

UNITE HALF MARATHON

Sample Beginner's Workout - Pace is Walk or Run/Walk

| Week | Date (Monday) | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Weekly Stats | |
|------|---------------|----------------------|--------------------------------|-----------|----------|------------------------|----------|--------------------|--------------|----------|
| | | | | | | | | | Minutes | % Change |
| 1 | 3-Jan | Xtrain Low Impact | Easy 30 | Xtrain | Xtrain | Easy 30 | Rest | Easy 30 | 90 | |
| 2 | 10-Jan | Xtrain Low Impact | Easy 30 | Xtrain | Xtrain | Easy 30 | Rest | Easy 40 | 100 | 11.1% |
| 3 | 17-Jan | Xtrain Low Impact | Easy 30 | Xtrain | Xtrain | Easy 30 | Rest | Easy 50 | 110 | 10.0% |
| 4 | 24-Jan | Xtrain Low Impact | Easy 30 | Xtrain | Xtrain | Hills 40 | Rest | Long 1 h | 130 | 18.2% |
| 5 | 31-Jan | Xtrain Low Impact | Easy 30 | Xtrain | Xtrain | Hills 45 | Rest | Long 1 h 15 m | 150 | 15.4% |
| 6 | 7-Feb | Xtrain Low Impact | E:10; (M 10/E 2)x2; E 10 44 | Xtrain | Xtrain | Hills 45 | Rest | Long 1 h 30 m | 179 | 19.3% |
| 7 | 14-Feb | Xtrain Low Impact | E:15; (H 5/E 5)x2; E 10 45 | Xtrain | Xtrain | Easy 35 | Rest | Long 1 h 40 m | 180 | 0.6% |
| 8 | 21-Feb | Xtrain Low Impact | Easy 30 | Xtrain | Xtrain | Hills 45 | Rest | Long 1 h 45 m | 180 | 0.0% |
| 9 | 28-Feb | Xtrain Low Impact | E:10; (M 10/E 2)x2; E 10 44 | Xtrain | Xtrain | E 10; M 30; E 10 50 | Rest | Long 1 h 30 m | 184 | 2.2% |
| 10 | 7-Mar | Xtrain Low Impact | E:15; (H 5/E 5)x3; E 10 55 | Xtrain | Xtrain | Hills 45 | Rest | Long 1 h 45 m | 205 | 11.4% |
| 11 | 14-Mar | Xtrain Low Impact | Easy 35 | Xtrain | Xtrain | Easy 35 | Rest | Long 1 h 45 m | 175 | -14.6% |
| 12 | 21-Mar | Xtrain Low Impact | Easy 45 | Xtrain | Xtrain | E 10; M 30; E 10 50 | Rest | Long 2 h | 215 | 22.9% |
| 13 | 28-Mar | Xtrain Low Impact | Easy 50 | Xtrain | Xtrain | Hills 50 | Rest | Long 1 h 45 m | 205 | -4.7% |
| 14 | 4-Apr | Xtrain Low Impact | Easy 35 | Xtrain | Xtrain | Hills 50 | Rest | Long 1 h 30 m | 175 | -14.6% |
| 15 | 11-Apr | Xtrain Low Impact | Easy 35 | Xtrain | Xtrain | Rest | Rest | Race 13.1 miles | | |

Easy = E = Easy pace, can talk

Medium = M = Medium effort, talking is a little choppy

Hard = H = Hard effort, talking is challenging but you could do it

Always listen to your body. If at any point you become breathless, slow down or walk.