14-Week Half Marathon Training Plan

Printable week-by-week summary (not a day-by-day calendar).

Plan page: https://26weeks.ai/blog/training/half-marathon/14-week-plan
Race date: (not set)

Week-by-week

Use this as a high-level map. Keep easy days easy, protect the long run, and avoid panic make-up workouts.

Week 1 — Base
Weekly load: 29–46.5 km
Focus: Build consistency and durable easy volume.
Long: 1h long run (steady finish when recovered)
Key: Strides + controlled aerobic
Key: Hill sprints (short) + strength

Week 2 — Base
Weekly load: 30–48 km
Focus: Build consistency and durable easy volume.
Long: 1h 6m long run (steady finish when recovered)
Key: Strides + controlled aerobic
Key: Hill sprints (short) + strength

Week 3 — Base
Weekly load: 31–49.5 km
Focus: Build consistency and durable easy volume.
Long: 1h 12m long run (steady finish when recovered)
Key: Strides + controlled aerobic
Key: Hill sprints (short) + strength

Week 4 — Base
Weekly load: 24.8–39.6 km
Focus: Reduce weekly load and absorb the previous block. Keep any faster work brief and controlled.
Long: 1h 6m long run (steady finish when recovered)
Key: Strides + controlled aerobic
Key: Easy aerobic work and recovery
Cutback: yes (reduce load, keep rhythm).

Week 5 — Build
Weekly load: 33–52.5 km
Focus: Add quality while protecting recovery.
Long: 1h 24m long run (steady finish when recovered)
Key: Tempo or cruise intervals
Key: Long-run progression

Week 6 — Build
Weekly load: 34–54 km
Focus: Add quality while protecting recovery.
Long: 1h 30m long run (steady finish when recovered)
Key: Tempo or cruise intervals
Key: Long-run progression

Week 7 — Build
Weekly load: 35–55.5 km
Focus: Add quality while protecting recovery.
Long: 1h 35m long run (steady finish when recovered)
Key: Tempo or cruise intervals
Key: Long-run progression

Week 8 — Build
Weekly load: 28–44.4 km
Focus: Reduce weekly load and absorb the previous block. Keep any faster work brief and controlled.
Long: 1h 26m long run (steady finish when recovered)
Key: Tempo or cruise intervals
Key: Easy aerobic work and recovery
Cutback: yes (reduce load, keep rhythm).

Week 9 — Build
Weekly load: 37–58.5 km
Focus: Add quality while protecting recovery.
Long: 1h 47m long run (steady finish when recovered)
Key: Tempo or cruise intervals
Key: Long-run progression

Week 10 — Peak
Weekly load: 38–60 km
Focus: Train race-specific pacing and fueling.
Long: 1h 53m long run (steady finish when recovered)
Key: Threshold + speed endurance
Key: Long run with controlled finish

Week 11 — Peak
Weekly load: 39–61.5 km
Focus: Train race-specific pacing and fueling.
Long: 1h 59m long run (steady finish when recovered)
Key: Threshold + speed endurance
Key: Long run with controlled finish

Week 12 — Peak

Weekly load: 31.2–49.2 km
Focus: Reduce weekly load and absorb the previous block. Keep any faster work brief and controlled.
Long: 1h 46m long run (steady finish when recovered)
Key: Threshold + speed endurance
Key: Easy aerobic work and recovery
Cutback: yes (reduce load, keep rhythm).

Week 13 — Taper

Weekly load: 28.1–44.3 km
Focus: Reduce load; keep rhythm; arrive fresh.
Long: 1h 40m long run (steady finish when recovered)
Key: Short tempo + strides
Key: Easy aerobic + sleep focus

Week 14 — Taper

Weekly load: 19.5–30.8 km
Focus: Race week: arrive rested. Any load range covers pre-race training only, excluding the race.
Long: The race replaces the long run. Keep other runs short, easy and familiar.
Key: Brief familiar race-pace efforts or relaxed strides only if recovered; full easy recovery
Key: Easy running or rest, race logistics and familiar fueling

Generated by 26weeks.ai. Always adjust for health, sleep, and life constraints.