

• OYSHO 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.

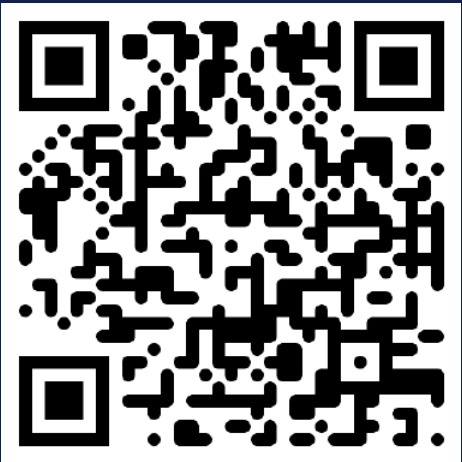
STRIDES

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 OYSHO 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

COO:PAH
THE RUN COACHING APP

• WELL DONE & GOOD LUCK •
• FROM COOPAH •


Half
— OYSHO —