60min	Rest
WEEK 05	Easy Run: 30min	Rest	The Tokyo: 5 × 3min. This session is 5 × 3 minute efforts with 90 seconds recovery	Strength & Conditioning	Rest	Long Run: 65min	Rest
WEEK 06	Easy Run: 35min	Rest	The Albufeira: 1 × 4min, 2 × 3min, 4 × 2min	Strength & Conditioning	Rest	Long Run: 50min	Rest
WEEK 07	Easy Run: 40min	Rest	The Antwerp: 8 × 1min with 1 minute off between each	Strength & Conditioning	Rest	Long Run: 75min	Rest
WEEK 08	Easy Run: 30min	Rest	Tempo Run: 2 × 10min	Strength & Conditioning	Rest	Long Run: 10km	Rest

## HALF MARATHON: BEGINNER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 09	Easy Run: 40min	Rest	The Gothenburg: 20min Fartlek	Strength & Conditioning	Rest	Long Run: 1h35m	Rest
WEEK 10	Easy Run: 45min	Rest	Tempo Run: 35min (15min @ Tempo)	Strength & Conditioning	Rest	Long Run: 1h45m	Rest
WEEK 11	Easy Run: 45min	Rest	The Berlin: 6 × 1min. This session is 6 × 1 minute on, 1 minute off	Strength & Conditioning	Rest	Long Run: 2h	Rest
WEEK 12	Easy Run: 30min	Rest	Tempo Run: 3 × 8min	Strength & Conditioning	Rest	Long Run: 75min	Rest
WEEK 13	Easy Run: 45min	Rest	The Auckland: 25min Fartlek	Strength & Conditioning	Rest	Long Run: 2h15m	Rest
WEEK 14	Easy Run: 40min	Rest	The Rome: 6 × 2min efforts with 2 minute recovery	Strength & Conditioning	Rest	Long Run: 2h30m	Rest
WEEK 15	Easy Run: 30min (+ Strides)	Rest	The Gothenburg: 20min Fartlek	Strength & Conditioning	Rest	Long Run: 60min	Rest
WEEK 16	Easy Run: 30min (+ Strides)	Rest	Easy Run: 30min (+ Strides)	Strength & Conditioning	Strides 20 min	Easy Run: 20mins (+ Strides)	Race Day

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WELL DONE & GOOD LUCK  
FROM COOPA

The logo for 'Half' features a small crown icon above the letter 'a' in the word 'Half', which is rendered in a bold, white, sans-serif font.