

N2R

NONE TO RUN

HALF MARATHON TRAINING PLAN

- GET READY TO RUN A HALF MARATHON IN 12 WEEKS
- BUILD YOUR STRENGTH
- STAY INJURY FREE

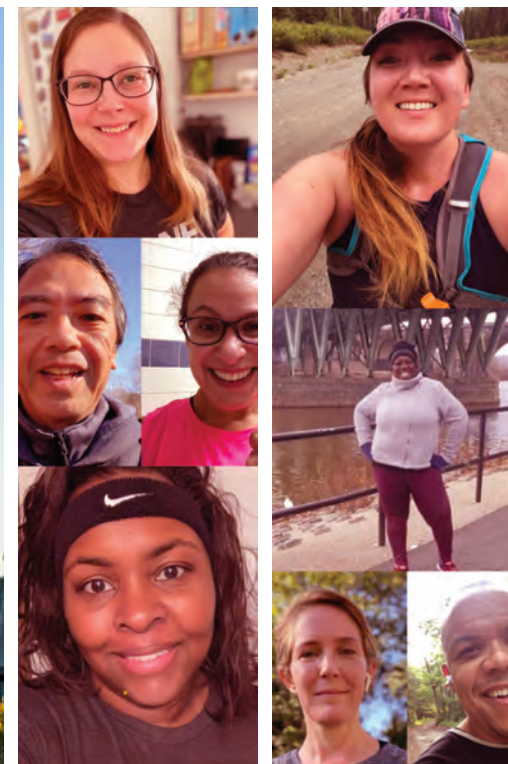


DESIGNED BY A CERTIFIED RUNNING COACH

YOU'RE A RUNNER.

RUNNING DOESN'T HAVE TO BE HARD.

N2R



MEET MARK KENNEDY, N2R FOUNDER

Hey, I'm Mark. I'm an RRCA Certified Distance Running Coach with a background in Kinesiology. I'm also a proud Canadian and dad of two active boys.

Ten years ago, I created **None to Run** as a blog and personal outlet to stay in touch with my passion for exercise science and healthy living. I wanted to help people get moving, realize their goals, and become runners for life.

Since then, **None to Run** has grown into a thriving community of runners, a podcast and an app.

We've been featured in places like The Globe and Mail, CBC News, SELF, Canadian Running Magazine, The London Times, Bustle Magazine and more.

My aim is to help you get started safely and finally start to enjoy running.

You can connect with me (and thousands of other runners) in the **N2R online community**, or send me your questions at mark@nonetorun.com.

None to Run's Half Marathon Training plan will take you to your first half marathon in 12 weeks. It combines strength routines, interval training and speedwork to take you to the finish line strong.

It doesn't matter how fast you run on race day; it's all about consistency, building strength, and enjoying yourself along the way.

WHO IS THIS PLAN FOR?

The None to Run (N2R) Half Marathon Plan is for runners who can comfortably run 10k at any pace without stopping. If you can't comfortably run a 10k, try the N2R 10k Training Plan before starting this one.

HOW IT WORKS

Each week, you'll perform four running workouts, two strength and mobility routines, one combined with cross training, and one on a run day.

Thursdays and Sundays are rest days. Suppose you want to switch up the plan to suit your schedule. Make sure you alternate between running, rest, and strength training days so they're spaced out similarly to the plan. Why? Rest days are critical to recovery and make a difference in how we perform!

WORKOUT TYPES

Run: Four days per week at varying paces - for each run you're given a framework to guide your pace.

Strength & Mobility Routine: Complete two sets of each routine, twice a week. You'll find all the routines on our [Youtube channel](#).

Cross Training: Swim, go for a bike ride, use the elliptical—move your body in a way that doesn't involve running.

Intervals: Alternate between a hard but controlled run and a recovery walk.

Fartlek: Alternate between a slow jog and a faster run.

Hills: Steady running up a gentle hill or treadmill incline, followed by 2 minutes of rest.

Tempo Pace: Comfortable and sustained fast pace.

