



RUN · BEGINNER

Beginner *Half* marathon



12-Week Beginner Half Marathon Plan

Cross your first 21.1K feeling in control, not survived.

EVENT

Half marathon

LEVEL

Beginner

LENGTH

12 weeks

DAYS / WEEK

4



Train it in the app

Scan to get Gritup — this plan adapts to your pace, reschedules itself around missed sessions, and syncs to your watch.

gritup.fit

The plan · 12 weeks · week 1 to race week

No dates. Start week 1 whenever you're ready — the app anchors the plan to your real race day and moves the rest around your life.

Week 1

BASE

Mon	Easy Run	24 min
14 min continuous · 5 min warm-up · 5 min cool-down		
Wed	Easy Run	24 min
14 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Run	24 min
14 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Run	48 min
38 min continuous · 5 min warm-up · 5 min cool-down		

Week 2

BASE

Mon	Easy Run	26 min
16 min continuous · 5 min warm-up · 5 min cool-down		
Wed	Easy Run	26 min
16 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Run	26 min
16 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Run	64 min
54 min continuous · 5 min warm-up · 5 min cool-down		

Week 3**BASE**

Mon	Easy Run	28 min
18 min continuous · 5 min warm-up · 5 min cool-down		
Wed	Easy Run	28 min
18 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Run	28 min
18 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Run	80 min
70 min continuous · 5 min warm-up · 5 min cool-down		

Week 4**BUILD**

Mon	Tempo Run	38 min
18 min continuous · 10 min warm-up · 10 min cool-down		
Wed	Easy Run	26 min
16 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Run	26 min
16 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Run	75 min
65 min continuous · 5 min warm-up · 5 min cool-down		

Week 5**BUILD**

Mon	Tempo Run	41 min
21 min continuous · 10 min warm-up · 10 min cool-down		
Wed	Easy Run	27 min
17 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Run	27 min
17 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Run	81 min
71 min continuous · 5 min warm-up · 5 min cool-down		

Week 6**BUILD**

Mon	Tempo Run	31 min
13 min continuous · 9 min warm-up · 9 min cool-down		
Wed	Easy Run	20 min
10 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Run	20 min
10 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Run	60 min
50 min continuous · 5 min warm-up · 5 min cool-down		

Week 7**BUILD**

Mon	Tempo Run	48 min
28 min continuous · 10 min warm-up · 10 min cool-down		
Wed	Easy Run	28 min
18 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Run	28 min
18 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Run	93 min
83 min continuous · 5 min warm-up · 5 min cool-down		

Week 8**BUILD**

Mon	Tempo Run	51 min
31 min continuous · 10 min warm-up · 10 min cool-down		
Wed	Easy Run	29 min
19 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Run	29 min
19 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Run	100 min
90 min continuous · 5 min warm-up · 5 min cool-down		

Week 9

BUILD

Mon	Tempo Run	38 min
18 min continuous · 10 min warm-up · 10 min cool-down		
Wed	Easy Run	21 min
11 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Run	21 min
11 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Run	74 min
64 min continuous · 5 min warm-up · 5 min cool-down		

Week 10

TAPER

Mon	Tempo Run	27 min
17 min continuous · 5 min warm-up · 5 min cool-down		
Wed	Easy Run	20 min
10 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Run	20 min
10 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Run	43 min
33 min continuous · 5 min warm-up · 5 min cool-down		

Week 11

TAPER

Mon	Tempo Run	28 min
18 min continuous · 5 min warm-up · 5 min cool-down		
Wed	Easy Run	20 min
10 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Run	20 min
10 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Run	31 min
21 min continuous · 5 min warm-up · 5 min cool-down		

Week 12

RACE WEEK

Mon	Recovery Run	20 min
20 min continuous		
Wed	Base Run with Strides	25 min
1 × 11 min with recoveries · 5 min warm-up · 5 min cool-down		
Fri	Recovery Run	20 min
20 min continuous		
Sun	Race Day: Run RACE	120 min
120 min continuous		