MAKE LIFE EASY - GET THE APP

Time your intervals, log runs, see your stats, and share your success with the [N2R app](#) for iPhone and Android.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	 5 km Run, Easy Pace	 20-min Cross Training + Strength & Mobility Workout	 FARTLEK WORKOUT 5-min Warm-up Walk → 1-min Tempo Pace + 2-min Recovery Jog → 5-min Slow Cooldown ↻ 5 Times		 4 km Run Easy Pace + Strength & Mobility Workout	 8 km Run Easy Pace	
WEEK 2	 5 km Run, Easy Pace	 20-min Cross Training + Strength & Mobility Workout	 FARTLEK WORKOUT 5-min Warm-up Walk → 2-min Tempo Pace + 2-min Recovery Jog → 5-min Slow Cooldown ↻ 3 Times		 4 km Run Easy Pace + Strength & Mobility Workout	 9 km Run Easy Pace	
WEEK 3	 6 km Run, Easy Pace	 30-min Cross Training + Strength & Mobility Workout	 HILL WORKOUT 5-min Warm-up Walk → 30s Hill Run + 2-min Recovery Walk Down → 5-min Slow Cooldown ↻ 6 Times		 4 km Run Easy Pace + Strength & Mobility Workout	 9 km Run Easy Pace	
WEEK 4	 6 km Run, Easy Pace	 30-min Cross Training + Strength & Mobility Workout	 HILL WORKOUT 5-min Warm-up Walk → 30s Hill Run + 2-min Recovery Walk Down → 5-min Slow Cooldown ↻ 8 Times		 4 km Tempo Run + Strength & Mobility Workout	 10 km Run Easy Pace	

DON'T LIKE TIMING YOUR OWN INTERVALS? GET THE **N2R APP** FOR IPHONE AND ANDROID.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 5	 7 km Run Easy Pace	+ 30-min Cross Training Strength & Mobility Workout	<p>SHORT INTERVAL WORKOUT</p> <p>5-min Warm-up Walk 30s Hard Pace 1-min Slow Recovery Jog 5-min Slow Cooldown</p> <p>↻ 8 Times</p>	REST DAY	+ 5 km Run Tempo Pace Strength & Mobility Workout	 11 km Run Easy Pace	REST DAY
WEEK 6	 7 km Run Easy Pace	+ 30-min Cross Training Strength & Mobility Workout	<p>SHORT INTERVAL WORKOUT</p> <p>5-min Warm-up Walk 30s Hard Pace 1-min Slow Recovery Jog 5-min Slow Cooldown</p> <p>↻ 10 Times</p>	REST DAY	+ 6 km Run Easy Pace Strength & Mobility Workout	 12 km Run Easy Pace	REST DAY
WEEK 7	 8 km Run Easy Pace	+ 40-min Cross Training Strength & Mobility Workout	<p>LONG INTERVAL WORKOUT</p> <p>5-min Warm-up Walk 5-min Tempo Pace 3-min Slow Jog Recovery 5-min Slow Cooldown</p> <p>↻ 3 Times</p>	REST DAY	+ 6 km Run Easy Pace Strength & Mobility Workout	 13 km Run Easy Pace	REST DAY
WEEK 8	 8 km Run Easy Pace	+ 40-min Cross Training Strength & Mobility Workout	<p>LONG INTERVAL WORKOUT</p> <p>5-min Warm-up Walk 5-min Tempo Pace 3-min Slow Jog Recovery 5-min Slow Cooldown</p> <p>↻ 4 Times</p>	REST DAY	+ 5 km Run Tempo Pace Strength & Mobility Workout	 14 km Run Easy Pace	REST DAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 9 8 km Run Easy Pace 30-min Cross Training Strength & Mobility Workout	 8 km Run Easy Pace 30-min Cross Training Strength & Mobility Workout	MIXED INTERVAL WORKOUT → + → 5-min Warm-up Walk 2-min Moderate Pace 1-min Hard Pace 3-min Slow Pace + → 2-min Moderate Pace 1-min Hard Pace 5-min Cooldown Walk	REST DAY	+ 5 km Run Tempo Pace Strength & Mobility Workout	 15 km Run w Fast Finish First 13 km Easy Pace Last 2 km Slightly Faster	REST DAY	
WEEK 10 7 km Run Easy Pace 30-min Cross Training Strength & Mobility Workout	 7 km Run Easy Pace 30-min Cross Training Strength & Mobility Workout	MIXED INTERVAL WORKOUT → + → 5-min Warm-up Walk 2-min Moderate Pace 1-min Hard Pace 3-min Slow Pace + → → 2-min Moderate Pace 1-min Hard Pace 3-min Slow Pace 5-min Cooldown Walk	REST DAY	+ 5 km Run Tempo Pace Strength & Mobility Workout	 16 km Run w Fast Finish First 14 km Easy Pace Last 2 km Slightly Faster	REST DAY	
WEEK 11 7 km Run Easy Pace 20-min Cross Training Strength & Mobility Workout	 7 km Run Easy Pace 20-min Cross Training Strength & Mobility Workout	FARTLEK WORKOUT → + → 5-min Warm-up Walk 2-min Tempo Pace 2-min Recovery Jog 5-min Slow Cooldown ↻ 3 Times	REST DAY	+ 5 km Run Tempo Pace Strength & Mobility Workout	 14 km Run Easy Pace	REST DAY	
WEEK 12 5 km Run Easy Pace 20-min Cross Training	 5 km Run Easy Pace 20-min Cross Training	 7 km Run Easy Pace	REST DAY	 3 km Run Easy Pace	REST DAY	RACE DAY!	